Pantry Pride

SAVE 50¢ CASH — maxwell house COFFEE 1-lb. can 89¢ — WITHOUT COUPON ..... $1.39 LIMIT ONE — WITH THIS COUPON AND A PURCHASE OF $7.50 OR MORE EFFECTIVE THRU SAT APRIL 19 1975 — LIMIT ONE COUPON

REDEEM BOTH COUPONS WITH ONE PURCHASE OF $7.50 OR MORE

SAVE 40¢ CASH — baking potatoes U.S. NO. 1 RUSSET 5-lb bag 49¢ — WITHOUT COUPON ..... 89¢ LIMIT ONE — WITH THIS COUPON AND A PURCHASE OF $7.50 OR MORE EFFECTIVE THRU SAT APRIL 19 1975 — LIMIT ONE COUPON

CONSUMER CORNER

Food, Glorious Food

Tomorrow is Food Day . . . a day set aside to think about what we eat, and why. And about how well, and how much we are eating. Many in this world do not have enough to eat; many others have and eat plenty but still don't eat well because they don't care or don't know.

Nutrition education is one answer to eating better. We think it's important and are devoting lots of time and space to the subject here and in our weekly Pantry Planner and on our labels. We hope you read them all regularly, and that you regularly eat the wide variety of foods that make up a balanced diet including meat, fish and poultry, dairy products, breads and cereals, and fruits and vegetables. Remember, "Food is More Than Just Something To Eat."

Mona Doyle Director of Consumer Affairs

SEAFOOD

FOOD FOR THOUGHT — SOME CALL IT BRAIN FOOD

fresh perch fillet OCEAN BONELESS WISE BUYS lb. $1.15

LUMBOLINA READY TO EAT FROZEN cooked shrimp	SHELL ON	1-lb bag	$1.59
ELDORADO READY TO FRY FROZEN breaded shrimp	MINI ROUND	1-lb box	$1.35
SEASTAR GOLDEN BROWN FROZEN fish cakes		12-oz pkg	55¢

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

DAIRY

3 CHEERS FOR CALCIUM

margarine MRS. FILBERT'S GOLDEN lb. in qtrs. 59¢

SLICED kraft swiss cheese	8-oz pkg	89¢
KRAFT velveeta cheese	lb pkg	89¢
TIP TOP citrus punch	½-gal	69¢
PANTRY PRIDE ULTRA PASTEURIZED coffee cream	pint 59¢ / ½-pint	33¢
PANTRY PRIDE soft margarine	lb bowl	59¢
ALL FLAVORS light-n-lively yogurt	3 8-oz cups	89¢

FOOD

BAKERY

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

PANTRY PRIDE VS. MAXWELL HOUSE INSTANT COFFEE

TASTE TEST RESULTS

Average Score % Preferred	PANTRY PRIDE 4.66 70%	NATIONAL BRAND 4.26 30%

Here's a sample of our official TASTE TEST BOOK showing just how one Pantry Pride brand product (instant coffee) scored in impartial customer taste tests against the best selling national brands. For complete test results on 128 Pantry Pride products ask to see the TASTE TEST BOOK — now in your Store Manager's office.

gain detergent 25¢ OFF LABEL 84-oz. box $1.99

joy liquid detergent FOR DISHES 48-oz. bot. $1.49

PRODUCE

HIP HIP HOORAY! FOR VITAMIN A (AND C TOO!) 3 CHEERS FOR ROUGHAGE AND FIBER

sno-white mushrooms WISE BUYS lb. 99¢

CRISP pascal celery .... 3 large stalks $1.00 — LARGE FIRM green peppers ... 5 for $1.00

valencia oranges SEALD SWEET 100 SIZE FLORIDA 20 for $1.00

SWEET SALAD cherry tomatoes .... dry pint 59¢ — CALIFORNIA sunkist lemons .... 5 for 49¢

seedless grapefruit FLORIDA WHITE 5 LARGE 27 SIZE FOR $1.00

DELI

COOKED CANNED picnics READY TO EAT 3-lb. can $3.69

YOUR CHOICE, PANTRY PRIDE sliced meats · BOLOGNA · BEEF BOLOGNA	½-lb pkg	59¢
GREAT FOR LUNCH fyne taste franks	2-lb pkg	$1.55
GOETZE'S liver wurst	10-oz each	49¢
MEAT OR BEEF goetzes franks	lb pkg	99¢

APPETIZER

EVERYTHING SLICED TO ORDER AVAILABLE AT MOST STORES.

DOMESTIC BOILED ham SLICED TO ORDER ½-lb. 79¢

BAVARIAN STYLE freda's liver wurst	½-lb	69¢
SLICED TO ORDER goetze's bologna	½-lb	59¢
ROGGER'S pepper loaf	½-lb	69¢
SLICED TO ORDER american cheese	½-lb	69¢

no hidden bone game here

All our meat is packaged best side down so you see what you're getting. No sad surprises when you open the package.

FROZEN

GREEN GIANT vegetables · SPINACH · NIBLETS CORN · GREEN BEANS IN BUTTER SAUCE 2 9-oz. pkgs. 89¢

SARA LEE cinnamon rolls	8½-oz pkg	79¢
PANTRY PRIDE sliced strawberries	2 10-oz pkgs	79¢

ajax cleanser 3¢ OFF LABEL 2 21-oz. cans 69¢

final touch FABRIC SOFTNER 15¢ OFF LABEL 33-oz. bot. 81¢

- ARBUTUS SHOPPING CENTER MAIDEN CHOICE LANE
- FRANKFORD PLAZA SHOPPING CENTER 6025 MORAVIA RD
- 7004 WISE AVE. - AT LYNCH RD.
- HARUNDALE MALL - GLEN BURNIE, MD.
- SEVERNA PARK - RITCHIE HGWY. OLD ANNAPOLIS RD.
- MONDAWMIN SHOPPING CENTER
- 4210 FRANKFORD AVE. - AT BELAIR RD.

OPEN SUNDAY 9 am til 4 pm

- PAROLE PLAZA - ANNAPOLIS RD.
- PENDING PARKWAY - AT McCLEAN BLVD.
- CEDONIA MALL
- PADONIA VILLAGE SHOP CNTR. TIMONIUM
- OAKLAND HILLS SHOP. CNTR. COLUMBIA
- MIDDLESEX SHOPPING CENTER

OPEN SUNDAY 10 am til 6 pm

- HANFORD MALL, BELAIR, RD.
- SECURITY SHOPPING CENTER
- WESTVIEW SHOPPING CENTER
- 2113 PULASKI HWY. HAVRE DE GRACE
- LIBERTY COURT DISCOUNT CENTER
- REISTERSTOWN SHOPPING CENTER, REISTERSTOWN
- SEMINARY SHOPPING CENTER, LUTHERVILLE.

OPEN SUNDAY 10 am til 5 pm

- REISTERSTOWN RD. PLAZA

OPEN SUNDAY 10 am til 6 pm

FOOD, FOOD, GLORIOUS FOOD

GO GO PROTEIN — VITAMIN "C" — LET'S HEAR IT FOR IRON

"FOOD DAY" SPECIALS TO CHEER ABOUT

TOMORROW IS FOOD DAY AND PANTRY PRIDE GOES ALL OUT FOR THE OCCASION

Pantry Pride

POULTRY

LET'S HEAR IT FOR PROTEIN AND IRON

FOOD

fresh fryers WHOLE lb. 43¢ CUT UP lb. 49¢

"OUR PREMIUM BRAND FRESH" **farmer gray fryers** WHOLE lb. 49¢ CUT UP lb. 55¢

FROZEN SOLD IN 5-LB PKGS ONLY chicken livers	WISE BUYS	lb	69¢
"CACKLE BIRD" FROZEN roasting chickens	$ to 7-LBS AVG, WISE BUYS	lb	69¢
FROZEN 8-OZ. PORTIONS stuffed chicken breast	WISE BUYS		$1.49
FRESH chicken legs	5-LB. PKG & OVER	lb	59¢
WHOLE turkey breast	WISE BUYS	lb	99¢
LAND-O-LAKES turkey roast	LIGHT & DARK MEAT	2-lb 3-oz pkg	$3.29
LAND-O-LAKES' turkey roast	WHITE MEAT	2-lb 3-oz pkg	$3.99
FRESH chicken breast	5-LB. PKG & OVER	lb	79¢

WHOLESALE MEAT CUTS

WHOLESALE CUTS OF BEEF AND PORK, CUT TO YOUR ORDER INTO STEAKS, CHOPS OR ROAST AT NO EXTRA CHARGE.

top loin steak	WHOLE BONELESS N.Y. STRIP	lb	$2.19
whole bottom round		lb	$1.29
whole top round		lb	$1.49
whole round tip		lb	$1.39
whole pork loin		lb	$1.09

BEEF

FOOD — FOOD

BONELESS BOTTOM **round roast** BEEF ROUND WISE BUYS lb $1.29

boneless rump roast	BEEF ROUND	lb	$1.59
eye round roast	BEEF ROUND	lb	$1.89
top sirloin steak	NO TENDERLOIN BEEF LOIN	lb	$1.39
porterhouse steak	BEEF LOIN TAILLESS	lb	$1.89

PANTRY PRIDE-3-LB. PKGS. & OVER

great ground A BLEND OF 75% GROUND BEEF & 25% HYDRATED VEG. PROTEIN lb. 59¢

BREAKFAST TREATS

FOOD FOR LUNCH AND BREAKFAST

PARK'S, HOT N' SAGY OR REG. pork sausage meat	12-oz pkg		89¢
DELICIOUS rapa brand scrapple	2-lb pkg		99¢
CENTER CUT ham slices		lb	$1.39
FYNE TASTE BRAND sliced bacon	1-lb pkg		$1.19

PORK

SMOKED **pork chops** END CUTS lb. 99¢ CENTER CUTS lb. $1.39

pork shoulder picnic	SMOKED WHOLE	lb	69¢
fresh pork shoulder	ARM PICNIC WHOLE	lb	69¢
assorted pork chops	FRESH (QUARTER LOIN)	lb	99¢

STRAWBERRY **preserves** FYNE TASTE 2-lb. jar 99¢

PRIDE PANTRY **tea bags** BONUS PACK pkg. of 126 99¢

ECONOMICAL **armour treet** 12-oz. can 89¢

SPRING HOUSE CLEAN-UP

fabric softener PANTRY PRIDE REG. OR LEMON gal. cont 89¢

PANTRY PRIDE bleach	qt. cont	69¢
LONG LASTING SUDS brillo soap pads	pkg of 16	65¢

scott towels 3¢ OFF LABEL 2 rolls 89¢

PANTRY PRIDE dishwasher detergent	35-oz can	85¢
FOR YOUR LAUNDRY purex detergent	42-oz pkg	79¢

bowl cleaner PANTRY PRIDE 9-oz. jar 49¢

SANDWICH CREME **cookies** PANTRY PRIDE · CHOCOLATE · VANILLA · DUPLEX 20-oz. pkg. 89¢

PANTRY PRIDE **spaghetti** · SPAGHETTINI · ELBOW MACARONI YOUR CHOICE 2 1-lb. pkgs. 79¢

WISHBONE **dressings** YOUR CHOICE · CAESAR · 1000 ISLAND · FRENCH · ITALIAN · RUSSIAN 8-oz. bot. 59¢

SAVE 10¢ CASH — AUSTIN window cleaner qt. bot. 39¢ — WITHOUT COUPON ..... 49¢ LIMIT ONE — WITH THIS COUPON ONLY EFFECTIVE FROM MON APRIL 14 THRU SAT APRIL 19 1975 — LIMIT ONE COUPON

SAVE 16¢ CASH — BETTY CROCKER frosting mixes pkg 79¢ — WITHOUT COUPON ..... 95 LIMIT ONE — WITH THIS COUPON ONLY EFFECTIVE FROM MON APRIL 14 THRU SAT APRIL 19 1975 — LIMIT ONE COUPON

SAVE 20¢ CASH — NEW FREEDOM mini pads box of 30 $1.09 — WITHOUT COUPON ..... $1.29 — WITH THIS COUPON ONLY EFFECTIVE FROM MON APRIL 14 THRU SAT APRIL 19 1975 — LIMIT ONE COUPON

SAVE 10¢ CASH — log cabin syrup 24-oz. bottle $1.29 — WITHOUT COUPON ..... $1.39 LIMIT ONE — WITH THIS COUPON ONLY EFFECTIVE FROM MON APRIL 14 THRU SAT APRIL 19 1975 — LIMIT ONE COUPON

SAVE 10¢ CASH — GENERAL MILLS lucky charms or cocoa puffs cereal pkg 59¢ — WITHOUT COUPON ..... 69¢ LIMIT ONE — WITH THIS COUPON ONLY EFFECTIVE FROM MON APRIL 14 THRU SAT APRIL 19 1975 — LIMIT ONE COUPON

SAVE 10¢ CASH — SNACK PACK hunt pudding 4 5-oz cans 69¢ — WITHOUT COUPON ..... 79¢ LIMIT ONE — WITH THIS COUPON ONLY EFFECTIVE FROM MON APRIL 14 THRU SAT APRIL 19 1975 — LIMIT ONE COUPON

SAVE 10¢ CASH — ONE HOUR carbona rug cleaner 24-oz bot. $1.09 — WITHOUT COUPON ..... $1.19 LIMIT ONE — WITH THIS COUPON ONLY EFFECTIVE FROM MON APRIL 14 THRU SAT APRIL 19 1975 — LIMIT ONE COUPON

SAVE 20¢ CASH — REG. & SUPER playtex tampons box of 30 $1.49 — WITHOUT COUPON ..... $1.69 LIMIT ONE — WITH THIS COUPON ONLY EFFECTIVE FROM MON APRIL 14 THRU SAT APRIL 19 1975 — LIMIT ONE COUPON

SAVE 30¢ CASH — ANACIN FAST anacin tablets box of 200 $2.29 — WITHOUT COUPON ..... $2.59 LIMIT ONE — WITH THIS COUPON ONLY EFFECTIVE FROM MON APRIL 14 THRU SAT APRIL 19 1975 — LIMIT ONE COUPON