

Depend On Foods Co. To Bring You The Best In Meat... Only U.S. Choice Beef!

FOODS CO. markets



THE ONLY GRADE WE HANDLE...



U.S. CHOICE BEEF
ROUND STEAK

SALE

FULL CENTER CUT BONE IN

69¢

INDIVIDUAL ROUND STEAKS

- 1 beef round steak, cut 3/4" thick
- 1/2 lb. thick
- 1 egg flour
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon lard or dripping
- 1 medium onion, sliced
- 1/2 cup sliced celery
- 1 can (1 1/2 ounces) tomato sauce

Cut steak into 4 to 6 pieces. Combine flour, salt and pepper. Pound seasoned flour into steaks. Brown in lard or dripping. Pour off drippings. Add tomato, onion, celery and tomatoes. Cover lightly and cook slowly 1 1/2 to 2 hours or until meat is tender. Thicken liquid for gravy, if desired. 4 to 6 servings.

USDA CHOICE BEEF BONELESS **ROUND STEAK 79¢**

USDA CHOICE BEEF TOP ROUND **STEAK... 89¢**

USDA CHOICE BEEF BONELESS SIRLOIN TIP BEEF **STEAK 89¢**

USDA CHOICE CUSTOM TRIMMED **RUMP ROAST 69¢**

USDA CHOICE BONELESS CHUNKS OF BEEF FOR **BEEF STEW 69¢**

| | | |
|--------------------------|--------------|------------|
| ROSE CANADIAN BACON | By The Piece | 89¢ |
| FRESH FILLET RED SNAPPER | | 49¢ |
| SEA FAIR FILLET COD | 1-lb. Pkg. | 39¢ |
| SEA FAIR FILLET SOLE | 1-lb. Pkg. | 49¢ |
| FRESH WESTERN OYSTERS | 12-oz. Jar | 59¢ |

USDA CHOICE LEAN BEEF BREAKFAST **STEAK 98¢**

USDA CHOICE BONELESS BEEF RUMP **ROAST 79¢**

USDA CHOICE **CUBED STEAK 95¢**

EXTRA LEAN FRESH **GROUND ROUND 69¢**

Beef-Pork-Veal For Delicious Ground Meat **LOAF 49¢**

MORRELL'S YORKSHIRE **SLICED BACON** One Pound Package **45¢**

3rd BIG WEEK!

ELEGANT - NEW DANISH STYLE

BRUSH-FINISH CUSTOM CRAFTED LIKE FINE STERLING

TABLEWARE

FOODS CO. markets

UNCONDITIONALLY GUARANTEED FOR LIFETIME USE

BUILD A COMPLETE SET - Each Week For Eight More Weeks

You May purchase a selected piece at 19c with each \$2.00 Purchase

- DINNER KNIVES
- DINNER FORKS
- SOUP SPOONS
- SALAD FORKS
- ICED TEA SPOONS
- TEASPOONS

Will Not Rust or Tarnish
Serrated Blades Never Need Sharpening
Dishwasher Cleaning and Detergent Proof

TO COMPLETE YOUR SET

Butter Spreader, Sugar Shell & Serving Spoons Plus

All Pieces Available Every Week - No Purchase Necessary



38¢

THIS WEEK'S PIECE

DINNER FORK

YOU MAY PURCHASE ONE DINNER FORK FOR ONLY 19¢ WITH EACH \$2.00 FOOD PURCHASE

19¢