# SUPER SAVINGS

Maryland Seafood Cookbook
68 BASIC, EASY TO PREPARE RECIPES IN ONE HANDY BOOK
yours for only $1.00

ACME
You're going to like it here!
SUPER SAVER

Prices effective through Saturday, June 1, 1974. Quantity Rights Reserved.

OLD HICKORY, WATER ADDED
**Semi-Boneless Smoked Hams**
WHOLE OR EITHER HALF
lb. 89¢

100% U.S. GOVT. INSPECTED WHOLE
**Fresh Fryers**
SUPER SAVING PRICE
lb. 39¢ CUT-UP lb. 45¢

| | | |
|---|---|---|
| Boned N' Tender Ham | GWALTNEY | lb. $1.69 |
| Top Round Steak | BEEF ROUND 1ST CUT FORMERLY LONDON BROIL | lb. $1.69 |
| Top Round Roast | LANCASTER BRAND BEEF ROUND | lb. $1.49 |
| Lean Ground Round | LANCASTER BRAND BEEF | lb. $1.29 |
| 7-Bone Steak | BEEF CHUCK FORMERLY CHUCK STEAK | lb. 89¢ |
| Blade Steak | BEEF CHUCK FORMERLY 1ST CUT CHUCK STEAK | lb. 79¢ |
| Under Blade Steak | BEEF CHUCK FORMERLY CALIF. STEAK | lb. 99¢ |
| Arm Steak | LANCASTER BRAND BEEF CHUCK | lb. 99¢ |
| Cross Rib Steak | LANCASTER BRAND BEEF CHUCK | lb. 99¢ |
| Meaty Spareribs | FROZEN 3-5 LB. AVG. | lb. 89¢ |

LANCASTER BRAND BEEF CHUCK **BONELESS**
**7-Bone Steak**
FORMERLY BONELESS CHUCK STEAKS
lb. 99¢

CHECKERBOARD FARMS
**CORNISH GAME HENS**
1½ TO 2 POUND AVERAGE
lb. 59¢

SMOKED PORK WHOLE
**SHOULDER PICNICS**
6 TO 8-LB. AVG.
lb. 49¢ Sliced lb. 55¢

IN STORE PACKED
**SLICED BACON**
AT THE SUPER SAVING PRICE OF
lb. 69¢

COOK-OUT FAVORITE . . . JUICY
**FARMDALE FRANKS**
AT A SUPER SAVING PRICE!
1-lb. pkg. 69¢
(2-lb. pkg. $1.37)

ASSORTED FLAVORS
**FARMDALE ICE CREAM**
AT A SUPER SAVING PRICE!
½-gal. ctn. 69¢

LEAN, DOMESTIC, DELICIOUS
**BOILED HAM**
SLICED TO ORDER IN OUR DELI!
lb. $1.39
Domestic Swiss Cheese ½-lb. 79¢

SUPER SAVING FRESH FRUITS & VEGETABLES
**Iceberg Lettuce**
SUPER SAVING PRICE! 3 large heads $1.00

| | | |
|---|---|---|
| Red Delicious Apples | WASHINGTON STATE | 3 lbs. $1 |
| Fresh, Local Peas | | 3 lbs. $1 |
| Medium Yellow Onions | BULK | lb. 14¢ |
| Pure Orange Juice | OR GRAPEFRUIT JUICE FROM TROPICANA | ½-gal. btl. 89¢ |
| Crisp Celery Hearts | | cello pkg. 39¢ |

SUPER SAVING FRESH BAKERY BUYS!
SUPER LOAF WHITE BREAD 3 1-lb., 6-oz. loaves $1
Fresh Pie Sale — YOUR CHOICE OF PEACH, APPLE OR CHERRY PIES — 1-lb., 6-oz. pie 79¢
New Fruited Buns — 13-oz. pkg. 75¢

HEALTHFUL DELICIOUS SUNSWEET
**PRUNE JUICE**
AT A SUPER SAVING PRICE!
1-qt. btl. 53¢

THICK RICH HEINZ NEW
**KEG O' KETCHUP**
AT A SUPER SAVING PRICE!
1-qt. btl. 69¢

KEEPS FOOD FRESHER
**CUT-RITE WAX PAPER**
AT A SUPER SAVING PRICE!
4 75-ft. rolls $1

PORCELAIN CLAD STEEL GOURMET
**IMPORTED COOKWARE**
IN YOUR CHOICE OF SEVILLE FLAME OR FIESTA
This Week's Feature:
5-QUART DUTCH OVEN $7.99 SAVE $1

THE ILLUSTRATED 16-VOLUME
**AMERICAN HERITAGE**
HISTORY OF THE UNITED STATES
VOLUME 1 only 49¢ each
VOLUMES 2-16 99¢

| | | |
|---|---|---|
| Beef Franks | LANCASTER BRAND | 1-lb. pkg. 99¢ |
| Big 8 Franks | GWALTNEY | 1-lb. pkg. 99¢ |
| Smokie Links | OSCAR MAYER | 12-oz. pkg. $1.09 |
| Loaf Cheese | AMERICAN | lb. $1.29 |
| Sausage Links | ESSKAY | lb. $1.09 |
| Bologna | OSCAR MAYER SLICED REG. OR BEEF | 12-oz. pkg. 99¢ |
| Lunch Meat | LANCASTER BRAND SIX VARIETIES | 2 6-oz. pkgs. 89¢ |

*IN OUR SERVICE DELI!*

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|---|---|---|
| Chicken Roll | ESSKAY | ½-lb. 89¢ |
| Jumbo Bologna | REG. OR GARLIC | ½-lb. 59¢ |
| Beef Bologna | ECKRICH | ½-lb. 69¢ |
| Cooked Salami | ESSKAY | ½-lb. 79¢ |

*SUPER SAVING GROCERIES!*

| | | |
|---|---|---|
| Purex Bleach | | 1-gal. jug 49¢ |
| Kraft Dressing | 1000 ISLAND | 8-oz. btl. 39¢ |
| Stewed Tomatoes | CONTADINA SLICED BABY OR | 3 14½-oz. cans $1 |
| Ideal Tomatoes | | 1-lb. can 29¢ |
| Brownie Mix | IDEAL | 16½-oz. pkg. 53¢ |
| Salad Mustard | IDEAL | 1-lb., 7-oz. jar 33¢ |
| WylerLemonade | | 2-lb., 13-oz. pkg. $1.79 |
| Flavor Ice Pops | | pkg. of 24 99¢ |

20¢ OFF LABEL! MILD
**Ivory Liquid Detergent**
AT A SUPER SAVING PRICE!
1-qt. btl. 69¢

SAVE 22¢ ON QUALITY
**COLGATE TOOTHPASTE**
AT A SUPER SAVING PRICE!
7-oz. tube 69¢

SAVE 20¢ ON SOOTHING
**JOHNSON'S BABY OIL**
AT A SUPER SAVING PRICE!
10-oz. btl. 79¢

ALL VARIETIES OF QUALITY
**MISS BRECK HAIR SPRAY**
SAVE 20¢ ON YOUR PURCHASE
13-oz. can 59¢

*FROZEN FOOD SAVINGS!*

| | | |
|---|---|---|
| Pot Pies | FARMDALE BEEF, CHICKEN OR TURKEY | 4 8-oz. pkgs. $1 |
| Beef Burgers | TABLE TREAT | 1½-lb. pkg. $2.09 |
| Beef Patties | LANCASTER BRAND | 1-lb. pkg. $1.29 |
| Fish Portions | GORTON OR FISH 'N FRIES | 2-lb. pkg. $1.29 |
| Shrimp | AND BATTER FANTAIL OR ROUND SEA PAK | 1-lb. pkg. $1.79 |
| Fried Chicken | BANQUET | 2-lb. pkg. $1.89 |
| Turkey Slices | LANCASTER BRAND | 2 7-oz. pkgs. 89¢ |
| Beef, | LANCASTER BRAND TURKEY OR SALISBURY IN BOIL-IN BAGS | 3 5-oz. pkgs. 89¢ |
| Beef Steaks | LANCASTER BRAND 8-ALL | 1-lb. pkg. $1.59 |
| Roman Pizza | | pkg. of 10 $1.19 |
| Birds Eye Awake | BEEF OR CHEESE | 12-oz. can 35¢ |
| Sara Lee Ravioli | | 11-oz. pkg. 87¢ |
| Seneca Drinks | 5 FRUIT FLAVORS | 4 12-oz. cans $1 |
| Layer Cake | PEPPERIDGE FARM, 3-VAR. | 17-oz. cake 89¢ |
| Vegetables | BIRDS EYE JAPANESE OR ITALIAN STYLE | 10-oz. pkg. 47¢ |
| Bake-a-tata | WITH CHEESE OR SOUR CREAM & CHIVES | 3 10-oz. pkgs. $1 |

*DAIRYLAND SAVINGS!*

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|---|---|---|
| Diet Margarine | MRS. FILBERT'S | 1-lb. 59¢ |
| Cheese | WHITE OR YELLOW MIDGET LONGHORN | 1-lb. pkg. $1.38 |
| Tasty Biscuits | PILLSBURY BUTTERMILK | 4-oz. pkg. 10¢ |
| Ideal Yogurt | SIX FLAVORS | 4 8-oz. cups $1 |
| Fudge Bars | IDEAL BRAND, OR ASSORTED TWIN POPS KOONTZ 4 FLAVORS | pkg. of 12 69¢ |
| Summer Drinks | IDEAL | 1-qt. btl. 89¢ |
| Margarine | IDEAL SOFT | 1-lb. pkg. 58¢ |

SUPER SAVINGS ON QUALITY
**Fab Detergent**
3-lb., 1-oz. pkg. 99¢ 10¢ OFF LABEL!

SAVE 20¢ WITH THIS COUPON (MFG-6)
**Water Softener** FROM CALGON
4-lb. pkg. $1.35
Limit: one per family, please. Offer expires June 1, 1974.

SAVE 10¢ WITH THIS COUPON (MFG-6)
**Log Cabin Syrup**
1½-pt. btl. 69¢
Limit: one per family, please. Offer expires June 1, 1974.

SAVE 12¢ WITH THIS COUPON (MFG-6)
**Tenderleaf Tea Bags**
pkg. of 48 59¢
Limit: one per family, please. Offer expires June 1, 1974.

SAVE 35¢ WITH THIS COUPON (MFG-6)
**Maxwell House** ALL GRINDS OF COFFEE
2-lb. can $2.24
Limit: one per family, please. Offer expires June 1, 1974.

SAVE 20¢ WITH THIS COUPON (MFG-6)
**Secret Deodorant** CREAM
1-oz. jar 49¢
Limit: one per family, please. Offer expires June 1, 1974.



BIG VALU FOOD CENTERS

OPEN SUNDAY 9 A.M.
MON. THRU. SAT. 8 A.M. TO 10 P.M.

U.S. Govt. Insp. Graded 'A' 16 to 23-lbs.
**Turkeys** 39¢ lb.

Save on the finest U.S. Choice Beef, and other top quality fresh meats, Grade "A" poultry & smoked meats!

**Smoked Picnics** Mash 49¢ lb.

Swift
**Butterball Turkeys** 10 to 23-lbs. 59¢ lb.

**Sliced Bacon** 89¢ 1-lb. pkg.

**Pork Chops** End and Center Cut 9 to 11 per pkg. 99¢ lb.

Holly Farms
**Pick OF THE Chick** Or Chicken Thighs 89¢ lb.

Freshly Ground
**Beef Plus Protein** 69¢ lb.

First Cut
**Chuck Steak** U.S. Choice Beef 89¢ lb.

**Smoked Hams** Mash Fully Cooked Shank Portion 59¢ lb.

**Smoked Ham Steak** Fully Cooked $1.19 lb.

**Whole Frying Chicken** Holly Farms 49¢ lb.

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|---|---|---|
| FOOD CLUB CHUNK **Braunschweiger** | | 79¢ lb. |
| TABLE TREAT 100% PURE BEEF **Patties** | 1-lb., 14-oz. pkg. | $1.85 |
| CROWN MINUTE **Steak** | 2-lb. pkg. | $4.79 |
| SEA KOVE MINCED **Clams** | 6-oz. pkg. | 45¢ |
| Fresh Sliced To Order OSCAR MAYER **Bologna** | ¼-lb. | 39¢ |

PRICES EFFECTIVE WED., MAY 29 THRU SAT., JUNE 1, 1974. QUANTITY RIGHTS RESERVED. WE WELCOME U.S. GOVT. FOOD STAMPS.

YELLOW RIPE **Bananas** 15¢ lb.

JUMBO HAWAIIAN **Pineapples** 79¢ ea.
FANCY **Mangoes** 49¢ ea.
CRISP **Cabbage** 12¢ lb.
CRISP ROMAINE **Lettuce** hd. 29¢
2-LB. BAG **Peanuts** 99¢

DELICIOUS **Asst. Gayla Drinks** 33¢

DELICIOUS **Food Club Coffee** 1-lb. can 1.15

JUBILEE WHITE BUTTERMILK (1-lb., 4-oz. LOAF)
**Bread 3 for $1**

**Fresh Caught Blue Fish** lb. 39¢