

Top Of The Grade, Certified U.S. Choice Steer Beef, Tenderness plus Flavor • Top of the Grade



Satisfy The Whole Family With Complete Foods Co. Variety!



Seafood and Beef



USDA CHOICE STEER BEEF
LARGE END FLAVOR AGED
RIB ROAST

USDA CHOICE STEER BEEF
CENTER CUT
ROUND STEAK



U.S.D.A. CHOICE BEEF
SHORT CUT
CLUB STEAKS
98¢ lb

U.S.D.A. CHOICE BEEF
LEAN, TENDER CUTS
RIB STEAKS
79¢ lb

U.S.D.A. CHOICE BEEF
TENDER, FLAVORFUL
RUMP ROAST
69¢ lb

U.S.D.A. CHOICE BEEF
TENDER, FLAVORFUL
FLANK STEAK
98¢ lb

U.S.D.A. CHOICE BEEF
EYE OF THE RIB
SPENCER STEAKS
\$1.69 lb

69¢ lb

BONELESS STEAKS
98¢ lb

- SIRLOIN TIP
- TOP ROUND
- CUBE and
- BREAKFAST

U.S.D.A. CHOICE STEER BEEF
T-BONE STEAKS \$1.19 lb.
U.S.D.A. CHOICE STEER BEEF STEAKS
PORTERHOUSE \$1.25 lb.
U.S.D.A. CHOICE STEER BEEF
TOP SIRLOIN STEAK \$1.49 lb.
U.S.D.A. CHOICE STEER BEEF
N.Y. SIRLOIN STEAK \$1.59 lb.



6 TO 8 POUND AVERAGE
SMOKED PICNICS
39¢ lb

PRE-CARVED
SMOKED PICNIC
49¢ lb



SLICED BACON
SPRINGFIELD FIRST QUALITY
ONE POUND PACKAGE
65¢

REAL McCOY
BEEF BACON 1 LB. PKG. 69¢
REAL McCOY
BEEF SAUSAGE 1 LB. PKG. 49¢
REAL McCOY
BEEF PATTIES 1/2 LB. PKG. 29¢



From Our Service Fish Dept.

WHOLE or HALF SALMON

FRESH FROZEN FROM ALASKA

79¢

CENTER CUT
SALMON SLICES 98¢ lb

CENTER CUTS
HALIBUT STEAKS
79¢ lb

FROM SOUTHERN SEAS
SWORDFISH STEAKS
79¢ lb

KING CRAB LEGS
FULL OF SWEET TENDER MEAT
89¢ lb

KING CRAB \$1.98 lb. MEAT

JUMBO—FROM LOUISIANA
FROG LEGS \$1.29 lb.
FRESH—FLOWN IN BY JET 5 OZ. MIN.
IDAHO TROUT 49¢
FRESH
SEA BASS 89¢ lb
COOKED • HEAT 'N EAT
FISHSTICKS 49¢

Make Foods Co. your Lenten Seafood Headquarters.
We have gone "overboard" to bring to you the finest fresh and fresh-frozen seafoods available.
Our "sea-lections" are many: the finest Alaskan salmon and halibut; swordfish from southern seas; delicious cooked shrimp; and succulent king crab meats.
Our prices and quality are the best. Shop Foods Co. . . . Your Seafood Headquarters.

Lean No Waste
DUBUQUE • SANDWICH STYLE
PICNICS \$2.29
3 POUND CAN
Enjoy The Hom Flavor

BOB'S ASSORTED DRESSINGS 3 8 OZ. JARS \$1.35
BLEU CHEESE 45c • ROQUEFORT 55c
ROD'S IMO PINT CARTON 35¢
OSCAR MAYER WIENERS lb. pkg. 69c

ZIPPE BEEF TAMALES
Just Zip Open and Eat
7 OZ. PKG. 19¢

BUY THE BAG SALE!

fresh produce
U.S. NO. 1 RUSSET
POTATOES
10 POUND BAG 49¢

SWEET • JUICY • VALENCIA
ORANGES
4 LB. BAG 39¢

COLE SLAW SPECIAL!
CARROTS
• FRESH 1 LB. 10¢
• CRISP 1 LB. 10¢
• TENDER BAG 10¢
CABBAGE
• LARGE 5¢
• SOLID 5¢
• GREEN HEADS 5¢

SWEET • JUICY • THIN SKIN • ARIZONA
GRAPEFRUIT 8 LB. BAG 49¢
FRESH • LARGE • SWEET • RIPE • HAWAIIAN
PINEAPPLES EACH 29¢