WE WELCOME FEDERAL FOOD STAMPS

A&P WEO WHERE ECONOMY ORIGINATES

SWITCH AND SAVE

Switch to A&P WEO and Save...
Switch to A&P Brands and Save Even More

THE AWARE SHOPPER

By Barbara Sullivan
A&P Director of Consumer Affairs

Cutting the fat from your food bill with milk

Milk is a big part of almost everybody's food budget. Not only do children need a lot of it for growth, grown-ups need it too for body maintenance. It's our main source of calcium and rich in protein and riboflavin.

But the more you know about butterfat, the more "fat" you might be able to trim from your food bill each week. Because we offer you a wide selection of butterfat contents in the milk we sell—all at different prices.

The average milk-drinking family can actually save up to a dollar or two a week by determining which butterfat content is right for their needs.

Here are some guidelines for milk that may help you weigh one value against the other.

1. **Whole milk.** It has approximately 3.25% butterfat present, evenly dispersed through the milk by the process of homogenization. And all the whole milk we sell is fortified with Vitamin D. You get about 160 calories per 8-ounce glass.
2. **Skim milk.** It has all the nutrients of whole milk except for fat, which is cut to a maximum of 0.5%. An 8-ounce glass contains 90 calories.
3. **1% milk.** Our own Look-Fit brand fortified with Vitamins A & D. 114 calories per 8-ounce glass.
4. **2% milk.** When fresh whole milk and skimmed milk are mixed together you get 2% butterfat content. Like whole milk, it is also fortified with Vitamin D.
5. **Instant Nonfat Dry Milk.** Using nonfat dry milk offers the greatest possibility for saving money. All the protein, minerals, and most of the vitamins of the fluid milk are retained, and it is fortified with vitamins A & D. It has the advantages of giving no refrigeration in dry form, of easy storage and of mixing and measuring easily. When reconstituted, it has 0.1% butterfat and contains 90 calories per 8-ounce glass.

A&P We Owe You More Than Just Food

U. S. NO. 1 ALL PURPOSE **POTATOES** 20-lb. bag 99¢

LUSCIOUS WESTERN **ANJOU PEARS** 4-lbs. 99¢ NONE PRICED HIGHER!

LUSCIOUS GOOD EATING **TEMPLE ORANGES** LARGE SIZE 88 10 for 69¢ NONE PRICED HIGHER!

JUICY FLORIDA PINK MEAT SEEDLESS **GRAPEFRUIT** 5-lb. bag 89¢

NEW GREEN **CABBAGE** lb. 15¢ NONE PRICED HIGHER!

CRISP FLORIDA **PASCAL CELERY** 3 large stalks 1.00

FOOD PRICE CUT! VEGETABLE SHORTENING **CRISCO** 3-LB. CAN 1.99 SAVE 20¢

YUKON CLUB **BEVERAGES** 6 12-oz. CANS 1.00; 3 28-oz. BTLS. 1.00 FOOD PRICE CUT!

SUNSHINE **Krispy Crackers** 16-oz. box 65¢
SUNSHINE **Cheez-its** 10-oz. box 55¢
NABISCO CHOCOLATE CHIP **Chips Ahoy Cookies** 14½-oz. pkg. 89¢
KEEBLER **Fudge Stripes** 12½-oz. pkg. 99¢
SNYDER'S **Potato Chips** 16-oz. bag 1.19
CHUN KING CHICKEN **Chow Mein** 42-oz. can 1.49
CHUN KING **Chow Mein Noodles** 5-oz. can 51¢
PANCAKE & WAFFLE **Karo Syrup** GREEN LABEL 16-oz. btl. 53¢
WHITE, DECORATED OR ASST'D **Bounty Towels** 100-sq.-ft. roll 49¢
ANN PAGE **Noodles** FINE, MEDIUM, BROAD, EX. WIDE 1-lb. box 59¢

PALMOLIVE LIQUID DISH DETERGENT 10¢ OFF 22-oz. btl. 73¢

A&P AUTOMATIC DISHWASHER **DETERGENT** 50-oz. box 89¢

— FROZEN FOOD SPECIALS —

A&P GRADE 'A' **GREEN PEAS** 2-lb. bag 89¢

BANQUET **MEAT PIES** CHICKEN, TURKEY OR BEEF 3 8-oz. pkgs. 89¢

CHEESE OR HAMBURGER **Jeno's Pizza** 13-oz. pkg. 79¢
MINUTE MAID **Orange Juice** 2 6-oz. cans 63¢ 16-oz. can 75¢
CAP'N JOHN'S **Oyster Stew** 10-oz. can 79¢
DOWNYFLAKE **French Toast** 9½-oz. pkg. of 6 49¢
DEEP FRIES **Potatoes** CRINKLE CUT 24-oz. pkg. 69¢
DEEP FRIES **Shoestring Potatoes** 15-oz. pkg. 59¢
DEVIL'S FOOD OR GOLDEN **Sara Lee Cakes** 14-oz. pkg. 1.09
SARA LEE **Brownies** 12-oz. pkg. 1.09

A&P GRADE 'A' FROZEN **ORANGE JUICE** 5 6-oz. cans 1.00 WEEEEO SPECIAL!

SEND FOR **10% CASH REFUND on Your Grocery Bill*** MAXIMUM REFUND $3.00
Mail in one cash register tape with the net weight statements from 2 CHEER packages PLUS 2 JOY bottles plus the refund certificate from our store (while ads last)
Get required certificate for complete details. HURRY! MAIL IN BY MARCH 30, 1975
*SORRY, NO REFUNDS ON ALCOHOLIC BEVERAGES, CIGARETTES, AND MILK PRODUCTS
49-oz. box CHEER 1.32; 32-oz. btl. JOY 1.13

SANDWICH BAGS BAGGIES box of 80 51¢

JELL-O GELATINS ALL VARIETIES 2 6-oz. pkgs. 89¢

SKIPPY CREAMY **Peanut Butter** 28-oz. jar 1.55
A&P **Quick Oats** 18-oz. pkg. 49¢ 42-oz. pkg. 93¢
WHITE HOUSE **Apple Juice** 32-oz. glass 53¢
WHITE HOUSE **Apple Juice** 46-oz. can 73¢

A SUPERB BLEND, RICH IN BRAZILIAN COFFEES **EIGHT O'CLOCK COFFEE** 1-lb. bag 99¢; 3-lb. bag 2.89

OUR OWN **TEA BAGS** 125 in box 1.09

Items offered for sale are not available to other retail dealers or wholesalers! Prices effective thru Saturday, February 1, 1975 A&P WEO Stores in BALTIMORE INCLUDING ANNAPOLIS, ABERDEEN, BEL AIR, HAVRE DE GRACE, JOPPATOWNE AND THE DELMARVA PENINSULA!

SUPER-RIGHT QUALITY **BONELESS CHUCK** ROAST lb. 89¢ STEAK lb. 1.19 ARM POT ROAST lb. 89¢

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SUPER-RIGHT FULLY COOKED **SMOKED HAMS** SHANK PORTION lb. 79¢ BUTT PORTION lb. 89¢

BOX O' CHICKEN — CONSISTS OF 3 EACH — BREAST QUARTERS WITH BACKS, LEG QUARTERS WITH BACKS, WINGS & GIBLET PACKS lb. 39¢

U.S.D.A. FRESH **CHICKEN** LEGS WHOLE WITH THIGHS lb. 79¢ BREASTS WHOLE WITH RIBS lb. 99¢

A&P **SLICED BOLOGNA** REGULAR 1-lb. pkg. 79¢

SPARERIBS FANCY FROZEN 3-LBS. & OVER lb. 89¢

STEW BEEF SUPER-RIGHT QUALITY LEAN lb. 1.49

BEEF PATTIES SUPER-RIGHT FROZEN 2-lb. pkg. 2.39

SAUSAGE MEAT SMITHFIELD 1-lb. pkg. 89¢

SUPER-RIGHT QUALITY WHOLE BONELESS **NEW YORK STRIP** CONSISTS OF • ALL STEAKS (Any Thickness) • STEAKS & ROASTS IN NATURAL JUICES lb. 2.19 AVERAGE WEIGHT 8 TO 12 POUNDS CAN BE CUT INTO THE SELECTION OF YOUR CHOICE!

SUPER-RIGHT QUALITY WHOLE BONELESS **SIRLOIN TIP OF BEEF** CONSISTS OF • TOP SIRLOIN ROAST • SIRLOIN TIP ROAST • TOP SIRLOIN STEAKS • GROUND BEEF OR STEW MEAT lb. 1.49 AVERAGE WEIGHT 10 TO 12 POUNDS CAN BE CUT INTO THE SELECTION OF YOUR CHOICE!

— SEAFOOD FEATURES —

CAP'N JOHN'S **FRESH OYSTERS** STANDARD 12-oz. can 1.69 SELECT 12-oz. can 1.79

FLOUNDER FILLETS FRESH SKINLESS lb. 1.69

AVAILABLE IN STORES WITH SEAFOOD DEPT. THRU FRIDAY!

SKINLESS MEAT **A&P FRANKS** 1-lb. pkg. 89¢ 2-lb. pkg. 1.75

ECKRICH **SMOKED SAUSAGE** lb. 1.29

A&P SLICED **Chicken or Turkey** 6-oz. pkg. 69¢
CARSON'S **Dried Beef** 4-oz. pkg. 89¢
JAMESTOWN COUNTRY **Ham Slices** 12-oz. pkg. 1.99
GWALTNEY **Sliced Bacon** 1-lb. pkg. 1.35
AVAILABLE IN STORES WITH DELI DEPT. **Boiled Ham** ½-lb. 79¢
AVAILABLE IN STORES WITH DELI DEPT. **Esskay Bologna** JUMBO ½-lb. 59¢

MARVEL **ICE CREAM** —OR— A&P LOOK-FIT **ICE MILK** ASST'D FLAVORS ½-gal. ctn. 79¢ FOOD PRICE CUT!

— JANE PARKER BAKERY —

MARVEL **WHITE BREAD** 3 22-oz. loaves 1.00

PLAIN, SUGAR, CINNAMON OR COMBINATION **CAKE DONUTS** 11-oz. pkg. of 12 59¢ SAVE 6¢

PINEAPPLE OR **PEACH PIES** 24-oz. pkg. 99¢ SAVE 10¢

PEANUT BUTTER SULTANA CREAMY OR KRUNCHY 4-lb. jar 2.29 SAVE 20¢ FOOD PRICE CUT!

PORK & BEANS SULTANA w/TOMATO SAUCE 4 16-oz. cans 99¢ SAVE 15¢ FOOD PRICE CUT!

ANN PAGE SPAGHETTI REGULAR OR THIN 2 1-lb. boxes 85¢ FOOD PRICE CUT! SAVE 9¢

SPAGHETTI SAUCE ANN PAGE PLAIN, MEAT OR MUSHROOM 2-lb. jar 85¢ SAVE 4¢ FOOD PRICE CUT!

ELBOW MACARONI ANN PAGE 2 1-lb. boxes 85¢ FOOD PRICE CUT! SAVE 9¢

A&P DINNER MACARONI & CHEESE 2 7¼-oz. boxes 55¢ SAVE 4¢ FOOD PRICE CUT!

A&P NON-FAT **INSTANT DRY-MILK** FOOD PRICE CUT! 20-qt. size 3.49 SAVE 50¢

ANN PAGE **MAYONNAISE** FOOD PRICE CUT! 1-qt. jar 1.25 SAVE 10¢

— DAIRY DEPARTMENT —

PILLSBURY BISCUITS COUNTRY STYLE OR BUTTERMILK 4 8-oz. pkgs. 63¢ FOOD PRICE CUT

MRS. FILBERT'S GOLDEN QUARTERS **Margarine** IN 1-LB PRINTS 1-lb. pkg. 79¢
TIP TOP FLORIDA **Citrus Punch** gal. ctn. 69¢

SUNNYBROOK **GRADE 'A' EGGS** LARGE SIZE doz. 85¢ MEDIUM SIZE doz. 79¢

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