

We'll help you make it with your weekly food budget



FREE A whole month's menu computer-matched to your family size and budget

Please send to: Computer Meal Planning Center
P.O. Box 1368, Dayton, Ohio 45401

I'd love to get a whole month's menus planned for my family. I understand it's free and I need all the help I can get. Thank you for helping me make it.

MY WEEKLY FOOD BUDGET IS: (PLEASE CHECK ONE)
EXCLUDE LIQUOR, CIGARETTES, TOILETRIES.)
 _____ UNDER \$20.00 WEEK
 _____ \$20.00 TO \$30.00 WEEK
 _____ \$30.00 TO \$40.00 WEEK
 _____ \$40.00 TO \$50.00 WEEK
 _____ OVER \$50.00 WEEK

MY FAMILY AGE GROUPS ARE: (PUT NUMBER IN EACH APPLICABLE GROUP)
 _____ NUMBER OF ADULTS
 _____ NUMBER OF CHILDREN 2-5 YEARS OLD
 _____ NUMBER OF CHILDREN 6-9 YEARS OLD
 _____ NUMBER OF CHILDREN 10-14 YEARS OLD
 _____ NUMBER OF CHILDREN 15-18 YEARS OLD
 (OVER 18 IS CONSIDERED ADULT)

NAME: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 (Must have zip to fulfill request)

GROCER'S NAME: _____
 (Please allow 4 weeks for delivery) Limit one per family



Snowdrift Shortening
3 Lb. Can **69¢**



Hunts Tomato Paste 6 oz. 6/\$1.00
 Hunts Tomato Sauce 300 tin 5/\$1.00
 Hunts Spinach 2 1/2 tin 4/\$1.00
 Hunts Skillet Dinners 79¢
 Mexican Stroganoff Lasagne
 Hunts Ketchup 20 oz. bottle 3/\$1.00



Wesson Oil
24-oz. jar **49¢**

C. H. B. Grape Jelly 2 lb. 59¢
 C. H. B. Peanut Butter 36 Oz. Jar 98¢
 Heins Oregon Trail Creamed Honey 2 Lb. 79¢
 Soft Nucoa pkg. 39¢
 Ty-D-Bol Toilet Bowl Cleaner Reg. 98¢ 78¢
 Haleys Chili 303 size 3/\$1.00
 Haleys Fruit Drinks 46 Oz. tin 4/\$1.00
 Harris Atlantic Blue Crab Meat tin 59¢
 S.O.S. Steel Wool Soap Pads lg. box 18 pads 49¢
 Rippin Good Assorted Cookies 2 Lb. Pkg. 69¢
 Good Aire Continuous Air Freshner 69¢

Silverbow Honey **\$1.19**
4 Lb. Tin Reg. \$1.49
 Sunshine Fig Bars 24 oz. 55¢
 DANKA Pop up Tarts box 39¢
Your Choice of Flavors

FROZEN FOOD SAVINGS

Rich's Coffee Rich **5/\$1.00**
Regular 29¢
 Mortons Meat Pies **5/\$1.00**
 Totino's Pizza **69¢**
Each
 Cheese, Hamburger, Pepperoni, Sausage

Hunts Tomatoes whole peeled 2 1/2 tin 3/\$1.00
 Hunts Apricots whole unpeeled 2 1/2 tin 3/\$1.00
 Hunts Snack Pack your choice 59¢

Orchid Toilet Tissue 4 roll pkg.
3 FOR \$1.00

SAVINGS ON SCHOOL SUPPLIES

Filler Paper 500 ct. **79¢**
Reg. 1.39
 Pencil Tablets **2/49¢**
Reg. 39¢
 Crayolas Reg. 79¢ **49¢**
 Canvas Binders Reg. \$1.39 79¢
 Ensemble Binders Reg. \$2.59 \$1.79
 Step Lite Panty Hose Reg. \$1.29 99¢
 Fits All Panty Hose Reg. 99¢ 89¢

U.S. CHOICE MEATS

"Service With A Smile"
SATISFACTION GUARANTEED

Sweetheart Picnics **45¢**
Deed Smoked, Flavorfull Lb.
 Sweetheart Bacon **79¢**
1 Lb. Pkg. Regular Sliced Lb.
 Buddigs
 Chipped Luncheon Meats **3/\$1**
3 Oz. Pkg. Asst.



Fresh PORK CHOPS
Tasty and Meaty

Lb. **79¢**

Fresh Pork Spareribs **69¢**
Country Style Lb.
 Fresh Pork Loin Roast **69¢**
End Cut Lb.

fruits FRESH vegetables

Green Peppers

Local Each **5¢**

Yellow Onions 3 lbs. 19¢
 No. 1 Potatoes 10 lb. bag 49¢
 Local Celery Bunch 19¢

Store Hours: Open 8 A. M. to 7 P. M., Monday through Saturday Sundays 9 A. M. to 6 P. M.

Girod's Hilltop Super Market

829 S. 1st Avenue

PRICES EFFECTIVE THURSDAY, FRIDAY and SATURDAY SEPTEMBER 10, 11, 12, 1970

Mill City, Oregon

