

Are Always Willing To Please ● Helpful Foods Co. People Are Always Willing To Please ●

Golden Creme FRESH LARGE "AA" EGGS



DOZEN IN CARTON Golden Creme FRESH AA EXTRA LARGE EGGS DOZEN 46¢

44¢

BANQUET FROZEN COMPLETE DINNERS

- ROAST BEEF ● FRIED CHICKEN ● TURKEY
- BEANS & FRANKS ● CHOPPED BEEF ● CORNED BEEF HASH ● HADDOCK ● OCEAN PERCH ● MACARONI & CHEESE ● SALISBURY STEAK ● BEEF OR CHEESE ENCHILADAS ● ITALIAN DINNER ● MEXICAN DINNER ● SPAGHETTI & MEAT BALLS

3 FOR \$1

LOWEST PRICE IN YEARS! BUTTER-NUT COFFEE

REGULAR & ELECTRA-PERK GRINDS 2-POUND CAN



99¢

FIRST 2 CANS 99¢ each Thereafter \$1.09 per can

PEOPLE ALWAYS WILLING TO PLEASE

WE'RE HAPPY TO HELP YOU WITH SPECIAL SUGGESTIONS

ROY GOYA, Meat Manager



SEE OUR HARVEST OF FRESH PRODUCE FOR THE HOLIDAY SEASON

GEORGE KIYOTA, Produce Manager

VALUABLE COUPON WITH THIS COUPON ONLY ONE COUPON PER FAMILY

SPRINGFIELD FROZEN VEGETABLES

- GREEN PEAS
- CUT CORN
- CHOP. BROCCOLI
- FRENCH FRIES

6 Pkgs. with This Coupon ● REG. PKG.

10¢ EA.

COUPON GOOD FRI. THRU WED., NOV. 29 THRU DEC. 4

DOWNYFLAKE FROZEN WAFFLES

QUICK BREAKFAST TREAT Just Pop 'Em in the Toaster and Serve



6 WAFFLES IN PKG.

12¢

BANQUET FROZEN COOK IN THE BAG

- BEEF ● TURKEY
- CHICKEN ● BBQ BEEF

YOUR CHOICE ● 5-OZ. PKG.

25¢

VALUABLE COUPON WITH THIS COUPON ONLY ONE COUPON PER FAMILY

HI-C FRUIT DRINKS

Your Choice of:

- ORANGE ● GRAPE
- APPLE ● CHERRY
- FRUIT PUNCH
- PINEAPPLE-ORANGE

3 CANS WITH THIS COUPON ● JUMBO 46-OZ. CAN

24¢ EA.

COUPON GOOD FRI. THRU WED., NOV. 29 THRU DEC. 4

VALUABLE COUPON WITH THIS COUPON ONLY ONE COUPON PER FAMILY ADULTS PLEASE

ORANGE JUICE SOUTHERN GOLD Pure Florida

NO DEPOSIT QUART BOTTLE

2 BOTTLES WITH THIS COUPON

29¢ EA.

COUPON GOOD FRI. THRU WED., NOV. 29 THRU DEC. 4

EN 69¢ INSTANT NESCAFE \$1.09

89¢ 6-oz. All Flavors CAKE MIXES 29¢

89¢ 31¢

Lady Scott—2 pk. TOILET TISSUE . . . 29¢

Sunshine Hydrox COOKIES, 1 lb. . . . 51¢

Mrs. Friday's Frozen GOURMET SHRIMP, 1 lb. \$1.49

Bold Detergent, Gnt . . . 79¢

BLUE BONNET MARGARINE

1 LB. PKG. **29¢**

Cutex Oily Polish REMOVER, 4 oz. . . . 43¢

SIMONIZ—FROZEN FRUIT PIES All Flavors 8 inch Size 39¢

Apple, Pumpkin & Mince, 9 inch 79¢

Bonus Detergent, Gnt . . . 83¢

Maxwell House COFFEE

1-Lb. Can . . . 69¢

2-Lb. Can . \$1.37

3-Lb. Can . \$1.99

SIMONIZ

Non-Scuff Wax, 27-oz. 98¢

Unique Floor Wax, 22-oz. \$1.09

fresh produce ● **AVOCADOS** LARGE ● RIPE ● FUERTE **29¢**

TANGERINES LARGE ● SWEET ● JUICY ● CALIFORNIA **19¢**

GRAPEFRUIT SWEET ● JUICY ● ARIZONA **59¢**

BELL PEPPERS STUFFING SIZE GREEN **19¢**

MUSHROOMS HALF POUND **39¢**

sundries dept. ● **CREST TOOTH PASTE** REGULAR 1.05 FAMILY SIZE PLAIN OR MINT **77¢**

BATHE & GLO ● BEAUTY BATH OIL FOR DRY SKIN REG. 1.75 SIZE **99¢**

COLGATE 100 MOUTHWASH LARGE 17 OZ. BOTTLE REG. 1.39 **79¢**

SEAMLESS STRETCH NYLON HOSE \$1.99 VALUE **99¢ pr.**

CRYSTAL GLASS ASH TRAY 29¢

SPRINGFIELD STRAWBERRIES FROZEN PACKED IN SUGAR SYRUP 10 OZ. PKG. **25¢**

BAY PRIDE COCKTAIL SHRIMP SMALL SIZE 5 OZ. CAN **43¢**

PETUNA CAT FOOD ALL TUNA ● TUNA & KIDNEY ● TUNA & LIVER ● MACKEREL CAT FOOD 6 1/2 OZ. FLAT CAN **10¢**

Foods Co. SUPERMARKETS

6 SALE DAYS FRIDAY THRU WEDNESDAY NOV. 29 THRU DEC. 4, 1968

Closed Thanksgiving Day, Thurs., Nov. 28th