



**2/\$5**

**8-Oz. Philadelphia Cream Cheese**



**SALE PRICE 2/\$4**  
DIGITAL COUPON **1.00 OFF TWO**  
**FINAL PRICE 2/\$3**

**16-Oz., Selected Daisy Sour Cream**



**SALE PRICE 2/\$8**  
DIGITAL COUPON **1.00 OFF TWO**  
**FINAL PRICE 2/\$7**

**16-Oz. Salted Or Unsalted IGA Butter Quarters**



**3.98**

**40-Oz, Selected Crisco Cooking Oil**



**2.98**

**4-Lb., Granulated IGA Sugar**



**SALE PRICE 4.48**  
DIGITAL COUPON **2.00 OFF ONE**  
**FINAL PRICE 2.48**

**30-Oz., Selected Kraft Mayo**



**BUY ONE, GET ONE FREE**

**4.75 To 8-Oz., Selected Lay's Potato Chips**



**5.99**

**16.9-Oz. Bottles 12-Pack Lipton Tea**





# COWEN



**STORE HOURS**  
Monday - Saturday  
8am To 8pm  
Sunday 9am - 7pm

70 Railroad Avenue Cowen, WV 304-226-3811

We Reserve The Right To Limit Quantities  
And Correct Typographical Errors. No Sales To Dealers.



## HAPPY Thanksgiving

WE ARE THANKFUL FOR YOU!

**Holiday Recipe!**

**New York Strip Roast**

- 3 lbs. Strip Roast
- 1 tbsp. extra virgin olive oil
- 1 tbsp. kosher salt
- 2 tsp. fresh ground pepper

Preheat oven to 450°F. Place New York strip roast, fat side up, in roasting pan fitted with rack. Rub roast with olive oil and season all sides with salt and pepper. Place in oven for about 15 minutes. Reduce oven temperature to 325°F and continue cooking approximately 1 hour and 15 minutes for medium (135-140°F on thermometer). Loosely tent roast with foil and let stand 10 minutes. Slice roast across the grain.

**6.98<sup>lb.</sup>**

USDA Select, Boneless  
**New York Strip Standing Loin Roast**

**3.98<sup>lb.</sup>**

80% Lean, Family Pack  
**Fresh Ground Chuck**

**2.98**

1-Pc., Frozen  
**Baby Back Pork Ribs**

**2.48<sup>lb.</sup>**

Frozen Or Previously Frozen, Boneless  
**Skinless Chicken Breasts**

MAKING Thanksgiving SPECIAL!

**Whole Frozen Turkey**

LIMIT 1 PER HOUSEHOLD WITH \$50 PURCHASE

SALE PRICE **1.28<sup>lb.</sup>**  
DIGITAL COUPON **12.00**  
OFF ONE TURKEY

PAY AS LOW AS **.28<sup>lb.</sup>**

BASED ON AN AVERAGE 12-LB. TURKEY

Minimum purchase requirements exclude alcohol, tobacco, lottery, gift cards and store services

**4.98<sup>lb.</sup>**

USDA Select  
**Boneless Bottom Round Roast**

12 To 16-Oz., Selected  
**Black Label Hormel Bacon**

SALE PRICE **4.98**  
DIGITAL COUPON **1.00**  
OFF ONE

FINAL PRICE **3.98**

27-Oz., Hot Or Mild  
**Swaggerty's Sausage Patties**

SALE PRICE **5.98**  
DIGITAL COUPON **1.00**  
OFF ONE

FINAL PRICE **4.98**

**2.98**

1-Pc., Frozen  
**Baby Back Pork Ribs**

**6.98<sup>lb.</sup>**

Large  
**Snow Crab Clusters**

**7.98<sup>lb.</sup>**

Fresh Atlantic  
**Salmon Fillets**

**1.48<sup>lb.</sup>**

USDA Inspected  
**Boston Butt Pork Roast**

**2.48<sup>lb.</sup>**

Frozen Or Previously Frozen, Boneless  
**Skinless Chicken Breasts**

### FARMER'S MARKET

LIMIT ONE

Tropical Ripe  
**Fresh Golden Pineapple**

SALE PRICE **1.48**  
DIGITAL COUPON **.50**  
OFF ONE

FINAL PRICE **.98**

**4 / \$1**

4 Lbs.  
NC Grown, Selected  
**Orange Flesh Sweet Potatoes**

**3.98**

3-Lb. Bag  
**California Navel Oranges**

LIMIT TWO

Crispy Green  
**Large Stalk Celery**

SALE PRICE **1.48**  
DIGITAL COUPON **.50**  
OFF ONE

FINAL PRICE **.98**

### A SAVINGS BOUNTY

**5/\$5**

13.5 To 15.25-Oz., Selected  
**Del Monte Vegetables**

**2/\$3**

15.25-Oz., Selected  
**Duncan Hines Cake Mix**

**9.98**

22 To 25.9-Oz. Cafe Bustelo Or Selected  
**Folgers Ground Coffee**

**2/\$6**

5-Lb. Self Rising Or Plain  
**Hudson Cream Flour**

**5/\$5**

30-Oz., Selected  
**Hellmann's Mayonnaise**

14 To 16 Oz., Selected  
**Kraft Dressing**

SALE PRICE **2/\$5**  
DIGITAL COUPON **1.00**  
OFF TWO

FINAL PRICE **2/\$4**

8.8 To 13.7-Oz., Selected  
**Ritz Crackers**

SALE PRICE **2/\$7**  
DIGITAL COUPON **2.00**  
OFF TWO

FINAL PRICE **2/\$5**

**2/\$5**

7 To 8-Oz., Selected Chunk Or  
**Kraft Shredded Cheese**

**5.98**

30-Oz., Selected  
**Hellmann's Mayonnaise**

SALE PRICE **5.98**  
DIGITAL COUPON **1.00**  
OFF ONE

FINAL PRICE **4.98**

**2/\$4**

15.5 To 24-Oz., Selected  
**Ragu Pasta Sauce**

6.5-Oz., Selected  
**Reddi Wip Cream**

SALE PRICE **2/\$4**  
DIGITAL COUPON **1.00**  
OFF TWO

FINAL PRICE **2/\$3**

**2/\$5**

7 To 8-Oz., Selected Chunk Or  
**Kraft Shredded Cheese**

**2/\$7**

52-Oz., Selected  
**Simply Juice**

SALE PRICE **2/\$7**  
DIGITAL COUPON **1.00**  
OFF TWO

FINAL PRICE **2/\$6**

**4.98**

45-Oz., Selected  
**Country Crock Spread**

35 To 37-Oz., Selected  
**Mrs. Smith's Flaky Pies**

SALE PRICE **4.98**  
DIGITAL COUPON **1.00**  
OFF ONE

FINAL PRICE **3.98**

**6.98**

24-Ct., Original Or Savory Butter  
**Kings Hawaiian Rolls**

POSTAL CUSTOMER

PRSRST STD  
PAID  
US POSTAGE  
HELENA, AL 35080  
PO BOX 614

**2/\$4**

Refreshing  
**2-Liter Pepsi Products**

**4/\$13**

16.9-Oz. Bottles  
**6-Pack Pepsi Products**

**9.99**

12-Oz. Cans  
**24-Pack Pepsi Products**

**9.99**

12-Oz. Cans  
**24-Pack Pepsi Products**





SALE PRICE **2/\$5**  
DIGITAL COUPON  
**2.00**  
OFF TWO

FINAL PRICE  
**2/\$3**

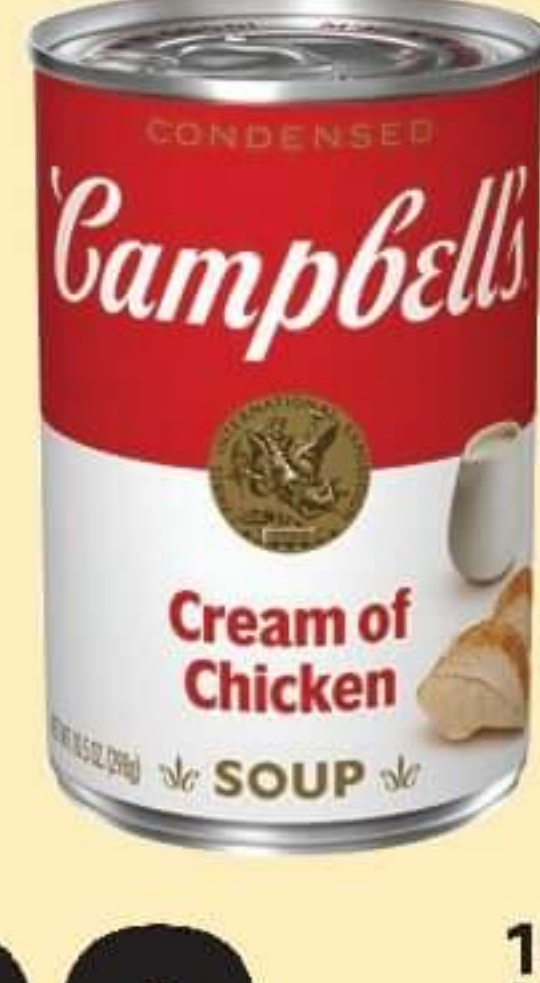
6-Oz., Selected  
**Stove Top  
Stuffing Mix**



SALE PRICE **2/\$5**  
DIGITAL COUPON  
**2.00**  
OFF TWO

FINAL PRICE  
**2/\$3**

12-Oz., Selected  
**Heinz  
Gravy**



**.98**

10.5-Oz., Chicken Or  
Mushroom  
**Campbell's  
Cream Soup**



**2/\$4**

32-Oz., Selected  
**Swanson  
Broth**



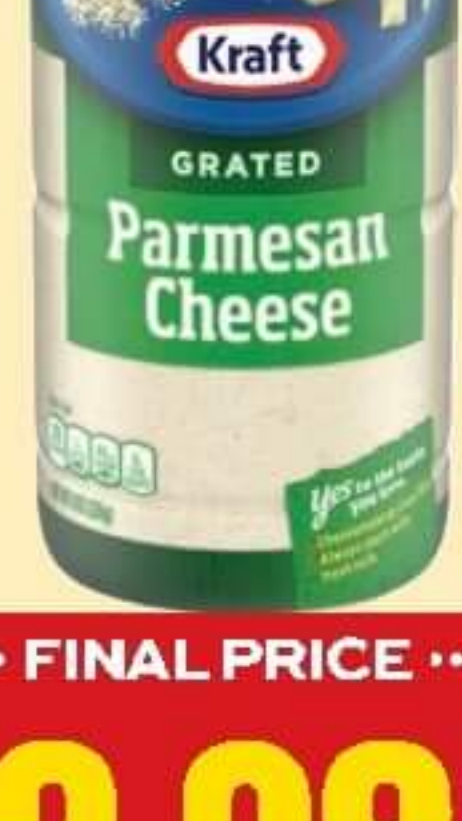
**2/\$6**

9.4 To 14-Oz., Selected  
Velveeta Or  
**Kraft Deluxe  
Mac & Cheese**



**8.98**

32-Oz.  
**Velveeta  
Loaf**



SALE PRICE **4.48**  
DIGITAL COUPON  
**1.50**  
OFF ONE

FINAL PRICE  
**2.98**

8-Oz., Selected Grated  
**Kraft Parmesan  
Cheese**



SALE PRICE **2/\$4**  
DIGITAL COUPON  
**1.00**  
OFF TWO

FINAL PRICE  
**2/\$3**

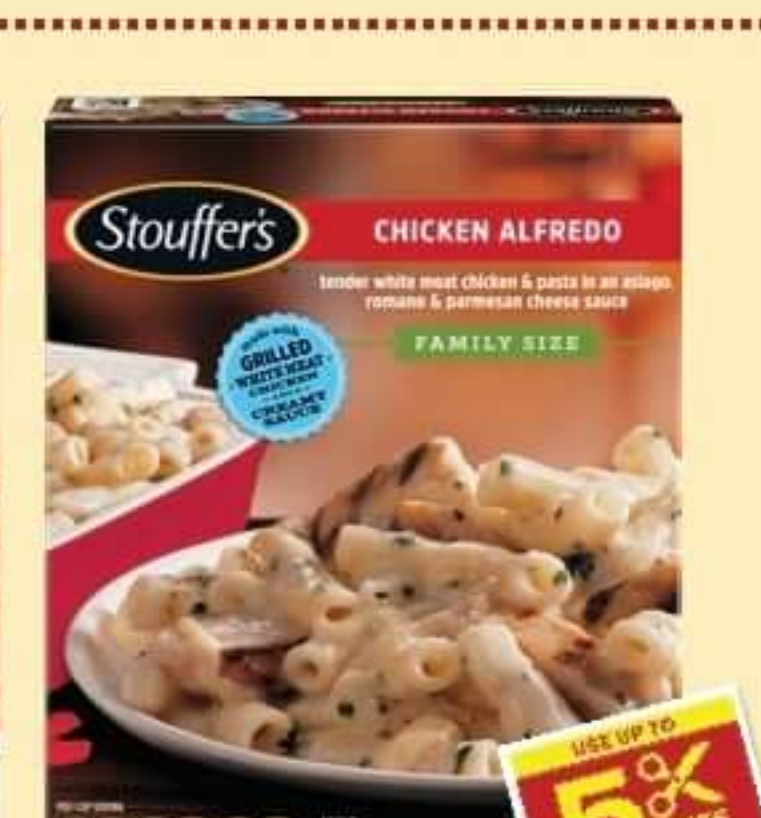
8-Oz., Selected  
**Cool Whip  
Topping**



SALE PRICE **2/\$8**  
DIGITAL COUPON  
**1.00**  
OFF TWO

FINAL PRICE  
**2/\$7**

48-Oz., Selected  
**Breyers**



SALE PRICE **8.98**  
DIGITAL COUPON  
**2.00**  
OFF ONE

FINAL PRICE  
**6.98**

28 To 40-Oz., Selected  
Family Size  
**Stouffer's  
Entrees**



# HOLIDAY ESSENTIALS

**2/\$5**

32-Oz. Powdered Or IGA Light Brown Sugar



**4/\$5**

3 To 3.9-Oz., Selected Jell-O



**2/\$5**  
15-Oz. Canned Libby's Pumpkin



**3.98**

9.24 To 19.6-Oz., Selected No Bake Jell-O Desserts



**1.78**

.6 To 6-Oz. Selected Jell-O Pudding Mix



**2.48**

14-Oz. Baker's Coconut



**3.78**

5 To 6-Oz., Selected Pam Cooking Spray



**3.48**

20-Oz., Apple Comstock Pie Filling



**2.48**

11-Oz. Reg. Or Mini Nilla Wafers



SALE PRICE **2/\$9** DIGITAL COUPON OFF TWO **2.00** FINAL PRICE **2/\$7**

**3.98**

1 To 2-Oz., Selected McCormick Extract



**2/\$4**

14 To 16-Oz., Selected Duncan Hines Frosting



**2/\$3**

10-Oz., Mini Jet-Puffed Marshmallows



**1.98**

12-Oz., Selected Carnation Evaporated Milk



**3.98**

12-Oz., Original Grandma's Molasses



**2.98**

16-Oz., Light Karo Syrup



**2.98**

14-Oz. Carnation Sweetened Condensed Milk



**2.98**

6-Pk. Tarts Or 6 To 9-Oz., Selected Keebler Pie Crust



**2/\$5**

4-Oz., Selected Baker's Chocolate



**4.78**

10 To 12-Oz., Selected Nestle Morsels



**2.98**

1-Oz. IGA Vanilla Extract



**4.98**

4.8 To 10-Oz., Selected Fisher Nuts



## FALL FLAVOR•ITES



**2/\$4**

14-Oz., Whole Berry Or Jellied Ocean Spray Cranberry Sauce



**3/\$5**

.75 To 1-Oz., Selected McCormick Gravy Mix



**1.38**

14.5 To 15-Oz. Selected Margaret Holmes Vegetables



**2/\$5**

8.5 To 8.8-Oz., Selected Ben's Original Ready Rice



**2/\$5**

12 To 16-Oz., Creamette Or Selected Mueller's Lasagna



**2.48**

28 To 29-Oz., Selected Hunt's Tomatoes



**3/\$5**

11-Oz., Selected Steam Crisp Green Giant Canned Corn



**5.48**

30-Oz., Reg. Or Light Miracle Whip



**2/\$5**

12-Oz. Chili Sauce Or Heinz Seafood Cocktail Sauce



**4.48**

6-Oz. French's Crispy Fried Onions



**2.98**

128-Oz. IGA White Vinegar



**2/\$6**

16 To 24-Oz., Selected Vlasic Pickles



**5.98**

42-Oz. Old Fashion Or Quaker Quick Oats



**1.78**

5-Oz. La Choy Chow Mein Noodles



**2/\$7**

128-Oz., Selected Arizona Tea



**2/\$6**

64-Oz., Selected Ocean Spray Cocktail



**4/\$5**

2.11 To 2.32-Oz., Selected Cheetos Mac'N Cheese



**5.98**

16 To 19-Ct. Pacs Or 36-Oz., Selected All Ultra Liquid Detergent



**2/\$6**

11.25-Oz., Selected Softsoap Hand Soap





# FRESH PRODUCE

**2.98** <sup>lb.</sup>  
Farmer's Finest  
**Tender  
Asparagus**

**1.28**  
1.6-Oz.  
Concord Foods  
Hollandaise  
Sauce



**MAKE & MUNCH**

9.21 To 14.03-Oz.,  
Selected  
**Oreo Cookies**

SALE PRICE **2/\$9**  
DIGITAL COUPON  
1.50 OFF TWO

FINAL PRICE **2/\$7.50**



**1.28** <sup>lb.</sup>  
Eastern Grown, Granny  
Smith, McIntosh Or  
**Red Rome  
Apples**

**2.48**  
3.62 To 5.12-Oz.,  
Selected  
**Lay's Minis**



**9.98**  
18-Ct.,  
Selected  
**Frito Lay  
Variety Pack**



6.5 To 8.5-Oz., Selected  
**Nabisco  
Snack  
Crackers**

SALE PRICE **2/\$8**  
DIGITAL COUPON  
2.00 OFF TWO

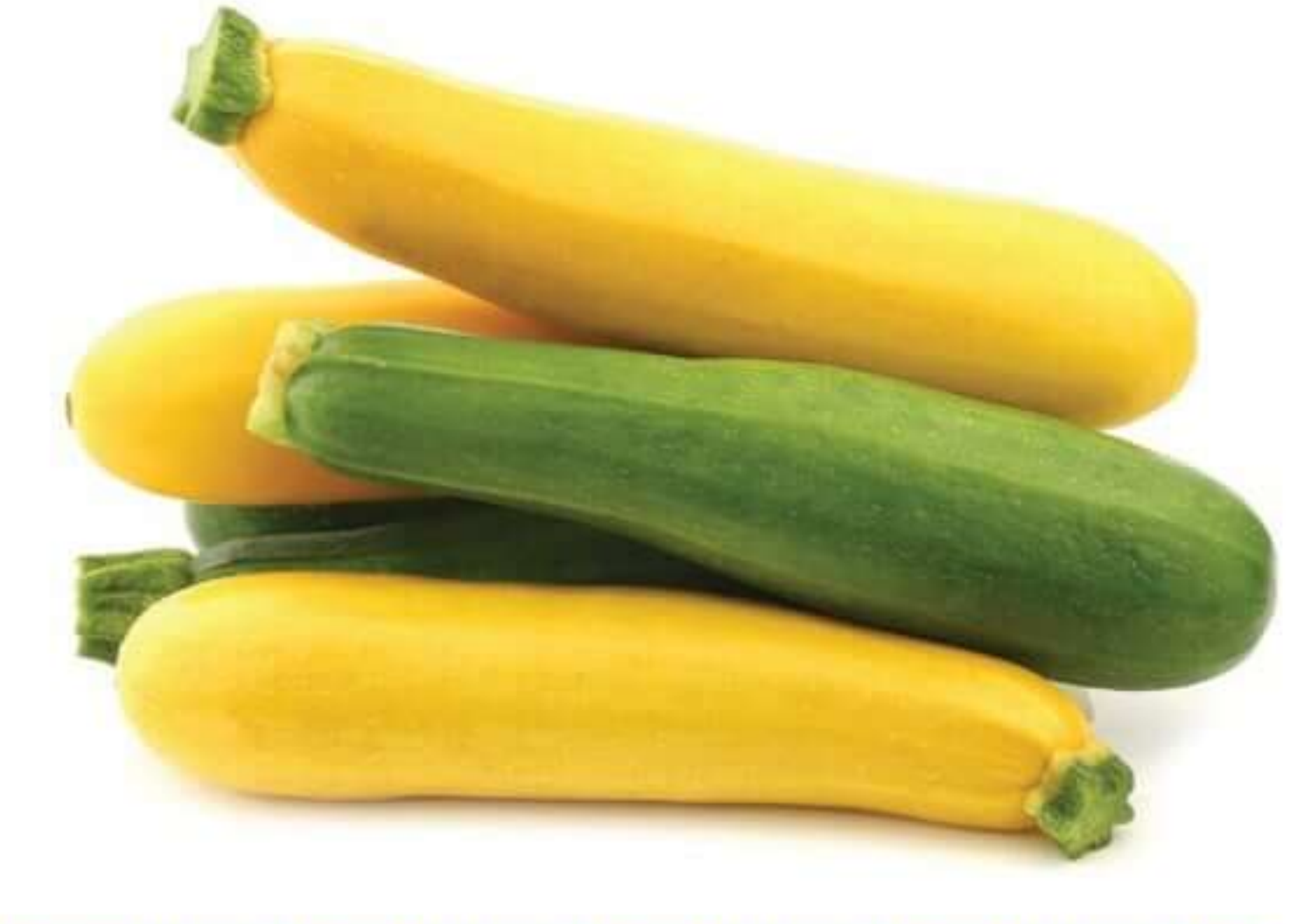
FINAL PRICE **2/\$6**



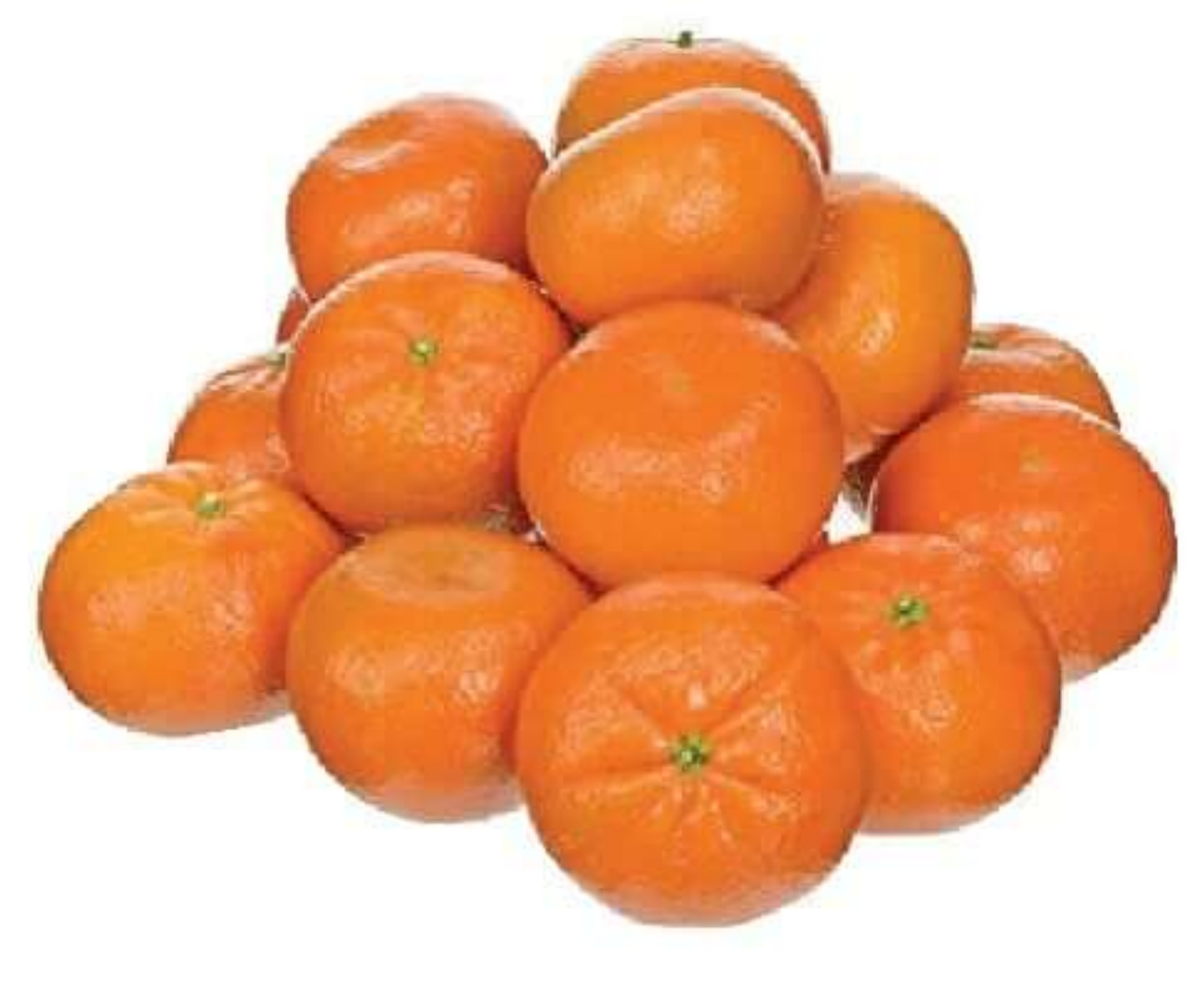
**1.98** <sup>lb.</sup>  
"No Waste"  
**Crisp Broccoli  
Crowns**



**1.78** <sup>lb.</sup>  
Tender  
**Yellow Or  
Zucchini  
Squash**



**4.98**  
3-Lb. Bag, EZ Peel  
**Satsuma  
Mandarin  
Oranges**



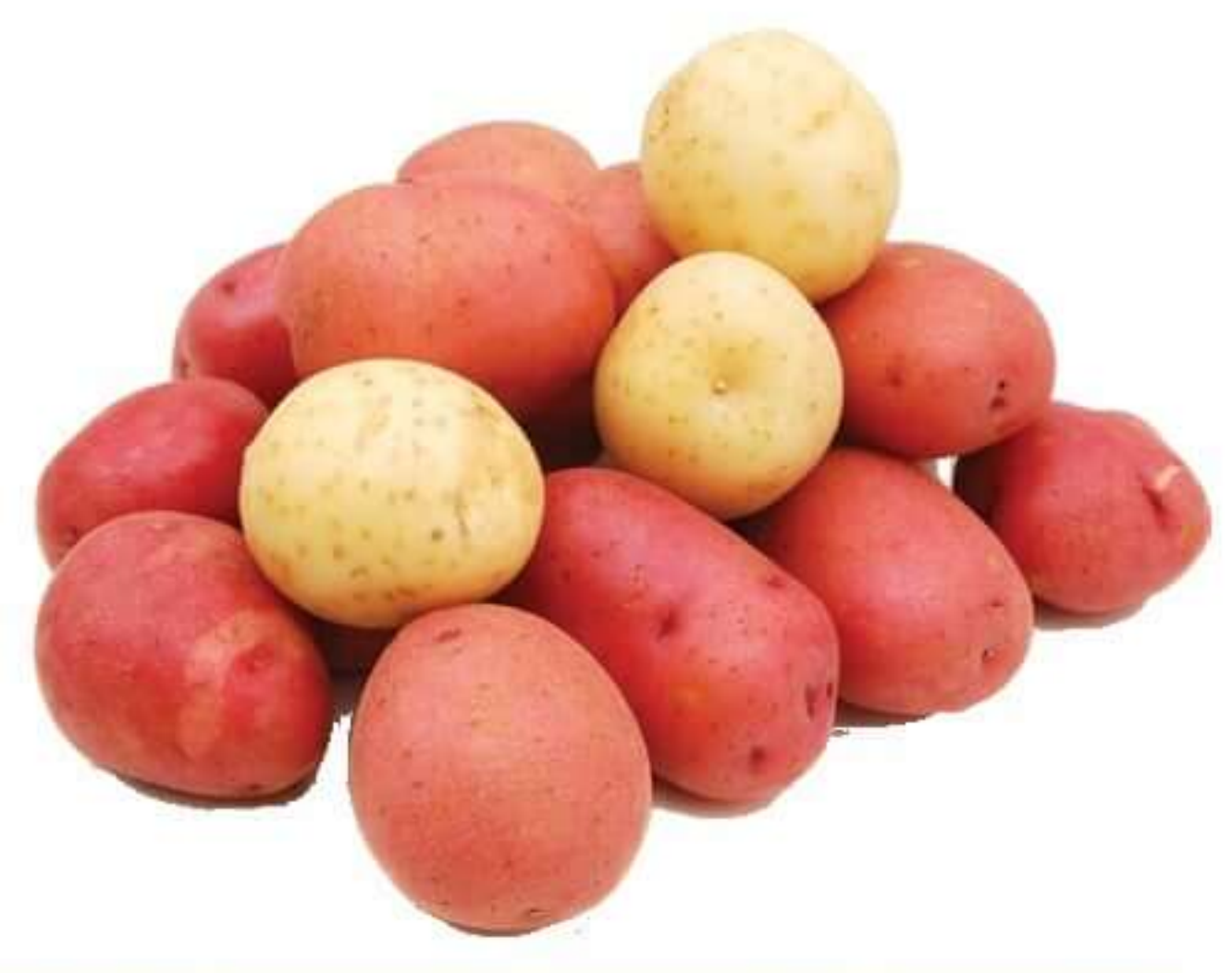
**3.98**  
Large Bunch  
**Collard  
Greens**



**2/\$7**  
16-Oz.,  
Selected  
**Planters  
Peanuts**



**2/\$7**  
5-Lb. Bag, Red Or  
**Creamy White  
Potatoes**



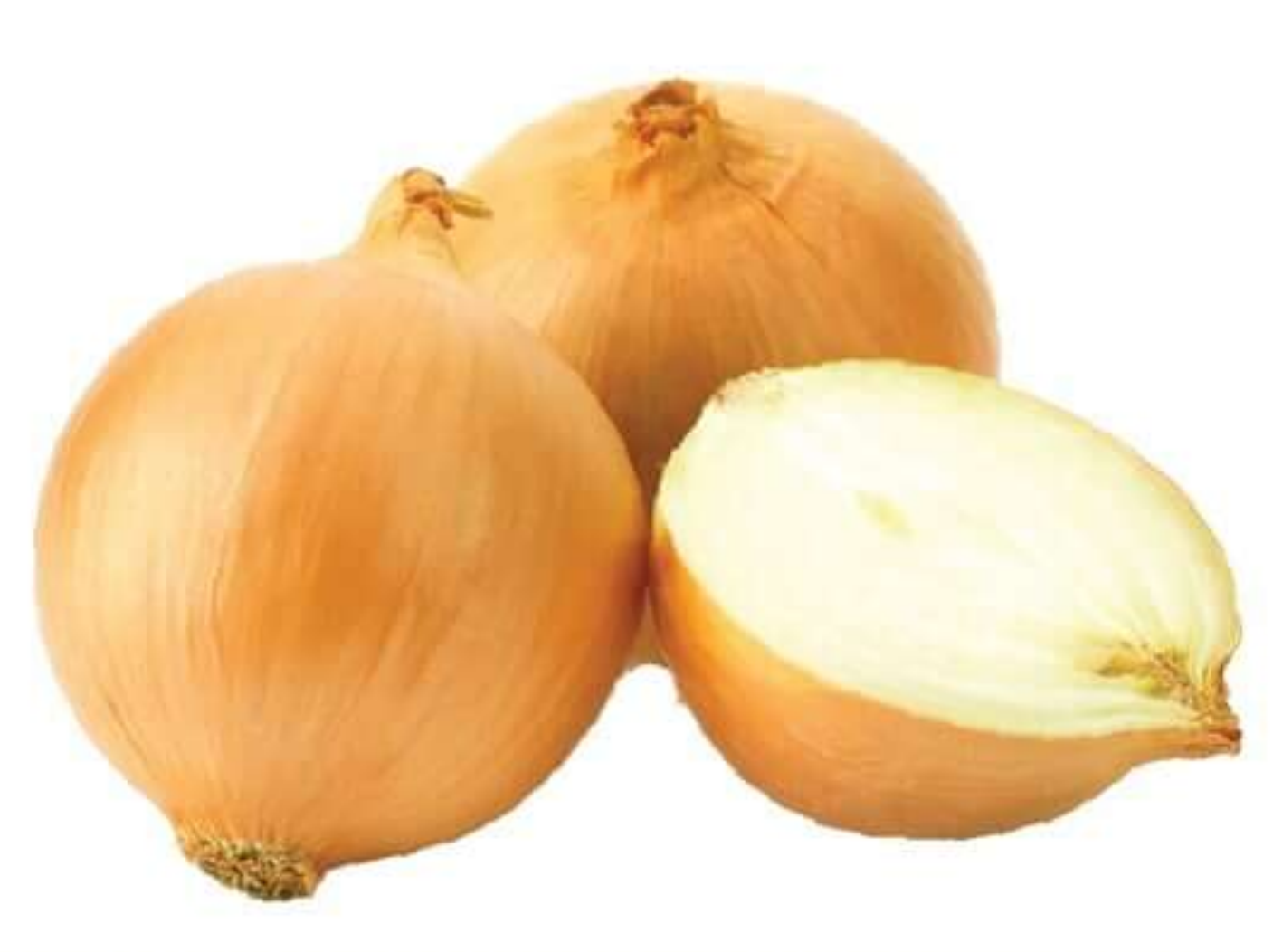
**2.28**  
12-Oz. Ocean Spray  
**Whole  
Cranberries**



**3.48**  
8.5 To 12.5-Oz.,  
Selected  
**Keebler  
Cookies**



**2/\$5**  
3-Lb. Bag  
**Medium  
Yellow  
Onions**



**2.98**  
16-Oz. Bag  
**Tender  
Brussel  
Sprouts**



**2/\$3**  
16-Oz., Bolthouse Farms  
**Sweet Baby  
Peeled  
Carrots**

**4.98**  
9 To 10.1-Oz.,  
Selected Christmas  
**Hershey's  
Kisses**



**2/\$4**  
8-Oz., Whole Or Sliced  
**Champs  
White  
Mushrooms**



**7.98**  
7-Inch  
**Holiday Color  
Poinsettia**  
WHERE AVAILABLE



**4.98**  
9 To 9.6-Oz.,  
Selected Christmas  
**Reese's  
Candy**



# DAIRY & FROZEN

**2/\$4**  
16-Oz.,  
Selected  
**Dean's  
Dip**



**3.48**  
2-Ct.,  
Selected  
**Pillsbury  
Pie Shells**



**2.98**  
12 To 16-Oz.,  
Selected  
**Mrs. T's  
Pierogies**



**1.48**  
16-Oz.,  
Selected  
**Blue Bonnet  
Spread**



**4.98**  
32-Oz.,  
Selected  
**Chobani  
Yogurt**



**3.48**  
10.5 To 14-Oz.,  
Selected  
**Marie Callender's  
Entrees**



**2/\$4**  
9 To 10-Oz., Selected  
**Simply Steam  
Green Giant  
Vegetables**



**2/\$5**  
16-Oz.,  
Selected  
**Breakstone's  
Cottage Cheese**



14 To 16.5-Oz., Selected  
**Nestle Toll  
House  
Cookie Dough**

SALE PRICE **3.98**  
DIGITAL COUPON  
1.00 OFF TWO

FINAL PRICE **3.48**



**2/\$6**  
8 To 14-Oz.,  
Selected  
**Pictsweet  
Vegetables**



**5.98**  
21.6 To 40-Oz. Selected  
**Dolly Parton's Or  
Marie Callender's  
Pies**



**2.98**  
16-Ct.,  
Selected  
**Borden  
Singles**



**2/\$6**  
8-Ct.,  
Selected  
**Pillsbury  
Grands!**



**2/\$6**  
8 To 13.9-Oz. Cornbread  
Swirls Or Selected  
**Pillsbury  
Cinnamon Or  
Crescent Rolls**



**3.48**  
10 To 14-Oz.,  
Selected  
**Stouffer's  
Sides**






# GOBBLE TIL YOU WOBBLE

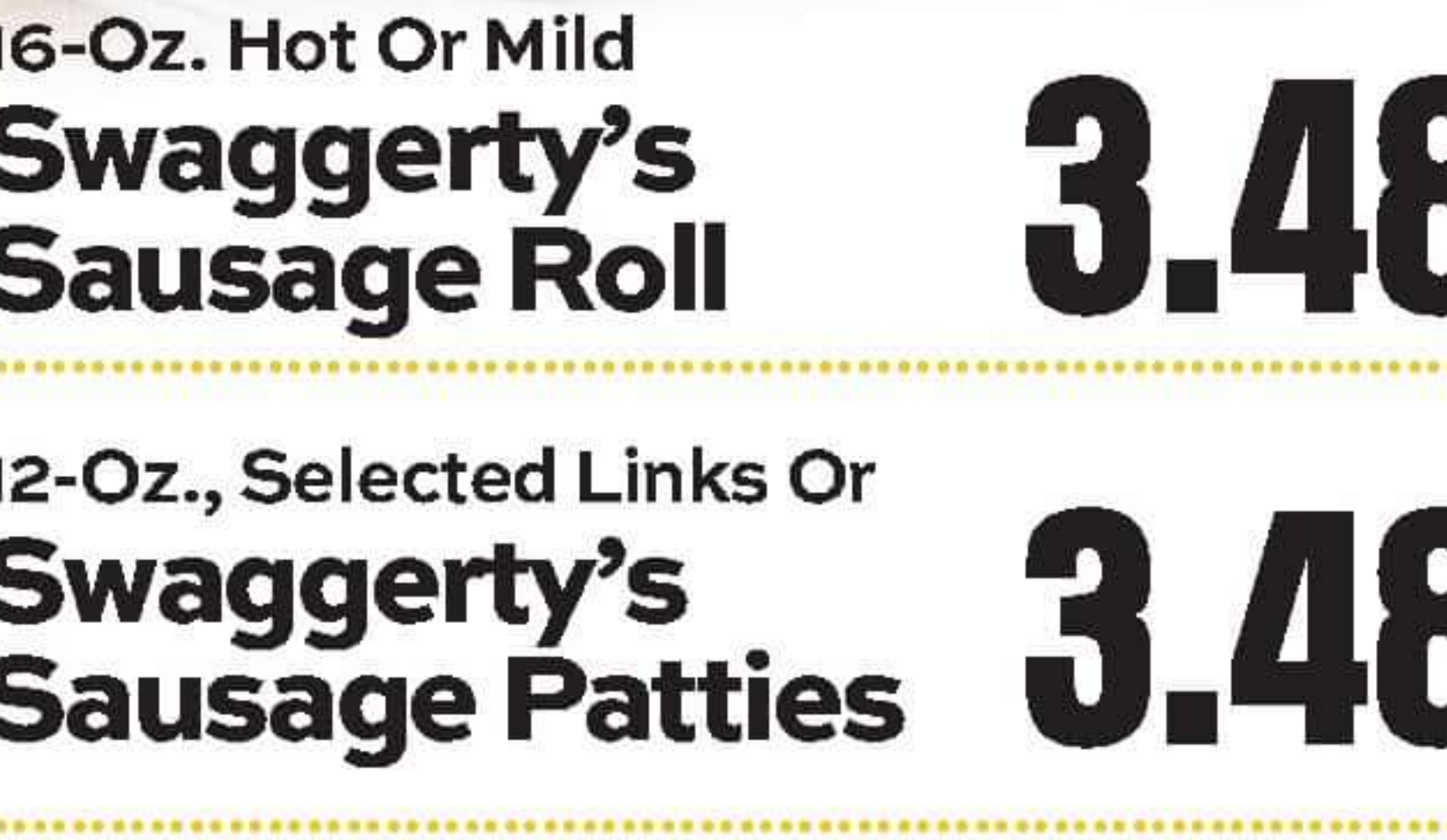


 <b>1.48</b> Lb. Frozen Bone-In Turkey Breast	 <b>1.98</b> Lb. 10 To 24-Lb. Avg. Butterball Frozen Turkey	 <b>2.98</b> Lb. Frozen, Bone-In Butterball Turkey Breast	 <b>14.98</b> 3-Lb., Frozen, Boneless Butterball White Meat Turkey	 <b>1.98</b> Lb. Smithfield Smoked Ham Portions	 <b>2.98</b> Lb. Reg. Or Brown Sugar Smithfield Spiral Sliced Half Ham
 <b>6.98</b> 24-Oz., Selected Quarter Sliced Smithfield Boneless Ham	 <b>2.98</b> Lb. Boneless Superior Whole Tavern Ham	 <b>3.28</b> Lb. Boneless Superior Half Tavern Ham	 <b>4.98</b> 32-Oz., Selected Bob Evans Side Dishes	 <b>3.48</b> 8-Ct., Frozen PictSweet Yam Patties	 <b>3.28</b> 24-Oz., Cole Slaw Or Selected Ballard's Deli Salad


**Rise and Shine**




**3.48**  
16-Oz. Hot Or Mild Swaggerty's Sausage Roll




**3.48**  
12-Oz., Selected Links Or Swaggerty's Sausage Patties




**3.48**  
12-Oz., Selected Smithfield Sliced Bacon




**5.98**  
16-Oz., Thick Or Original Daily's Smoked Bacon



**8.98**  
24-Oz., Selected Stack Pack Wright Brand Bacon



**7.98**  
Sold In 5-Lb. Bag Tater Rounds



**5.98**  
10.4 To 19.2-Oz., Selected Swaggerty's Breakfast Sandwiches

## TAILGATE FOR TURKEY DAY

 <b>\$1.00 per Patty!</b> <b>\$24</b> Sold In 6-Lb. Box, 75% Lean, 24-Ct. Party Pack Holtens Beef Patties	 <b>4.98</b> 1.19-Lb., Selected Italian Sausage Or Johnsonville Bratwursts	 <b>2/\$3</b> 12-Oz., Selected Bar-S Meat Franks	 <b>9.98</b> Sold In 2-Lb. Box Holten's Smashed Burgers	 <b>2/\$6</b> 14-Oz., Selected Armour Meatballs
 <b>5.98</b> 22-Oz. Selected Buddig Lunch Meat	 <b>4.98</b> 11 To 12-Oz., Selected Nathan's Beef Franks	 <b>6.98</b> Sold In 4-Lb. Bag Waffle Fries	 <b>2.48</b> Sold In 5-Lb. Bag @ \$12.40 Party Wings	 <b>19.98</b> 36-Oz. Southern Seas Shrimp Ring
 <b>2.48</b> 16-Oz., Selected Fischer's Bologna	 <b>5.98</b> Lb. USDA Select, Boneless Cubed Steak Or Beef Stew	 <b>3.48</b> 16-Oz., 85% Lean Butterball Ground Turkey	 <b>7.98</b> 27.2-Oz., Selected Prairie Fresh Pork Loin Filet	 <b>2.98</b> Lb. USDA Inspected, Bone-In Country Style Pork Ribs Or Pork Butt Steaks
 <b>3.98</b> 6 To 8-Oz., Selected Cheese Or Dietz & Watson Lunch Meat	 <b>3.28</b> 12 To 14-Oz., Selected Eckrich Sausage	 <b>3.28</b> 14-Oz. Eckrich Cocktail Smokies	 <b>6.98</b> 15-Oz., Selected Hormel Entrees	 <b>2.98</b> 8-Oz., Puff Pack IGA Sliced Pepperoni

## REEL IN THE SAVINGS

 <b>8.98</b> 8-Oz. Standard Or Select Oysters	 <b>5.98</b> 1-Lb., 16/20-Ct., Jumbo, Raw Southern Seas EZ Peel Shrimp	 <b>6.98</b> 1-Lb., 21/25 Ct. P&D, Tail-Off Southern Seas Raw Shrimp	 <b>7.98</b> 1-Lb., 16/20-Ct., P&D, Tail On Southern Seas Cooked Shrimp	 <b>5.98</b> 3 To 4-Oz. Lobster Tails	 <b>13.98</b> 1-Lb., 20/30-Ct. Sea Scallops
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## FRESH BAKERY

 <b>2/\$3</b> 4.4-Oz., Selected Dutchie Donut	 <b>6.58</b> 19.5-Oz., Selected Dutch Apron Cake Rolls	 <b>4.48</b> 6-Ct. Bakery Fresh Croissants	 <b>11.98</b> 48-Oz. Coconut Cake
 <b>2/\$5</b> 12-Ct., Lewis Bake Shop Brown 'N Serve Rolls	 <b>3.98</b> 6-Ct., Selected Nikola's Bakery Cornbread	 <b>\$1</b> 4-In. Pumpkin Or Baked Sweet Potato Pie	 <b>4.48</b> 8-In. Pumpkin Or Sweet Potato Pie
			 <b>5.98</b> 8-In. Baked Pecan Pie

# LOCAL *Equals* FRESH

LOCALLY OWNED BY PEOPLE YOU CAN TRUST!