AGEMY & SONS supermarket

33503 W. 5 MILE RD.
CORNER OF FARMINGTON
Phone No. 261-6565
STORE HOURS:
MON.-SAT. 9 A.M.-9 P.M./SUN. 9 A.M.-6 P.M.

Member spartan stores

WE WELCOME FOOD STAMPS

NO SALES TO DEALERS OR MINORS

Get Set For SUMMER

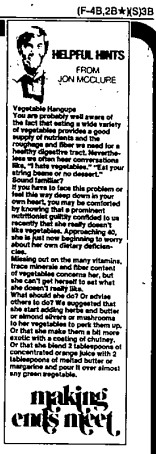
HAVE A SAFE & HAPPY MEMORIAL DAY
OPEN
MEMORIAL DAY
MONDAY, MAY 25, 1981
9:00 A.M. TO 4:00 P.M.

WE HAVE A COMPLETE VARIETY OF
READY MADE BEEF PATTIES-GREAT FOR THE GRILL!
GROUND FRESH DAILY

Ground Beef From Chuck LB. $1.48 BULK ONLY

USDA CHOICE TASTY
BONELESS CHUCK STEAK LB. $1.88

USDA CHOICE FLAVORFUL (BONE IN)
N.Y. STRIP STEAK LB. $2.98



HELPFUL HINTS
FROM JON MCCLURE

Vegetable Hangups
You are probably well aware of the fact that eating a wide variety of vegetables provides a good supply of nutrients and the roughage and fiber we need for a healthy digestive tract. Nevertheless we often hear conversations like, "I hate vegetables." "Eat your string beans or no dessert." Sound familiar?
If you have to face this problem or feel this way deep down in your own heart, you may be comforted by knowing that a prominent nutritionist guilty confided to us recently that she really doesn't like vegetables. Approaching 40, she is just now beginning to worry about her own dietary deficiencies.
Missing out on the many vitamins, trace minerals and fiber content of vegetables concerns her, but she can't get herself to eat what she doesn't really like.
What should she do? Or advise others to do? We suggested that she start adding herbs and butter or almond slivers or mushrooms to her vegetables to perk them up. Or that she make them a bit more exotic with a smashing of chutney. Or that she blend 3 tablespoons of concentrated orange juice with 2 tablespoons of melted butter or margarine and pour it over almost any green vegetable.

making ends meet

WILD WEDNESDAY!

DOUBLE MANUFACTURER COUPONS
MAY 20, 1981 UP TO AND INCLUDING 50¢ VALUE EXCLUDING COFFEE, CIGARETTES AND TOBACCO OR ANY FREE COUPON-FACE VALUE WILL BE HONORED

DELI' DELIGHTS

FRESH MACARONI OR
POTATO SALAD LB. 79¢

OUR OWN LEAN COUNTER
BACON LB. $1.29

GRADUATION PARTY TRAYS
MADE TO ORDER
PHONE: 261-6565

GRADE A
SWIFT BUTTERBALL TURKEYS 12-14 LBS. LB. 78¢

CUSTOM CUT THE WAY YOUR LIKE USDA CHOICE WHOLE
Boneless Beef Tenderloins $3.98

HYGRADE'S ALL MEAT
BALL PARK FRANKS 1 LB. PKG. $1.58

WEST VIRGINIA
SLICED BACON 1 LB. PKG. $1.58

FRESH TASTY HOMEMADE
SHISH-KABOBS LB. $2.48
READY FOR THE GRILL

ECHRICH 1 LB. REGULAR OR 12 OZ. BEEF OR HAM
SMORGAS PAC PKG. $1.99

ECKRICH ALL MEAT
SLICED BOLOGNA 1 LB. PKG. $1.89
REG. & THICK

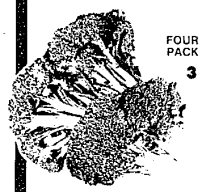
BUTCHER BOY FULLY COOKED
BONELESS HAM WHOLE LB. $1.39

KINGSFORD
CHARCOAL $1.99
10 LB. BAG

FRESH PRODUCE

LARGE SWEET AND JUICY
PEACHES LB. 99¢ SOUTHERN GROWN

U.S. NO. 1 NEW CROP LONG WHITE CALIF.
POTATOES 8 LB. BAG $1.79



FIRM RED VINE RIPE
FOUR PACK **TOMATOES** 3 PKGS. /99¢

FRESH GREEN
BROCCOLI BUNCH 69¢

WE CARRY A COMPLETE LINE ON ANNUAL BEDDING PLANTS-FLOWERS AND VEGETABLES! ✓ Our Low Prices

NEW!
SPARTAN REG. & DIET
CANNED POP 7/$1
ASSORTED FLAVORS
12 FL. OZ. CANS PLUS DEPOSIT

CAMPBELL'S
PORK & BEANS 3/89¢
16 OZ. WT.

LINDSAY SALAD OLIVES OR WHOLE EX-LARGE
RIPE OLIVES 89¢
7½-8 FL. OZ.

UNSWEETENED ASSORTED FLAVORS
KOOL-AID 8/$1
MAKES 2 QTS.

SPARTAN REGULAR & DIPPIN
POTATO CHIPS $1.18
16 OZ. WT.

PILLSBURY PLUS ASSORTED FLAVORS
CAKE MIXES 78¢
18½ OZ. WT.

HI-DRI JUMBO
TOWELS 58¢
SINGLE ROLL

SPARTAN **GARLIC SALT** 3.5 OZ. WT. 59¢

FRITO LAY **TOSTITOS** ASSORTED VARIETIES 89¢

HOME GEM **PAPER NAPKINS** 300 CT. PKG. 99¢

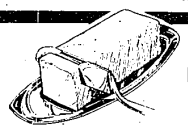
VLASIC SWEET, DILL, HOT DOG **PICKLE RELISH** 10 FL. OZ. 2/89¢

MILKYWAY, 3 MUSKETEERS, SNICKERS MARS FUN SIZE **CANDY BARS** 16 OZ. WT. $1.89

POST BREAKFAST CEREAL **RAISIN BRAN** 20 OZ. WT. $1.39

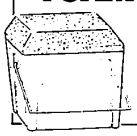
TIDE **LAUNDRY DETERGENT** 49 OZ. WT. $1.99

AGEMY & SONS SUPER SUNDAY SAVINGS SPECIAL!



LAND O LAKES SLIGHTLY SALTED
BUTTER 1/4's 16 OZ. WT. 99¢
SUNDAY ONLY, MAY 24, 1981-LIMIT 1, PLEASE

30 QT. CAPACITY
FOAM COOLER CHEST $1.69



BAKERY FEATURES

SCHAFER'S SUNBEAM HOT DOG OR
HAMBURG BUNS 2/89¢
8 PACK

DAIRY SPECIALS

MELODY FARMS PINT
FRENCH ONION CHIP DIP 16 FL. OZ. 79¢

SPARTAN INDIVIDUALLY WRAPPED
American Cheese Food Slices 16 OZ. WT. $1.79

LAND O LAKES TRAY PAK
SOFT MARGARINE 16 OZ. WT. 79¢

FROZEN FOOD BUYS

TWIN POPS 12 PACK 99¢

12 PACK **FUDGESICLES** $1.19

BIRDS EYE **COOL WHIP** 12 FL. OZ. 99¢

BANQUET **POT PIES** CHICKEN, TURKEY, BEEF 8 OZ. WT. 3/$1

VALUABLE COUPON
KRAFT MAYONNAISE 32 FL. OZ. 99¢
LIMIT 3 WITH COUPON AND $5.00 PURCHASE. COUPON EXPIRES MONDAY, MAY 25, 1981.
AGEMY

VALUABLE COUPON
FROZEN **SUN SIP LEMONADE** 12 FL. OZ. 3/$1
LIMIT 3 WITH COUPON AND $5.00 PURCHASE. COUPON EXPIRES MONDAY, MAY 25, 1981.
AGEMY

VALUABLE COUPON
ASSORTED FLAVORS **JELL-O GELATIN** 6 OZ. WT. 48¢
LIMIT 3 WITH COUPON AND $5.00 PURCHASE. COUPON EXPIRES MONDAY, MAY 25, 1981.
AGEMY

VALUABLE COUPON
MINT FLAVOR **CREST TOOTHPASTE** 6.4 OZ. WT. $1.29
LIMIT 3 WITH COUPON AND $5.00 PURCHASE. COUPON EXPIRES MONDAY, MAY 25, 1981.
AGEMY

PRICES EFFECTIVE THRU MONDAY, MAY 25, 1981.

QUANTITY RIGHTS RESERVED.