



Fresh, Tender, Delicious Chicken This Week At Foods Co.

CHICKEN RECIPE

CHICKEN AUTUMN STYLE

1 frying chicken, about 3 lbs., cut up
3 tablespoons butter or margarine
Seasoned salt and pepper
3/4 cup chicken broth
1 can (2 ounces) sliced mushrooms
Brown chicken pieces in the butter in large skillet. Sprinkle with seasoned salt and pepper. Add chicken broth, bring to boil, cover and simmer 35 minutes, or until tender. Add next 3 ingredients. Season potatoes and onions lightly with salt and paprika. Add a little more broth if too dry. Cook 5 minutes longer. Add peas and tomatoes and cook 1 minute longer, or until tomatoes are heated. Makes 4 servings.

STEAK RECIPE

MANDARIN CHUCK STEAK

1 cup soy sauce
1 cup orange marmalade
2 cloves garlic, minced
1 teaspoon ginger
1/4 teaspoon pepper

Combine all ingredients. Pour over meat and let stand for several hours or overnight. Brush meat with remaining marinade during cooking. Broil, braise or barbecue.

Cut-up Fryers
U.S.D.A. INSPECTED
PAN OR OVEN READY
29¢ lb.

Pick O' Chick
ONLY BEST PARTS
NO NECKS
NO GIBLETS
39¢ lb.

HICKORY Smoked Picnics
6-8 POUND AVERAGE
39¢ lb.



- BONELESS • USDA CHOICE BEEF **CHUCK ROAST** **79¢ lb.**
- FRESH EASTERN PORK • SHOULDER **PRE-CARVED ROAST** **49¢ lb.**
- JONES DAIRY FARM • KHJ-TV SPECIAL **LINK SAUSAGE** 1 LB. PKG. **98¢**
- BIRD FARM PURE **PORK SAUSAGE** 1 LB. PKG. **79¢**

Prepared Meat Items

- IN FOIL PAN READY FOR COOKING **MEAT LOAF** **59¢ lb.**
- LARGE, DELICIOUS STUFFED **BELL PEPPERS** **59¢ lb.**
- STUFFED • WE DO THE WORK **ROASTING CHICKENS** **59¢ lb.**

Fish and Seafood

- TASTES THE SAME AS KING CRAB **QUEEN CRAB LEGS** **79¢ lb.**
- FRESH DAILY **FILLET OF SOLE** **98¢ lb.**
- RUPERT'S FROZEN **FISH & CHIPS** 1 LB. PKG. **49¢**
- RUPERT'S FROZEN **FRENCH FRIED SCALLOPS** 14 OZ. PKG. **\$1.39**

Chuck Steaks
USDA CHOICE STEER BEEF
49¢ lb.

Pork Shoulder Roast
EASTERN GRAIN FED
6-8 POUND AVG.
39¢ lb.

- USDA INSPECTED **SPLIT BROILERS** **31¢ lb.**
- USDA INSPECTED **FRYER QUARTERS** **37¢ lb.**
- EXTRA DARK MEAT **4 LEGGED FRYERS** **39¢ lb.**
- EXTRA LIGHT MEAT **2 BREASTED FRYERS** **39¢ lb.**

NO NECKS, NO BACKS, NO GIBLETS
BEST O' FRYERS
DRUMSTICKS, BREASTS, THIGHS AND WINGS
49¢ lb.

PRE-CARVED PICNICS

- SLICED JUST COOK & SERVE **49¢ lb.**
- FAMILY STEAK**
USDA CHOICE • LEAN SHOULDER STEAK **98¢ lb.**

Fresh Fryer Parts

- USDA INSPECTED • SPLIT OR WHOLE **CHICKEN BREASTS** **59¢ lb.**
- USDA INSPECTED **LEGS or THIGHS** **55¢ lb.**
- USDA INSPECTED **WINGS & GIZZARDS** **39¢ lb.**
- USDA INSPECTED **CHICKEN LIVERS** **59¢ lb.**

