IT'S FOUNDER'S

Pantry Pride
YOU WIN.
BECAUSE WE DON'T PLAY GAMES

PANTRY PRIDE
SAVE 18¢ CASH — PILLSBURY EXTRA LIGHT pancake mix 2-lb pkg 59¢ — REGULAR PRICE 77¢ — WITH THIS COUPON AND ANY OTHER PURCHASE. EFFECTIVE THRU SAT. MARCH 1st 1975 — 42 BV8 M10 — LIMIT ONE COUPON

PANTRY PRIDE
SAVE 26¢ CASH — FLAVORFUL TETLEY tea bags box of 48 49¢ — REGULAR PRICE 754 — WITH THIS COUPON AND ANY OTHER PURCHASE EFFECTIVE THRU SAT. MARCH 1st 1975 — 436 BV20 M8 — LIMIT ONE COUPON

PANTRY PRIDE
SAVE 36¢ CASH — ENRICHED FLOUR gold medal 10-lb bag $1.59 — REGULAR PRICE $1.95 — WITH THIS COUPON AND ANY OTHER PURCHASE EFFECTIVE THRU SAT. MARCH 1st 1975 — 434 BV25 M11 — LIMIT ONE COUPON

PANTRY PRIDE
SAVE 20¢ CASH — FRESHIE BRAND orange juice 1/2-gal ctn — WITH THIS COUPON AND ANY OTHER PURCHASE EFFECTIVE THRU SAT. MARCH 1st 1975 — 424 M30 — LIMIT ONE COUPON

PANTRY PRIDE
SAVE 30¢ CASH ON TWO — JUMBO CORONET paper towels 2 rolls 59¢ — REGULAR PRICE 2/89¢ — WITH THIS COUPON AND ANY OTHER PURCHASE EFFECTIVE THRU SAT. MARCH 1st 1975 — 422 M30 — LIMIT ONE COUPON

CONSUMER CORNER

FAT FACTS:

From fats in food we get energy lots of flavor variety and vitamins A, D E and K. We also get fat.

This week's Pantry Planner looks at Hot Dogs one of the many fatty foods we love. Fat is part of what makes franks and other fatties taste good cream many cheeses, mayonnaise dressings, cookies, cakes, pies ice cream bacon and other meats. And nuts and most snack foods. And all the foods you fry or dress up with butter or oil and margarine. It adds up to a diet pretty high in fat.

Cholesterol news has led us to eat more vegetable fats and fewer animal fats. That's probably good: but saturated or not, fat is higher in calories than anything else we eat. Cutting out one tablespoon a day of butter or margarine or oil could mean a five pound weight loss in one year's time. On the bright side: fruits and vegetables are mostly fat free!

Mona Doyle,
Director of Consumer Affairs

SEAFOOD

fresh sea bass WISE BUYS 55¢ lb.

FRESHLY OPENED SALTWATER FRESH
oysters ..... 12-oz standard $1.65 12-oz select $1.75

fresh bluefish WISE BUYS 39¢ lb.

FROZEN FRESHWATER
large shrimp AVG 26 PER LB ..... lb $1.98

turbot fillet FROZEN SKINLESS BONELESS WISE BUYS 79¢ lb.

THE ABOVE PRICES DO NOT APPLY IN OUR SELF-SERVICE SEAFOOD DEPT. AT OUR LIBERTY COURT STORE WHERE FRESH FISH ARE CLEANED PACKAGED AND OPEN DATED DAILY.

DELI

PANTRY PRIDE **franks** WISE BUYS REGULAR OR BEEF 1-lb. pkg. 89¢

PANTRY PRIDE
sauerkraut ..... 2-lb pkg 39¢
PANTRY PRIDE SLICED
luncheon meats COOKED SALAMI OR SPICED LUNCHEON ..... 8-oz pkg 65¢
PANTRY PRIDE
sliced bacon ..... lb pkg $1.39
OLIVE OR PICKLE & PIMIENTO LOAF
sliced luncheon meat PANTRY PRIDE ..... 8-oz pkg 65¢

BAKERY

coconut custard pie PANTRY PRIDE 22-oz. pkg. 79¢

PANTRY PRIDE VS. SKIPPY SMOOTH PEANUT BUTTER TASTE TEST RESULTS

	Average Score % Preferrer	PANTRY PRIDE	NATIONAL BRAND
		4.56	4.10
		68%	32%

Here's a sample of our official TASTE TASTE BOOK showing just how one Pantry Pride brand product (peanut butter) scored in impartial customer taste tests against the best selling national brands. For complete test results on 126 Pantry Pride products, ask to see the TASTE TEST BOOK — now in your Store Manager's office.

PRODUCE

honey oranges
LARGE FLORIDA 100 SIZE ZIPPER SKIN WISE BUYS 10 for 79¢
florida valencia oranges 100 SIZE SWEET ..... 20 for $1.00
white seedless grapefruit LARGE 32 SIZE ..... 6 for $1.00

russett potatoes
U.S. NO. 1 BAKING WISE BUYS 10 -lb. bag 89¢
cherry tomatoes SWEET EATING ..... dry pint 69¢
red winesap apples CRISP TANGY ..... 3 lb bag 79¢

WISE BUYS **fresh strawberries** 2 dry pints 99¢

mushrooms SNO WHITE WISE BUYS lb. pkg. 99¢

APPETIZER

EVERYTHING SLICED TO ORDER AVAILABLE AT MOST STORES.

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

IMPORTED
pork loin ..... ½-lb. 99¢
SLICED TO ORDER
virginia baked ham ..... ½-lb. 69¢
GOETZE'S
large bologna ..... ½-lb. 59¢
FANCY
domestic swiss cheese ..... ½-lb 79¢

13¢ OFF LABEL
ajax dish liquid 22-oz. btl. 70¢

open sunday 9 a.m. 'til 4 p.m. EXCEPT WHERE NOTED
- ARBUTUS SHOPPING CENTER MAIDEN CHOICE LANE
- FRANKFORD PLAZA SHOPPING CENTER 6025 MORAVIA RD.
- 7048 WISE AVE. - AT LYNCH RD.
- HARUNDALE MALL - GLEN BURNIE, MD.
- MONDAWMIN SHOPPING CENTER
- SEVERNA PARK - RITCHIE HWY. OLD ANNAPOLIS RD
- 4210 FRANKFORD AVE. - AT BELAIR RD.
- PAROLE PLAZA - ANNAPOLIS, MD. 10 a.m. til 6 p.m.
- PERRING PKWY. - AT McCLEAN BLVD. 10 a.m. til 6 p.m.
- CEDONIA MALL 10 a.m. til 6 p.m.
- PADONIA VILLAGE SHOP. CNTR. TIMONIUM 10 a.m. til 6 p.m.
- OAKLAND MILLS SHOP. CNTR. COLUMBIA 10 a.m. til 6 p.m.
- MIDDLESEX SHOPPING CENTER 10 a.m. til 6 p.m.
- HARFORD MALL. BELAIR RD. 10 a.m. til 5 p.m.
- SECURITY SHOPPING CENTER 10 a.m. til 5 p.m.
- WESTVIEW SHOPPING CENTER 10 a.m. til 5 p.m.
- LIBERTY COURT DISCOUNT CENTER 10 a.m. til 5 p.m.
- ROUTE 40 — HAVRE DE GRACE 10 a.m. til 5 p.m.
- REISTERSTOWN Reisterstown, MD. 10 a.m. til 5 p.m.

DAIRY

velveeta cheese KRAFT'S WISE BUYS 2-lb. loaf $1.59

PANTRY PRIDE
soft margarine ..... 2 8-oz pkgs 69¢
ALL FLAVORS
kraft's cheez whiz ..... 8-oz 69¢
LIGHT-N-LIVELY
cottage cheese ..... 12-oz cont 53¢ 24-oz cont 89¢
FLORIDA CITRUS
orange juice ..... qual can 69¢

10¢ OFF LABEL
all detergent 49-oz. box $1.10

no store brand game here

You can buy any Pantry Pride product with as much confidence as you buy your favorite national brand. Because we guarantee Pantry Pride products to be as good, or better, than the leading national brand, or we'll replace it with national brand of your choice.

MONTH...

PASTEURIZED HOMOGENIZED VITAMIN D GRADE "A"
fresh milk WISE BUYS
PANTRY PRIDE TWIN PACK OF TWO, HALF GALLON CARTONS (FULL GALLON)

99¢
WITH COUPON ON RIGHT AND A $10.00 PURCHASE

PANTRY PRIDE
SAVE 40¢ CASH — fresh milk PASTEURIZED HOMOGENIZED TWIN PACK OF 2 HALF GALLON CARTONS (FULL GALLON) 99¢ — REGULAR PRICE $1.39 — WITH THIS COUPON AND A $10.00 PURCHASE EFFECTIVE FROM MON. FEB 24 THRU SAT. MAR 1 1975 — 441 M40 — LIMIT ONE COUPON

Pantry Pride

BEEF

sirloin steak TOP NO TENDERLOIN BEEF LOIN WISE BUYS $1.29 lb.
porterhouse steak T-BONELESS ..... lb $1.79

cross-rib roast BONELESS BEEF CHUCK WISE BUYS $1.19 lb.
rib roast SMALL END ..... lb $1.19

top round steak BONELESS BEEF ROUND WISE BUYS $1.49 lb.
fresh brisket WHOLE BONELESS BEEF ..... lb 99¢

BEEF CHUCK **pot roast** BONELESS (BRAISE) WISE BUYS 89¢ lb.

PANTRY PRIDE 3 LB PKGS & OVER
great ground A BLEND OF 75% GROUND BEEF & 25% HYDRATED VEG PROTEIN ..... lb 65¢

FROZEN

FRENCH FRIED **potatoes** FROZEN 5-lb. bag 89¢

crinkle cut potatoes HEINZ FROZEN DEEP FRIES ..... 2 12-oz pkgs 83¢
mrs. smith's pie FROZEN, BOSTON CREAM REG OR LEMON ..... 19-oz pkg 99¢
morton donuts FROZEN GLAZED OR JELLY ..... 10-oz pkg 79¢
downy flake waffles FROZEN REGULAR ..... 10-oz pkg 49¢

morton dinners
- CHICKEN & NOODLES
- SPAGHETTI & MEAT
- MACARONI & BEEF
- MACARONI & CHEESE
FROZEN
11-oz. pkg. 39¢

TRIAL SIZE
top job CLEANER ..... 6-oz btl. 15¢

WITH FREE CANNISTER
spic & span ..... 54-oz box $1.25

PORK

mash's ham FULLY COOKED SHANK PORTION lb. 69¢ RUMP PORTION lb. 79¢
assorted pork chops FORMERLY QUARTERED PORK LOIN ..... lb 99¢
pork shoulder ARM PICNIC ..... lb 69¢

WHOLESALE MEAT CUTS

"WHOLESALE CUTS OF BEEF & PORK! CUT TO YOUR ORDER INTO STEAKS, CHOPS, AND ROASTS AT NO EXTRA CHARGE!"

whole bottom round 20 to 25-LBS ..... lb $1.29
whole top round 18 to 25-LBS ..... lb $1.39
whole pork loin 12 to 16-LBS ..... lb $1.09
whole beef tenderloin 6 to 8-LBS ..... lb $2.29
new york sirloin strip WHOLE 12 to 16-LBS ..... lb $2.29
mash's fully cooked ham 18 to 22-LBS WHOLE ..... 85¢

GROCERY

diet beverages PANTRY PRIDE NO RETURN 7 16-oz. bots. $1.00

pantry pride pretzels ..... 24-oz pkg 99¢
purr tuna cat food ..... 7 6-oz cans $1.00
pantry pride preserves PEACH - APRICOT PINEAPPLE ..... 12-oz jar 59¢
ajax detergent 75¢ OFF LABEL ..... 10 lb 11-oz box $2.99

plastic wrap PANTRY PRIDE 3 100 ft. rolls $1.00

vlasic polish spear pickles ..... 24-oz jar 69¢
musselman apple sauce ..... 3-lb 2-oz jar 89¢
hillsdale pears IN SYRUP ..... 29-oz can 65¢
peter pan red salmon ..... 7¼-oz can 99¢

POULTRY

self-basting turkeys OUR PREMIUM BRAND FARMER GRAY POP-UP TIMER SMALL SIZE 5 to 9 LB AVG lb 49¢ WISE BUYS

OUR PREMIUM BRAND — WHOLE — CUT-UP
farmer gray fryers ..... 49¢ ..... 55¢

fresh fryers WISE BUYS WHOLE lb. 43¢ CUT-UP lb 49¢

PANTRY PRIDE
SAVE 15¢ CASH — CLEANED PEELED READY TO COOK carnation shrimp 1-lb bag frozen — WITH THIS COUPON ONLY VOID AFTER SAT. MARCH 1st — 439 M15 — LIMIT ONE COUPON

PANTRY PRIDE
SAVE 15¢ CASH — WITH THE PURCHASE OF HIGHLINER OR GULF CITY breaded round shrimp 1-lb box frozen — WITH THIS COUPON ONLY VOID AFTER SAT. MARCH 1st — 440 M15 — LIMIT ONE COUPON

PANTRY PRIDE
SAVE 30¢ CASH — ON ANY FRESH pork roast — WITH THIS COUPON AND ANY OTHER PURCHASE EFFECTIVE THRU SAT. MARCH 1st 1975 — 437 M30 — LIMIT ONE COUPON

PANTRY PRIDE
SAVE 30¢ CASH — ON ANY beef roast — WITH THIS COUPON AND ANY OTHER PURCHASE EFFECTIVE THRU SAT. MARCH 1st 1975 — 438 M30 — LIMIT ONE COUPON

PANTRY PRIDE
SAVE $1.00 CASH — golden flame fireplace logs case of 6 — WITH THIS COUPON AND ANY OTHER PURCHASE EFFECTIVE THRU SAT. MARCH 1st 1975 — 423 M100 — LIMIT ONE COUPON

PANTRY PRIDE
SAVE 10¢ CASH — BETTY CROCKER tuna helpers pkg 59¢ — REGULAR PRICE 69¢ — WITH THIS COUPON AND ANY OTHER PURCHASE EFFECTIVE THRU SAT. MARCH 1st — 435 BRV8 M7 — LIMIT ONE COUPON

PANTRY PRIDE
SAVE 10¢ CASH — PANTRY PRIDE BROWN N' SERVE WHITE bread OR MINI - LOAF 16-oz pkg — WITH THIS COUPON AND ANY OTHER PURCHASE EFFECTIVE THRU SAT. MARCH 1st 1975 — 442 M10 — LIMIT ONE COUPON

WE GLADLY REDEEM FEDERAL FOOD STAMPS