Beef steak and ham top meat bargains

WASHINGTON — Somewhat limited meat offerings are offset by a variety of colorful fresh fruits and vegetables this weekend.

Beef steak and ham are the best red meat buys, followed closely by broiler-fryers, eggs, canned pink and chum salmon, and fish portions and sticks for those good protein buys.

The latest reports from the service show that carrots, celery, lettuce, sweet potatoes, bananas, and grapefruit are in good supply.

Onions, both green and dry, tomatoes, apples, and oranges are especially plentiful.

NOW HERE'S a closer look at abundant foods in this area:

Northeast [illegible] trict of Columbia, [illegible] land, New [illegible] sey, Pennsylvania, West Virginia): top meat and poultry buys at Northeast markets this weekend will include beef, [illegible] smoked meats, so[illegible] cuts, and turkeys. [illegible] lamb, and other bee[illegible] be good values.

[illegible] in [illegible] Virginia): [illegible] pecans, [illegible] peppers, [illegible] ach, rutabags, tomatoes, and rhubarb.

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TOP FRUIT values will be common storage apples, oranges, and grapefruit.

Northeastern fish shoppers will find abundant supplies of fillets, king crab, oysters, shrimp, smelt, and clams.

Southeast (Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, Tennessee, South Carolina, Virginia): eggs continue to top the foods that are plentiful and attractively priced at Southeast foodstores this week.

AT MEAT COUNTERS shoppers will find generous supplies of beef steaks, and roasts, pork roasts, hams, and broiler-fryers.

Washington's Birthday SALE!

FREE! BANQUET or MORTON FRESH FROZEN CHERRY PIE

WITH EACH PURCHASE OF A ½ GAL. EDDIE'S ICE CREAM ASSORTED FLAVORS

EDDIE'S TRIPLE BOND GUARANTEED TENDER Chuck Roast Blade Cut lb. 33¢
MORRELL'S READY TO SERVE Smoked Picnics 3 -lb. can 1.59
EDDIE'S SEMI-BONELESS Fully Cooked Hams Whole or Half lb. 59¢
Boneless Beef Roast lb. 55¢
Fresh Ground Beef 3 -lb pkg. 1.29
Boneless Beef Cubes lb. 69¢
Eddie's Sliced Bacon 1-lb. pkg. 55¢
Goetze's Pork Sausage 1-lb. pkg. 43¢
Mrs. Filbert's Margarine Golden Quarters 2 lbs. 55¢

ESSKAY QUALITY Lunch Meats
Bologna, Spiced Luncheon, Pickle & Pimento, Olive Loaf 4 6-oz. pkgs. 99¢
Esskay Frozen Chopped Steaks 8-oz. pkg. 39¢
Eddie's Grade A Large Eggs doz. 47¢
Fresh Oysters Standards 12-oz. can 85¢ Selects 12-oz. can 99¢

FREE! EDDIE'S UNITED GIFT STAMPS WITH THE PURCHASE OF ANY EDDIE'S FRESH BAKED
Donuts Assorted Flavors pkg. of 12 29¢
Chocolate Sticks pkg. 39¢
Sugar Donettes pkg. 39¢
Glazed Honeydips doz. 45¢
English Muffins pkg. of 6 25¢

Eddie's Super Markets LOW PRICES ARE BORN
Quality and Service Above All!

NEW 14 oz. SIZE MAXWELL HOUSE COFFEE SPECIAL 14 oz. Size 1.59

Dole Pineapple Grapefruit Drink 3 46-oz. cans 79¢
Campbell's Tomato Soup 6 10½-oz. cans 65¢
Md. Chief Tomatoes 3 16-oz. cans 49¢
Cut Green Beans Maryland Chief 4 16-oz. cans 49¢
Camay Soap Assorted Colors With 2c Off 3 reg. bars 25¢
Prices Effective thru Sat., Feb. 20. We Reserve Quantity Rights

EDDIE'S SUPER MARKET
FREE! WITH THIS COUPON 100 UNITED STAMPS WITH YOUR PURCHASE OF $10 or MORE
Excluding Fair Trade Items & Cigarettes. Limit One Coupon Per Family. Coupon Expires Sat., Feb. 20, '65

CHASE & SANBORN COFFEE Reg. or Drip With 8¢ Off 2-lb. can 1.55
Ajax Liquid Cleaner With 22c Off 28-oz. bot. 39¢
Eddie's Cake Mixes Assorted Flavors 2 18-oz. pkgs. 49¢
Pancake Mix Duncan Hines With 12c Off 2 -lb. pkg. 29¢
Fab With 3c Off 2 reg. pkgs. 55¢
With Beans Chef Boyardee Chili 2 15½-oz. cans 49¢
Brisk Flo-Thru Lipton Tea Bags pkg. of 48 59¢
With 10c Off Lipton Instant Tea 3-oz. jar 69¢
All Purpose Pet Milk 6 tall cans 85¢
Contadina California Tomato Paste 3 6-oz. cans 35¢
For Frying or Salads Wesson Oil 24-oz. bot. 39¢
Dutch Apply or Choc.-Coco Drops Keebler Cookies 2 pkgs. 89¢
Scott Bathroom Tissue Assorted Colors 4 rolls 45¢
Heinz Ketchup 14 oz. Regular 12 oz. Hot 2 bots. 39¢
Monarch Tomato Juice 4 46-oz. cans 99¢
Family Pack Combs Assorted sizes and colors. A comb to fit the need of each member of the family. pkg. of 10 22¢
Contadina Creamy Tomato Sauce 3 8 oz. cans 35¢
Dogs All Love Ken-L-Ration Steak 2 15½ oz. cans 33¢
Assorted Flavors Welch's Jellies 3 20 oz. jars 1.00
Thrift With-50c Off Dish Detergent 32 oz. bot. 55¢

SPECIAL VALUE COLGATE TOOTH PASTE Reg. 89c Size With 89c Colgate Tooth Brush Both For Only 69¢
REVLON HAIR SPRAY Regular $1.50 Size 77¢ Plus Tax

FRESH PRODUCE Florida Juicy Oranges 3 doz. 1.00 Single Doz. 35c
Florida White Seedless Grapefruit 4 for 29¢
Maryland Golden Sweet Potatoes 3 lbs. 29¢
Western Fancy Pascal Celery 2 bchs. 29¢
Western Crispy Carrots 2 cello pkgs. 19¢
Juicy Red Eating Apples 4 lb. bag 29¢

FROZEN FOODS 10¢ SALE!
10 oz. Sun Valley Leaf Spinach
10 oz. Sun Valley Chopped Spinach
8 oz. Sun Valley Peas & Carrots
8 oz. Sun Valley Mixed Vegetables
10 oz. Sun Valley Green Peas
9 oz. Chef's Choice French Fries
Your Choice Only 10¢
Mealtime Maid Veal Steaks 1-lb. pkg. 69¢
Sara Lee Cream Cheese Cake 13-oz. pkg. 69¢
Pepperidge Farms Assorted Parfait Cakes each 39¢

EXCLUSIVELY OURS! SHEFFIELD ENGRAVED SERVING PIECES
LOOKS LIKE STERLING SILVER
NEVER NEEDS POLISHING
SIX DIFFERENT SERVING PIECES
STAIN, RUST and TARNISH PROOF
WASH WITH SOAP and WATER
THIS WEEK'S SPECIAL!
LARGE ROUND SERVING TRAY
99¢ WITH EACH PURCHASE OF $5.00 OR MORE
SEE ALL UNITS ON DISPLAY IN OUR MARKETS
REGULAR $1.99 VALUE

A little overweight? take care with dress

NEW YORK — (UPI) — Lucky is the woman with the perfect figure and no size problem. She's also a rarity, which is the reason for a new guide to dress aimed primarily for the woman who, let's face it, weighs a few pounds too many.

Go on a diet, yes, if the doctor advises it and you have the will - power. In the meantime, make an asset out of an ample figure by illusion.

The slim look can be achieved in great degree by following certain guiding principles — anything tight accentuates the positive. Vertical lines usually are more slenderizing than horizontal ones. Shoes of a neutral shade elongate the leg and divert attention from heaviness at ankle or calf. Hemlines vary according to figure proportions, but should cover the knees.

THESE ARE some of the tips included in "fashion secrets to look slimmer," published by a national chain of some 100 stores.

Put together by the stores' fashion director, Mary Blake, the booklet is a "No" and "Yes" guide on what to wear.

On fabrics for instance, "No" to very shiny textures, heavy tweeds, heavy mohairs and wools, to chiffon, velvet, jersey, knit, silk, lace, fine wools, crepe, corduroy, or any other soft and supple fabric. "No," says the booklet, to bold vertical stripes, very bright prints, extra - large prints, minute prints, tiny polka dots, and "yes" to muted stripes or prints, medium - sized prints, vertical color panels

IN COLORS, the expert advised "no" to separates of contrasting brights, such as red and yellow, and "yes" to any dark color, muted shades of any color, simple silhouettes in bright shades, such as royal, cranberry or emerald.

QUALITY COST NO MORE AT BIG VALU . . . STOCK-UP AND SAVE ON THE
FINEST FOOD at LOWEST PRICES

BIG VALU FOOD CENTERS

Fresh Killed Plump BROILING or FRYING Whole CHICKENS lb. 25¢
FRESH CUT CHICKEN LIVERS lb. 59¢
CUT-UP CHICKEN lb. 29¢
FRESH QUARTERED LEGS OR BREASTS lb. 33¢
AVG. WGT. 3½ to 4 lbs. ROASTERS lb. 35¢

LEAN, SUGAR CURED SMOKED HAMS
SHANK PORTION 29¢ lb.
BUTT PORTION 39¢ lb.
FULL CUT SHANK HALF lb. 39¢
FULL BUTT OF HAM lb. 49¢
CENTER CUT HAM SLICES lb. 89¢

USDA CHOICE U.S.D.A. CHOICE GRADE STEER BEEF - FOR ROASTING BONELESS CHUCK lb. 52¢

CAMPBELL'S SOUPS MEAT-LESS 7 10½ oz. cans 95¢
MEAT VARIETIES 6 10½ oz. cans 95¢

U.S.D.A. CHOICE STEER BEEF BONELESS 3 CORNER ROAST lb. 69¢
U.S.D.A. CHOICE STEER BEEF CHUCK STEAKS lb. 38¢
U.S.D.A. CHOICE STEER BEEF BONELESS BOLAR ROAST lb. 88¢
U.S.D.A. CHOICE STEER BEEF BONE-IN SHANK BEEF lb. 38¢
LEAN GROUND BEEF 3 lbs. $1.17
U.S.D.A. CHOICE STEER BEEF STEWING BEEF lb. 69¢
U.S.D.A. CHOICE STEER BEEF SHLD. STEAKS lb. 88¢
U.S.D.A. CHOICE STEER BEEF BEEF LIVER lb. 32¢

DELICIOUS SKINLESS FRANKS 2 lb. pkg. 85¢

Quantity Rights Reserved
VAN., CHOC., STRAW., COFFEE BORDEN'S MILK SHAKES 6 10½ oz. cans 99¢
RED ROSE SLICED SWEITZER CHEESE lb. 53¢
BREAKSTONE'S COTTAGE CHEESE 1-lb. cup 29¢

GAYLA ASST. FLAVORS SODA 7 28 oz. THROW AWAY BTLS $1.00

IN THE PIECE LIVERWURST lb. 35¢
MANOR HILL HEALTH SALAD lb. 29¢
MORRELL'S FRESH SLICED SPICED LUNCH LOAF lb. 49¢
DELICIOUS RICE PUDDING 12 oz. cont. 29¢

SWANEE FACIAL 2 PLY TISSUES 6 boxes of 200 $1

FOOD CLUB 93 SCORE GRADE "AA" BUTTER
ONE POUND SOLID 67¢ lb.
¼ POUND PRINTS 69¢ lb.

MAXWELL HOUSE INSTANT COFFEE 14 oz. bot. $1.59 SAVE 30¢

ZESTY HUNT'S TOMATO PASTE 5 6 oz. cans 49¢
DELICIOUS HUNT'S TOMATO SAUCE 5 8 oz. cans 49¢
GERBERS OR (STRAINED FOOD OR JUICE) BEECHNUT BABY FOOD 10 4½ oz. cans 89¢

BREADED Shrimp Tidbits 2 lbs. $1.09
BUTTERFISH lb. 29¢
PORGIES lb. 23¢
FLOUNDER FILLET lb. 59¢
OYSTERS 8 oz. cont. 69¢

FOOD CLUB WHITE ENRICHED FLOUR 5-lb. bag 39¢

MISSION CATSUP 7 14 oz. btls. $1

BIG VALU PRODUCE BARGAIN BUYS MAINE POTATOES 10-lb. bag 69¢
ALL PURPOSE RED APPLES 4 lb. bag 35¢
FIRM-RIPE TOMATOES 2 pkgs. 27¢
Prices Effective Thru Sat., Feb. 20, 1965.

SWANSON'S DELICIOUS FROZEN DINNERS ALL VARIETIES 2 for 95¢ SAVE 23¢

WALDORF WHITE & ASSORTED TOILET TISSUE 4 roll pkg. 29¢
FOOD CLUB FRUIT COCKTAIL 3 30 oz. cans $1
KOUNTY KIST TENDER PEAS 7 16 oz. cans $1
TOP FROST FROZEN FORDHOOK LIMAS 6 10 oz. cans $1
TOP FROST FROZEN MIXED VEGETS 6 10 oz. cans $1
DARTMOUTH FROZEN ORANGE JUICE 6 6 oz. cans $1
DINING-IN FROZEN CHERRY PIES 4 20 oz. pies 99¢

FRESH BAKED JUBILEE BOSTON CREAM BLUEBERRY OR LEMON MERINGUE PIES 49¢ YOUR CHOICE . . . each
DELICIOUS LEMON RING each 49¢
CHOC. OR PLAIN ICED ½ ROUND POUND CAKE each 49¢

AUTOCRAT ALL FLAVORS HALF GAL. ICE CREAM 39¢
WITH PURCHASE OF CAL. ANY BRAND ICE CREAM AT REGULAR PRICE