

The Talk Of The Town?

Free

Recipes Available At Safeway
From Meats To Desserts...
Pick Yours Up Today!

Challenge



Standing Rib Roast
Rub entire surface of roast with cut garlic, sprinkle with salt and pepper. Place roast, fat side up, on rack in shallow baking pan, or on bottom of pan. Do not add water; do not cover pan. Roast in slow oven at 325°.

Oven-Ready Weight	Approximate* Roasting Time	Meat Thermometer Reading
4 lb.	1 1/2 hr	140° F. (rare)
	2 hr	160° F. (medium)
	2 1/2 hr	170° F. (well done)
6 lb.	2 1/2 hr	140° F. (rare)
	3 hr	160° F. (medium)
	3 1/2 hr	170° F. (well done)
8 lb.	3 1/2 hr	140° F. (rare)
	4 hr	160° F. (medium)
	4 1/2 hr	170° F. (well done)



Tempting Ways with Fresh Pork!

BONELESS PORK:
Available as roasts, chops, sausage. Roasts make for great eating and easy slicing, chops and sausage can be prepared in many ways, including casseroles.

PORK CUBES:
Our tender lean cubes of pork are popular in Chinese stir-fry dishes as well as other uses, such as pork pot pies, kabob cooking.

SPARERIBS:
Regular or country-style ribs are delightful barbecued, cooked with sauerkraut, stuffed with favorite dressing and oven-baked.

PORK CHOPS and PORK STEAKS:
Can be fried, barbecued, cooked with various wine sauces and gravies. Just check your cookbook for a large variety of tempting uses.

PORK LOIN ROAST
Fresh Not Frozen, Tenderloin End

\$1.18
Lb.

SAFETY SPECIAL

STANDING RIB ROAST
Cut From Canada Grade 'A' Beef

\$1.38
Lb.

SAFETY SPECIAL

1st-5th Ribs

Prices Effective September 14-20th, 1977. Except Bakery, Produce. Effective Until September 17th, 1977. Sales in Retail Quantities Only.

Is This The Roast You Bought Last Week?

The Safeway Challenge!

SAFETY SPECIAL PRICE

Pork Loin Roast	Lb.	1.18
Sliced Bologna	ea.	98¢
Oktoberfest Sausage	ea.	1.28
Sliced Bologna	ea.	98¢

SAFETY SPECIAL PRICE

Pork Loin Chops	Lb.	1.88
Luncheon Meat	Lb.	1.09
Sauerkraut	ea.	79¢
Polish Rings	ea.	79¢

SAFETY SPECIAL PRICE

Side Bacon	ea.	1.58
Pink Salmon	Lb.	1.58
Whitefish	Lb.	1.08
Whole Mackerel	Lb.	49¢

BROCCOLI
Ontario Grown LARGE Size 12's

59¢
ea.

California Broccoli
About 2 lbs. broccoli

Trim off large leaves and lower tough portions; wash stems cross-wise. Wash, drain, boil in water until 15 minutes or until tender. Drain, serve with Cheese Sauce, Hollandaise Sauce or the following Butter Sauce.

2/3 cup green onions, fine cut
4 tbsp. butter or margarine
2 tbsp. lemon juice
1 tsp. salt
1/4 tsp. pepper

Saute onions in butter in small skillet 5 minutes. Remove from heat; add seasonings, lemon juice. Pour over broccoli. 4-6 servings.

HONEYDEW MELONS
Large Size 6's

78¢
ea.

Serving Suggestion

Shop Safeway Where You Buy Roasts Like This!

Check the Trim on our Standing Rib Roast

- CHECK THE TRIM
- CHECK THE QUALITY
- CHECK THE PRICE

MONEY BACK GUARANTEE

If, for any reason, you are not satisfied with any purchase made at Safeway, we will make an adjustment that is satisfactory to you or refund the purchase price in full.

Apples 4 Quart Basket 1.69
MacIntosh Ontario Grown FANCY GRADE

Leaf Lettuce Bunch 29¢
Ontario Grown

Cheddar Cheese 20¢ OFF PKG. PRICE
Safeway Old Cheddar 16 oz. Average Weight Pkg.

Peanuts ea. 1.19
Johnsons (369 g) 13 oz. Tin

Grape Juice ea. 1.19
Welch's 40 fl. oz. Tin

Spaghetti 3 FOR \$1
Taste Tells With Cheese (398 ml) 14 oz. Tin

Jelly Powders 2 FOR 56¢
Jello Assorted Varieties (85 g) 3 oz. Package

Cooking Onions Ontario Grown No. 1 Grade 2 Lb. Bag 39¢	Ontario Carrots No. 1 Grade 2 Lb. Bag 29¢	Rutabagas Ontario Grown No. 1 Grade Lb. 10¢	Ice Cream Lucerne Ass. Spins 1 litre carton 99¢ ea.	Cottage Cheese Lucerne Large, Small or 2% Curd 32 Oz. Tub 1.45 ea.
---	--	--	--	---

Creamed Honey ea. 1.79
Billy Bee Liquid Freezer Jar (907 g) 2 Lb. Jar

Spaghetti Sauce ea. 1.19
Ragu Assorted Varieties (796 ml) 28 fl. oz. Jar

Fish & Chips ea. 1.58
Highliner 32 oz. frozen family size pkg.

Orange Juice ea. 79¢
Old South Frozen Concentrated (354 ml) 12.5 oz. Tin

Raspberries ea. 79¢
Bel-air Frozen 15oz. Package

COMPARE

SAFETY

CANADA SAFEWAY LIMITED
COPYRIGHT 1960, CANADA SAFEWAY LIMITED