

Quality Meats That Guarantee Satisfaction!

SAVE 40¢ LB.
Holly Farms
GRADE A CHICKEN BREASTS



USDA GRADE A
 INSPECTED BY U.S. DEPARTMENT OF AGRICULTURE P-1

\$1.19
 LB.

WHOLE OR SPLIT

BONELESS CHUCK ROASTS STEAKS

Save \$1.69
 50¢ LB.

Save \$1.75
 54¢ LB.

SAVE 42¢ LB. - ROLLED
Shoulder Roast \$2.37

SAVE 22¢ LB. - BONELESS
Chuck Fillets \$2.47

Star
 MARKETS

STAR MARKET COUPON

84 THIS COUPON WORTH **50¢** TOP-VALUE STAMPS WITH PURCH. OF \$6.00 OR MORE

LIMIT ONE COUPON PER CUSTOMER THRU TUESDAY JUNE 26, 1979

TOP FROST
GRADE A
 REGULAR & SELF-BASTING
 •10-14 LB. AVG. HENS •18-22 LB. AVG. TOMS

TURKEYS

Save UP TO 26¢ LB.

73¢
 LB.

Sugardale

TEXAS HOTS

Save 34¢ LB.

\$1.29
 LB.

BONELESS SIRLOIN STEAKS

Save 50¢ LB.

\$3.29
 LB.

Save 50¢ LB.

1st - 5th Ribs

STANDING RIB ROASTS

\$2.79
 LB.

A CONSUMER MESSAGE FROM STAR

THINK "COST PER SERVING"

The smart shopper considers cost per serving rather than cost per pound. Some boneless cuts priced a bit more are better buys because they have little waste. Keep in mind it's cost per edible portion that really counts.

The amounts of bone and fat a cut contains help determine the number of 3 to 3 1/2 ounce servings of cooked beef it will provide. Cooking method, temperature and degree of doneness also are factors. In general you can count on:

4 servings per pound for...boneless cuts such as beef for stew, ground beef and cubed steak

3 servings per pound for...tip and boneless rump roasts; round, top loin and rib eye steaks

2 to 3 servings per pound...sirloin steak and boneless roasts from the chuck

2 servings per pound for...arm and blade pot roasts; most steaks with a bone

1 to 2 servings per pound for...short ribs; shank cross-cuts

To determine the approximate cost per serving, simply divide the price per pound by the number of servings per pound the cut will provide.

FRESH WHOLE OR HALF PORK BUTTS

Save 40¢ LB.

\$1.29
 LB.

FREZER QUEEN ENTREE
 •GRAVY & SLICED TURKEY
 •GRAVY & SALIS. STEAK

Save 40¢

\$1.39
 2 1/2 PKG.

SAVE 50¢ LB. **Boneless PORK BUTTS** LB. **1.39**

SAVE 40¢ LB. **FRESH PORK STEAK** LB. **1.39**

SAVE 24¢...HERRID **PORK SAUSAGE LINKS** 12 OZ. PKG. **1.19**

SAVE 50¢...HERRID REGULAR OR HOT **PORK SAUSAGE MEAT** 1 LB. ROLL **1.39**

SAVE 40¢ LB. - KRAKOW (FAMILY PACK) •POLISH •SMOKED **SAUSAGE** LB. **1.59**

SAVE 30¢ LB. - THORN APPLE VALLEY **HAM SLICES** LB. **2.69**

SAVE 30¢ LB. - LARGE FROZEN **HADDOCK FILLETS** LB. **1.69**

KRAKUS 3 LB. CANNED HAM

Save \$1.00

\$6.99
 EACH

IMPORTED

OLD VIRGINIE BRAND SLICED BACON

Save 50¢ LB.

\$1.19
 LB.

SMALL PORK Fresh Spareribs

Save 40¢ LB.

\$1.49
 LB.

STAR MARKET COUPON

41 THIS COUPON WORTH **40¢** TOWARD PURCHASE OF A ONE LB. PACKAGE STAR BOLOGNA

PRICE WITH COUPON ONLY \$1.19 LIMIT 1 COUPON PER CUSTOMER THRU SUNDAY JUNE 24, 1979

INFLATION FIGHTER RECIPE
BEEF CHOWDER

1 pound beef for stew, cut in 1/2-inch pieces
 2 cups water
 2 medium potatoes, thinly sliced
 2 medium onions, sliced

2 teaspoons celery salt
 2 teaspoons salt
 1/2 teaspoon pepper
 2 cups reconstituted dry milk
 1 teaspoon parsley flakes

Place beef in Dutch oven or soup kettle, add water, cover and cook slowly 1 hour. Pare potatoes and cut into 1/2-inch cubes (approximately 5 cups). Add potatoes, carrots, onion, celery salt, salt and pepper. Cover and cook slowly 30 minutes or until meat and vegetables are tender. Add reconstituted dry milk and parsley flakes and continue cooking, covered, 10 minutes. Yield: 6 servings of 1 1/2 cups each.

RECIPE COURTESY OF BEEF INDUSTRY COUNCIL

Produce Is Always Special At Star

STAR GUARANTEES EVERY ITEM SOLD...SATISFACTION, OR YOUR MONEY BACK.

FANCY WESTERN U.S. NO. 1 **GOLDEN OR RED DELICIOUS APPLES**

Save 18¢

2 LBS. \$1.00

FRESH **Washed & Cleaned SPINACH**

Save 21¢

58¢
 10 OZ. BAG

CALIF. SWEET **RED ONIONS**

Save 14¢ LB.

35¢
 LB.

FRESH FLORIDA **LIMES**

Save 14¢

9¢
 EACH

JUMBO CALIFORNIA Cantaloupes

SIZE 27

59¢
 EACH

STAR MARKET COUPON

44 THIS COUPON WORTH **40¢** TOWARD PURCHASE OF A 10 LB. BAG U.S. NO. 1 CALIFORNIA LONG **WHITE POTATOES**

PRICE WITH COUPON ONLY \$1.39 LIMIT 1 COUPON PER CUSTOMER THRU SUNDAY JUNE 24, 1979

FRESH CURLY **Leaf Lettuce**

Save 17¢

3 \$1.00

LARGE SIZE 2 INCH AND UP CAROLINA PEACHES

3 \$1.00
 3 LBS.

SAVE 20¢ LB. **VINE RIPENED TOMATOES**

59¢
 LB.

SAVE 32¢ **CALIFORNIA EATING VALENCIA ORANGES**

SIZE 113

8 FOR \$1.00

FANCY **GREEN PEPPERS** **48¢**
 LB.

SAVE 31¢...HOT HOUSE **SEEDLESS CUCUMBERS** **58¢**
 EACH

PRICES IN EFFECT THRU SUNDAY JUNE 24, 1979 WE RESERVE THE RIGHT TO LIMIT QUANTITIES ONLY WHEN NECESSARY

— Providing you with the finest foods is our business —