BIG VALU MARKETS

A great place to save on groceries

. . . and everything else!

Fresh Blueberries 49¢ pint

CALIF. FIRM SLICING **Tomatoes** 39¢ lb.

LONG **Fresh Green Cucumbers** 12¢ ea.

HOME GROWN **Endive or Escarole** YOUR CHOICE ea. 23¢

19-OZ. JAR **T.V. Pop Corn in Oil** Jar 49¢

CHECK FOR HUGE VARIETY OF **Frozen Foods!**

JOHN'S CHEESE **Froz. Pizza** 13½ oz. pkg. 75¢

6-OZ. CAN FROZEN **Minute Maid Orange Juice** 28¢

TOP FROST 1-LB. & OZ. PKG. **Chuck Wagon Froz. Corn** 63¢

FROZEN **Birdseye Orange Plus** 9-oz. can 63¢

GAYLORD 10-OZ. PKG. **Frozen Chopped Spinach** 19¢

LOWEST PRICES ON OUR LARGE **Dairy Variety!**

7-OZ. CAN CREAM TOPPING **Reddi-Wip** 69¢

12-OZ. PKG. FOOD CLUB **American Cheese** 16 INDIV. WRAPPED SLICES 89¢

6-OZ. PKG. - FOOD CLUB SLICED NATURAL **Muenster** 55¢

GAYLORD **Solid 1-lb. pkg. Margarine** 43¢

ROCK BOTTOM PRICES ON AIDS FOR **Health & Beauty**

TABLETS **Anacin** 30 in Bot. 69¢

40 IN BOX **Efferdent Denture Tablets** 99¢

4 OZ. TUBE **Head & Shoulders Shampoo** $1.39

STRAWBERRY, LEMON OR BALSAM **Everynight Shampoo** 8-oz. BOT. $1.59

LOWEST PRICED **Maalox Tablets #2** 50 in BOT. $1.39

JUBILEE ASST. CUTS—1-LB. 6-OZ. PKG. **Pound Cake** $1.09

JUBILEE **Enriched White Bread** 1-LB. + OZ. LOAF 41¢

Prices valid from Sun., July 14 thru Sat., July 20, 1974

Save 40¢ — **Sealtest Cottage cheese** 1-PT., 8-OZ. CONT. REG. & COUNTRY STYLE 59¢

Save 32¢ — **Mrs. Filbert's Mayonnaise** qt. Jar 99¢

Save 15¢ — 8-OZ. CUP **Penn Maid Yogurt** ASSORTED FLAVORS 19¢

Save 10¢ — **Meat Pies** FROZEN TOP FROST 8-OZ. PKG. 19¢

Save 6¢ — **Facial Tissues** NON SOFT 2-PLY 200 SHEET BOX 25¢

Save 26¢ — **48-oz. Octagon** LIQUID DETERGENT OCTAGON 1-QUART, 1-PINT BOTTLE 49¢

Save 5¢ — **Orange Juice** TOP FROST FROZEN 6-OZ. CAN 17¢

Save 18¢ — **Mrs. Filbert's Golden ¼'s** oleo 1 lb. pkg. 49¢

Save 26¢ — **3-lb. box Macaroni** FOOD CLUB ELBOW 89¢

Save 55¢ — **Whole OR SLICED Potatoes** 5 1-lb cans $1 FOOD CLUB WHITE

Save 10¢ — **Lemon Juice** GOLDEN CROWN 1-QT. BOT. 39¢

Save 10¢ — **Chicken of the Sea Tuna** CHUNKY LIGHT MEAT 6½-OZ. CAN 49¢

U.S. CHOICE BEEF **Sirloin Steak** U.S.D.A. ★GRADED★ CHOICE Filet $1.39 lb.

1½ to 2 lbs. - Rock Cornish U.S. INSP. GRADE 'A' TOP FROST **Game Hens** 59¢ lb.

U.S. GOVT. INSP. TOP FROST OR PACKER'S LABEL **Grade "A" Turkey** 10 to 22 lbs. avg. lb. 49¢

14-OZ. PKG. **Crown Wafer Beef Steaks** $1.79

TABLE TREATS **100% Pure Beef Patties** 1-lb. PKG $1.99

BONELESS CUBE (from Chuck) **Steak** lb. $1.69 U.S. Choice

U.S. CHOICE **Boneless Shoulder Steak** $1.89

SINGLETON **Stuffed Flounder** WITH CRAB MEAT 8-OUNCE PKG. 79¢

43 to 50 TOP FROST **Peeled, Deveined Shrimp** 12-oz. pkg. $2.85

U.S. INSP. 'A' HOLLY FARMS Fresh Chicken **Breasts** 79¢ lb.

SLICED MEAT, BEEF OR GARLIC **Oscar Mayer Bologna** 12-oz. pkg. $1.09

12-OZ. PKG.—ROUND OR SQUARE **Oscar Mayer Variety Pack** $1.49

Food Club **BOLOGNA** 1-lb. pkg. $1.09

FRESH SLICED **STEAK FISH** 75¢ lb.

ONE SIZE FITS ALL—4 SHADES STOCK **Knee Hi's** Reg. 49¢ pair 3 pair pkg. $1

SHEER FROM TOE TO WAIST—1 SIZE FITS 100 to 150 LBS. **All Nude Panty Hose** 99¢ Value save 33% 66¢ pr.

ONE SIZE FITS ALL—REG. $1.00 VALUE **Nylon Foot Socks** 3 pr. pkg. 69¢

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Big Valu — Open Sunday 9 a.m.-5 p.m. Monday Thru Saturday 8 a.m.-10 p.m.

MFC COUPON Big Valu Markets 60¢ with Coupon — 15¢ Off with your purchase of 3.75 OZ. BARS 3 Bars of Zest Soap. Limit 1 per shopping family. Coupon valid Sun., July 14 thru Sat., July 20. Big Valu Markets. #PH 15

MFC COUPON $2.15 with Coupon — 30¢ Off with your purchase of 3-QUART BOTTLE Downy Fabric Softener. Limit 1 per shopping family. Coupon valid Sun., July 14 thru Sat., July 20. Big Valu Markets. #PH 30

Downy Fabric Softener Big 3 Quart Bottle WITH COUPON $2.15

MFC COUPON Big Valu Markets $1.54 with Coupon — 25¢ Off with your purchase of 5-LB., 4-OZ. BOX Tide Laundry Detergent. Limit 1 per shopping family. Coupon valid Sun., July 14 thru Sat., July 20. Big Valu Markets. #PH 25

King Size Tide Laundry Detergent 5-lb., 4-oz. box $1.54 WITH COUPON

Zest 3¾-ounce bars Complexion Soap 3 Bars WITH COUPON 60¢

Big Valu Markets

Cookin with Soul

By Marie P. Cooke
AFRO Women's Editor

Food authorities say that breakfast is the one meal American would rather skip. But do we realize we are missing out on a good thing?

Our bodies need fuel to operate effectively, nutritionists say, and we should start each day with breakfast . . . It's good for you.

Food authorities are beginning to suggest that a rigid format is not es ential at breakfast. It is what your body receives in the way of nutrients to serve for calories, protein, vitamins and minerals.

as fuel forthe day that is important and not whether you take time to sit down to a classic spread, although breakfast is a lot more pleasurable if you do relax at the morning mealm

Breakfast can be made up of a wide variety of foodsm A good breakfast should provide about one-fourth of your daily need

Ready-to-eat cereal with milk, pure Florida orange juice and toast is one choice that offers essential nourishment with staying powerm This nutrient-rich breakfast can even be conveniently worked into a rushed morning schedulem

The Kellogg Company and the Florida Citrus Commission (Florida Orange Growers) are campaigning together for better nutrition at breakfast. So, down with the mid-dmoraing droop. Up and at 'em with delicious healthful A.M. farem Here are recipe s for your breakfast enjoyment!

Just-For-Fun Breakfast Cookies

One-half cup regular margarine or butter, softened, three-fourth cup sugar, one egg, one cup sifted regular all-purpose flour, two cups corn flakes, one-half pound bacon, fried crisp, well-drained, crumbled, one-half cup seedless raisins

Measure margarine and sugar into large mixing bowl; beat until light and fluffy. Add egg; beat well. Add flour; mix until thoroughly combined. Stir in corn flakes, crumbled bacon and raisins. Drop by rounded measuring-tablespoon onto ungreased baking sheets.

Bake in moderate oven (350 degrees F.) about 20 minutes or until lightly browned. Remove cookies from baking sheets; cool on wire racks.

Yield: 2 dozen cookies.

Baked "Brunching" Eggs

One-fourth cup regular margarine or butter, one-fourth cup flour, one-fourth teaspoon salt, one-eighth teaspoon pepper, one and one-fourth teaspoon dry mustard, two cups milk, one cup (4 ounces) grated process American cheese, one cup cooked, cubed ham, one two and one-half-ounce jar (¼ cup) sliced mushrooms, drained, six hard-cooked eggs, sliced.

* * *

One tablespoon regular margarine or butter, one and one-half cups (fortified high protein) cereal

Melt the ¼ cup margarine in medium-size saucepan over low heat; stir in flour and seasonings. Remove from heat.

Add milk gradually, stirring until smooth. Return to medium heat and cook until bubbly and thickened, stirring constantly. Add cheese; mix until blended. Remove from heat.

Portion ham, mushrooms and eggs evenly into well-buttered 10 ounce casserole dishes. Pour approximately ½ cup sauce over each portion. Place dishes on baking sheet.

Bake in moderate oven (350 degrees F) about 20 minutes or until thoroughly heated and bubbly. About 10 minutes before serving, melt the 1 tablespoon margarine in medium-size fry pan. Add cereal; stir to coat.

Remove casseroles from oven. Sprinkle 2 rounded measuring-tablespoons of warm cereal in a ring around the top edge of each just before serving.

Yield: — 6 servings.

Baked French Toast With Citrus Syrup

One cup light corn syrup, One-third cup orange juice

* * *

Three cups corn flakes, two eggs, three-fourth cup milk, one-half teaspoon vanilla flavoring, six slices day-old bread, cut in halves diagonally, one-fourth cup regular margarine or butter, melted

To prepare Citrus Syrup, measure corn syrup and orange juice into small saucepan; bring to boil. Remove from heat. Serve warm or cooled over Baked French Toast.

For Baked French Toast, measure corn flakes; crush into fine crumbs. Place in shallow dish or pan; set aside. In second shllow dish or pan, beat eggs until foamy; stir in milk and vanilla. Dip bread into egg mixture, turning once and allowing time for both sides to take up liquid. Coat with crumbs. Place in single layer on well-greased baking sheet. Drizzle with melted margarine.

Bake in hot oven (450 degrees F.) about 10 minutes or until lightly browned. Serve hot with Citrus Syrup.

Yield: 4 servings, 3 halves per serving.

A good breakfast should provide about one-fourth of your daily need for calories, protein, vitamins minerals.

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ESSKAY'S FROZEN CHOPPED BEEF STEAKS 8-oz. pkg. 69¢

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STEER BEEF LIVER lb. 69¢

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ALL MEAT FRANKS HICKORY FLAVOR 12-oz. pkg. 89¢

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SLAB BACON HICKORY HOUSE BY THE PIECE lb. 79¢

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