

**Shur  
Save**

**IF IT'S FRESHER THAN OURS,  
IT'S STILL GROWING!**



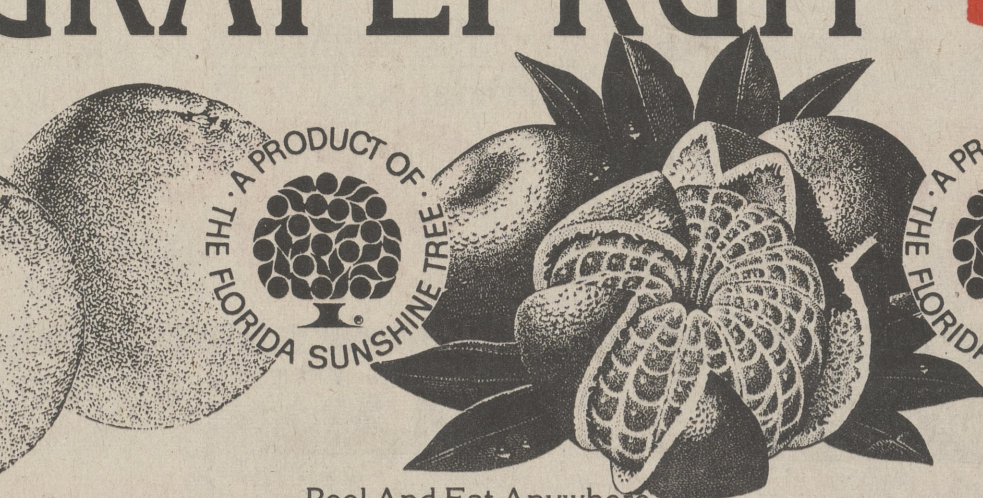
**Fresh from the  
Sunshine State!**

**Below  
Cost!**

Great For Breakfast  
Large Size, Florida, White or Pink

**SEEDLESS  
GRAPEFRUIT**

**5 For \$1**



Sweet, Juicy  
Unique Flavor  
**Florida  
Tangelos**

**10/\$1.49**

Peel And Eat Anywhere  
Natures Zipper Fruit  
**Florida  
Tangerines**

**10/\$1.49**

Excellent Source of Vitamin C  
Florida  
**Juice  
Oranges**

**10/\$1.29**



Excellent Source Of  
Vitamin C, California  
Sunkist, Seedless

**Navel  
Oranges**

**10/99¢**

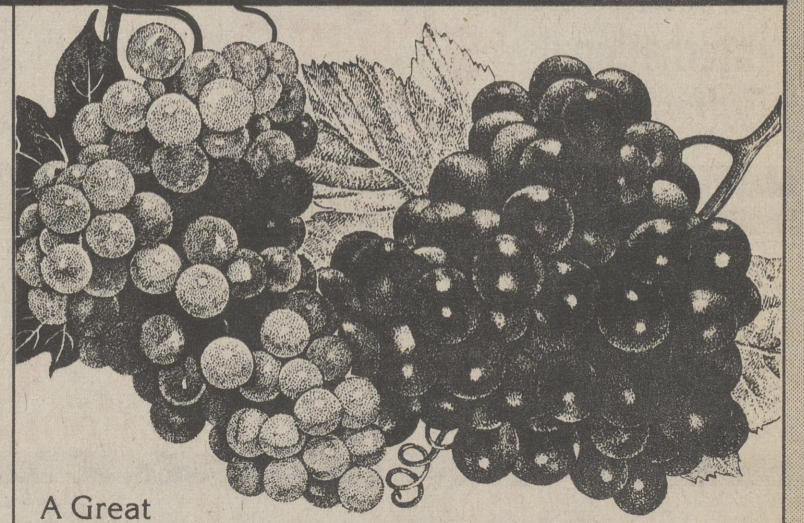
**Below  
Cost!**



Protein Is High Quality  
U.S. #1  
Russet

**Baking  
Potatoes**

**5-Lb.  
Bag 79¢**



A Great  
Between Meals Snack  
**Red Emperor or  
White Calmeria  
Grapes**

**59¢** Lb.



Family Pack  
Red Ripe

**Solid  
Slicing Tomatoes**

**59¢** Lb.



Excellent For Stuffing  
**Large Green  
Peppers**

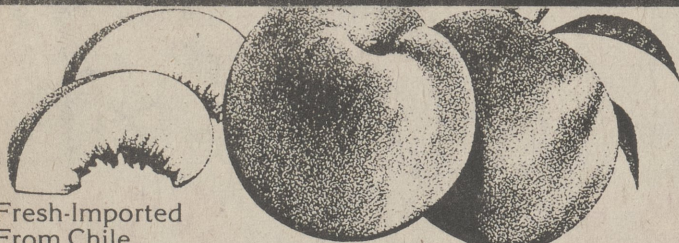
**69¢** Lb.



Improves Any Meal  
Nutritionally

**Fresh Endive or  
Escarole**

**59¢** Lb.



Fresh-Imported  
From Chile

**Peaches or  
Nectarines**

**\$1.29** Lb.



Long, Green, Crisp

**Super Select  
Cucumbers**

**3/99¢**



Try Some With  
Cheese Sauce

**California  
Broccoli**

Large  
Bunch **99¢**

**You Sure Save More At A ShurSave Store!**

**Insalaco's**

- City Heights—Wilkes-Barre
- Old Lack. Trail—Clarks Summit
- Country Club Shopping Ctr.—Dallas
- Narrows Shopping Ctr.—Edwardsville
- Lawrence St.—Old Forge
- N. Main St.—Pittston
- Stanton St.—Wilkes-Barre
- 4th St. & Wyoming—West Pittston
- Greenridge Plaza—Scranton
- Valmont Plaza—West Hazleton

**BILL'S SUPERMARKET**

- Rt. 502—Daleville
- BRUNETTI'S N. Main Ave.—Scranton
- FETCH'S W. Main St.—Plymouth
- THE FOOD HUT Rt. 590 East of Hamlin
- Foxmoor ShurSave Rt. 209, East of Marshalls Creek
- FREELAND Front & Graham—Freeland

**GERRITY'S**

- S. Main Ave.—Scranton
- JOE'S SUPERMARKET Rt. 348—Mt. Cobb
- PETER'S MARKET Rt. 209—Napanoch, N.Y.
- POCONO Shopping Ctr.—Pocono Pines
- QUINN'S Kennedy at Main—Archbald
- RAY'S MARKET College Ave.—Factoryville

**SCHMIDT'S MARKET**

- Main & State—Nicholson
- SKETTINO'S Jackson St.—Scranton
- STAN BARCHIK & SONS Junction 487 & 239—Benton
- TOWNE & COUNTRY Rt. 611—Tannersville
- TOWNE & COUNTRY Brodheadsville

**Giant Mkts.**

- Blakely St.—Dunmore
- Hanover St.—Wilkes-Barre
- Keyser Oak Shopping Ctr.
- Wyoming Ave.—Kingston
- Meadow Ave.—Scranton
- Pittston Plaza
- Rt. 6 Plaza—Honesdale

**EAT SMART**

**10 STEPS**

TO REDUCING CANCER RISK

1. Eat more cabbage-family vegetables.
2. Add more high-fiber foods.
3. Choose foods with Vitamin A.
4. Do the same for Vitamin C.
5. Add weight control.
6. Trim fat from your diet.
7. Subtract salt-cured, smoked, nitrite-cured foods.
8. Stop cigarette smoking.
9. Go easy on alcohol.
10. Respect the sun's rays.