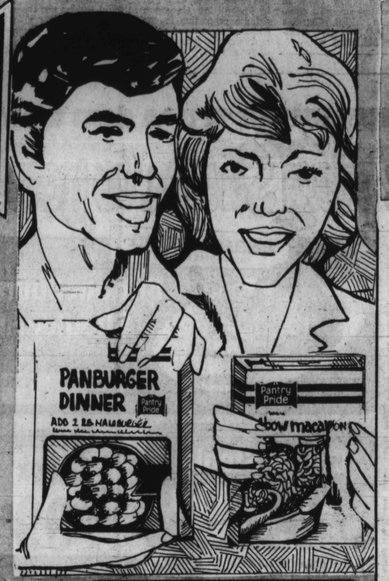
You're invited to a . . . SNEAK PREVIEW of our Waverly Towers

(FORMERLY FOOD FAIR)

LOCATED AT: 2831 GREEN MOUNT AVE. AND 29th STREET

Pantry Pride DISCOUNT FOODS

PRICES EFFECTIVE THRU SAT., DEC. 7th, 1974. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.



CONSUMER CORNER

DANGEROUS DAYS

Delicious and dangerous are the days between Thanksgiving and New Year's. Too much heavy food, too little exercise. We eat, drink, spend and worry more during these days than any others. This year the strain of managing inflated dollars makes it even more frantic than usual.

EXERCISE IS FREE

Our stores are brim full of luscious bargains and tempting holiday goodies, geese, hams, roasts, cheese, candies, beverages, pastries, and pretzels to name a few. Eat and enjoy, but don't let your diet exercise resolutions wait until after the holidays. We suggest a long and brisk family walk before or after December dinners, in the cold, even in the dark. Great for digestion, togetherness, peace of mind, the holiday spirit, and for fighting off fat and fatigue and heart disease.

THE SUPER SNACKS

Keep plenty of dry cereals, nuts, hard boiled eggs, and dried fruits around to compete with the fatty, salty, and sugary holiday snacks. Glasses or plastic bags filled with celery and carrot sticks are great answers to the holiday heavies.

Mona Doyle
Director of Consumer Affairs

open sunday

9 a.m. 'til 4 p.m. except where noted

- ARBUTUS SHOPPING CENTER, MAIDEN CHOICE LANE
- FRANKFORD PLAZA SHOPPING CENTER, 8025 MORAVIA RD.
- 7048 WISE AVE. - AT LYNCH ROAD
- HARUNDALE MALL - GLEN BURNIE, MD.
- MIDLESEX SHOPPING CENTER-10 a.m. 'til 9 p.m.
- MONDAWMIN SHOPPING CENTER, REISTERSTOWN RD. & LIBERTY HEIGHTS AVE.
- SEVERNA PARK - RITCHIE HIGHWAY, OLD ANNAPOLIS RD.
- 4210 FRANKFORD AVE. - AT BELAIR RD.
- PAROLE PLAZA - ANNAPOLIS, MD. 10 a.m. 'til 6 p.m.
- PERRING PARKWAY - 10 a.m. 'til 6 p.m. at McCLEAN BLVD.
- CEDONIA MALL - 10 a.m. 'til 6 p.m.
- PADONIA VILLAGE SHOPPING CENTER TIMONIUM 10 a.m. 'til 9 p.m.
- OAKLAND MILLS SHOPPING CENTER COLUMBIA 10 a.m. 'til 6 p.m.
- HARFORD MALL BELAIR, RD. - 10 a.m. 'til 5 p.m.

PRODUCE

golden bananas RIPE — WISE BUYS — lb. 12¢

SWEET EATING d'anjou pears ... lb. 33¢ — SWEET JUICY 100 SIZE florida oranges 12 lb. 69¢

onion sale!

U.S. NO. 1 YELLOW — WISE BUYS — PICK YOUR OWN BULK ONLY lb. 10¢ — 3-lb. bag 39¢ — 5-lb. bag 59¢

OLD FASHION winesap apples 3 lb. bag 79¢ — FRESH TENDER broccoli ..... bunch 49¢

maine potatoes

U.S. NO. 1 — WISE BUYS — PICK YOUR OWN BULK ONLY lb. 5¢ — 50-lb. bag $2.49

SEAFOOD

fresh sea trout — WISE BUYS — lb. 39¢

SEASTAR ICELANDIC fish sticks ..... 2-lb. box $1.35 — 1-lb. box 69¢

CLEANED & PEELED salad shrimp READY TO COOK ..... 1-lb. bag $1.69

FANCY medium shrimp ..... lb. $1.59

APPETIZER

EVERYTHING SLICED TO ORDER AVAILABLE AT MOST STORES

boiled ham MOM SAVING QUICK FIX — LEAN DOMESTIC — WISE BUYS — lb. $1.59

FANCY, DOMESTIC swiss cheese SLICED TO ORDER ..... ½-lb. 79¢

GOETZE, SLICED TO ORDER barbecue loaf ..... ½-lb. 89¢

SLICED TO ORDER chicken roll ..... ½-lb. 89¢

zest soap 2 bath bars 69¢

dash detergent 3-lb. 1-oz. box $1.20

DAIRY

velveeta cheese — WISE BUYS — 2-lb. loaf $1.59

MRS. FILBERT, GOLDEN margarine ..... lb. in ctns. 69¢

ALL FLAVORS les cal yogurts ..... 2 8-oz. cups 49¢

SWEET apple cider ..... ½-gal. ctn. 79¢

GOLDEN parkay margarine ..... lb. in ctns. 69¢

DELI

beef franks MOM SAVING QUICK FIX — FYNE TASTE franks 2-lb. pkg. $1.55 — PANTRY PRIDE 1-lb. pkg. 79¢

SLICED goetze's bologna ..... lb. pkg. 99¢

PANTRY PRIDE sliced bacon ..... lb. pkg. $1.35

GOETZE'S midget liverwurst ..... 10-oz. ring each 59¢

PANTRY PRIDE sliced pork roll ..... 6-oz. pkg. 69¢

BAKERY

white bread VALU LOAF SLICED — WISE BUYS — 3 22-oz. loaves $1.00

ALL VARIETIES pantry pride donuts ..... pkg. of 12 55¢

PANTRY PRIDE lemon pie ..... 22-oz. pkg. 85¢

FROZEN

GREEN GIANT vegetables — YOUR CHOICE — MOM SAVING QUICK FIX — 12-oz. pkg. 55¢

- BRUSSEL SPROUTS
- AU GRATIN
- BROCCOLI
- ALMONDINE
- HUNGARIAN
- CAULIFLOWER
- POTATOES/AU GRATIN
- SCALLOPED POTATOES

HONEY, RAISIN, APPLE, PECAN, FROZEN sara lee pull-aparts ..... 12-oz. pkg. $1.09

orange juice MOM SAVING QUICK FIX — PANTRY PRIDE — 6 6-oz. cans $1.00 — 100% PURE FROM FLORIDA — 3 12-oz. cans $1.00

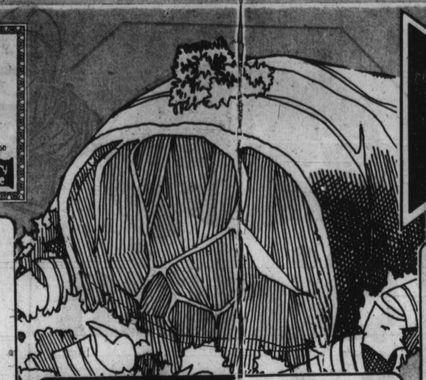
no bait & switch game here

When we put oranges—or anything else—in our ads you can be sure you're getting top of the grade merchandise at a price that makes it a real value. We don't try to "switch" you to higher priced merchandise.

GRAND NEW PANTRY PRIDE!

PANTRY PRIDE — 50¢ OFF — THE PURCHASE OF PANTRY PRIDE coffee 1-lb. can 49¢ — SM 50 — Pantry Pride

WITH THIS COUPON AND A $7.50 PURCHASE. EFFECTIVE FROM MON. DEC. 2nd THRU SAT. DEC. 7th 1974. NOT AVAILABLE TO EMPLOYEES OR THEIR FAMILIES. LIMIT ONE COUPON



Pantry Pride DISCOUNT FOODS

BEEF

MOM SAVING QUICK FIX **sirloin steak** — TOP — NO TENDERLOIN BEEF LOIN — WISE BUYS — lb. $1.29 — porterhouse steak BONELESS lb. $1.69

eye round roast BEEF ROUND ..... lb. $1.89

boneless rump roast ..... lb. $1.59

round roast — WISE BUYS — BONELESS BOTTOM BEEF ROUND — lb. $1.39

rib eye steak DELMONICO ..... lb. $2.39

beef rib steak SHORT CUT ..... lb. $1.49

boneless roast — WISE BUYS — BLADE CHUCK — lb. 99¢

cross rib roast BONELESS BEEF CHUCK ..... lb. $1.29

fresh beef brisket BONELESS WHOLE ..... lb. 99¢

MOM SAVING QUICK FIX **ground beef** — WISE BUYS — TOP QUALITY REGULAR — lb. 79¢

great ground A BLEND OF 75% GROUND BEEF & 25% HYDRATED VEG. PROTEIN ..... lb. 69¢

chuck fillet roast BONELESS UNDER BLADE ..... lb. $1.29

beef rib roast OVEN READY SMALL END ... 1st CUT lb. $1.29 — 2nd CUT lb. $1.49

top round steak — WISE BUYS — OR BOTTOM BONELESS — lb. $1.49

PORK

FULLY-COOKED BLUEBIRD **smoked hams** — WISE BUYS — SHANK PORTION — SOME SLICES REMOVED — lb. 69¢ — BUTT PORTION lb. 79¢

mash's ham FULLY COOKED SHANK HALF ..... lb. 89¢

semi-boneless ham MASH'S FULLY COOKED BUTT HALF $1.19

smoked pork shoulder PICNIC WHOLE ... WISE BUYS ... lb. 69¢

fresh pork shoulder ARM PICNIC WHOLE ... WISE BUYS ... lb. 69¢

fresh pork loins — WISE BUYS — WHOLE OR HALF — lb. 99¢

spare ribs FANCY FROZEN PORK, OVER 3½ LBS. AVG. ... WISE BUYS ... lb. 89¢

sliced bacon FYNE-TASTE BRAND ... WISE BUYS ... 1-lb. pkg. $1.09

sausage meat ESSKAY PORK · DIXIE MAID · FARM STYLE · PORK 'N' BACON ... WISE BUYS ... lb. 79¢

assorted pork chops QUARTERED LOIN ... WISE BUYS ... lb. 99¢

POULTRY

fresh fryers — WISE BUYS — U.S. GOVT. INSPECTED WHOLE lb. 43¢ — CUT UP lb. 49¢

farmer gray fryers ..... cut up lb. 55¢ — whole lb. 49¢

PICK PANTRY PRIDE PRODUCTS — THE ONLY DIFFERENCE IS THE PRICE!

WHOLE KERNEL golden corn

LIBBY 2 17-oz. cans 69¢ — way to save — PANTRY PRIDE 2 17-oz. cans 59¢

black pepper

McCORMICK GROUND 4-oz. can 83¢ — way to save — PANTRY PRIDE 4-oz. can 55¢

trash bags

HEFTY pkg. of 10 1.09 — way to save — PANTRY PRIDE pkg. of 10 89¢

apple juice MOTT 32-oz. btl 57¢ — PANTRY PRIDE 32-oz. btl 49¢

apple sauce MOTT 16-oz. jar 45¢ — PANTRY PRIDE 3 16-oz. jars $1.00

pork & beans CAMPBELL 16-oz. can 31¢ — PANTRY PRIDE 3 16-oz. cans 85¢

mayonnaise HELLMANS 1-QT. JAR $1.59 — PANTRY PRIDE 1-QT. JAR $1.29

dog burgers KEN-L BURGERS 12-oz. pkg. $2.09 — PANTRY PRIDE SEMI-MOIST 12-oz. pkg $1.79

cleanser 2 CLIMAX 14-oz. cans 51¢ — PANTRY PRIDE 2 14-oz. cans 35¢

pancake mix

AUNT JEMIMA 2-lb. box 75¢ — way to save — PANTRY PRIDE 2-lb. box 59¢

furniture polish

LEMON PLEDGE 7-oz. can 95¢ — way to save — PANTRY PRIDE LEMON 7-oz. can 59¢

grapefruit juice UNSWEETENED

LIBBY 46-oz. can 61¢ — way to save — PANTRY PRIDE 2 46-oz. can $1.00

save $3.02 WITH THESE COUPONS

PANTRY PRIDE — 20¢ OFF — ANY PACKAGE OF IN SHELL-IN BAG **nuts** EXCEPT PEANUTS IN PRODUCE DEPT. — WITH THIS COUPON ONLY. VOID AFTER SAT., DEC. 7th, 1974. LIMIT ONE COUPON

PANTRY PRIDE — 10c CASH — WITH THE PURCHASE OF skippy peanut butter 18-oz jar — B RV 16 — WITH THIS COUPON ONLY VOID AFTER SAT., DEC. 7th, 1974. LIMIT ONE COUPON

PANTRY PRIDE — 25c CASH — WITH THE PURCHASE OF pillsbury flour 10-lb. bag — B RV 25 — WITH THIS COUPON ONLY VOID AFTER SAT., DEC. 7th, 1974. LIMIT ONE COUPON

PANTRY PRIDE — 15c CASH — WITH THE PURCHASE OF gold medal flour 5-lb. bag — B RV 15 — WITH THIS COUPON ONLY VOID AFTER SAT., DEC. 7th, 1974. LIMIT ONE COUPON

PANTRY PRIDE — 50c CASH — WITH THE PURCHASE OF canada dry beverages · GINGER ALE · SODA · COLLINS ON SIX 28-oz. btls. — RV 50 ON 6 BOTS — WITH THIS COUPON ONLY VOID AFTER SAT., DEC. 7th, 1974. LIMIT ONE COUPON

PANTRY PRIDE — 12c CASH — WITH THE PURCHASE OF GILLETTE right guard deodorant 4-oz can — B RV 12 — WITH THIS COUPON ONLY. VOID AFTER SAT., DEC. 7th, 1974. LIMIT ONE COUPON

PANTRY PRIDE — 50c CASH — WITH THE PURCHASE OF REG. OR W/IRON pal vitamins bot of 60 — B RV 50 — WITH THIS COUPON ONLY. VOID AFTER SAT., DEC. 7th, 1974. LIMIT ONE COUPON

PANTRY PRIDE — 20c CASH — WITH THE PURCHASE OF great american soups ON FIVE CANS — B RV 20 ON 5 CANS — WITH THIS COUPON ONLY. VOID AFTER SAT., DEC. 7th, 1974. LIMIT ONE COUPON

PANTRY PRIDE — 35c CASH — WITH THE PURCHASE OF maxwell house coffee 2-lb can — B RV 35 — WITH THIS COUPON ONLY. VOID AFTER SAT., DEC. 7th, 1974. LIMIT ONE COUPON

PANTRY PRIDE — 15c CASH — WITH THE PURCHASE OF tetley tea bags pkg. of 48 — B RV 15 — WITH THIS COUPON ONLY. VOID AFTER SAT., DEC. 7th, 1974. LIMIT ONE COUPON