WE WELCOME FEDERAL FOOD STAMPS

A&P WEO

Where Economy Originates

THE AWARE SHOPPER

By Barbara Sullivan
A&P Director of Consumer Affairs

Meal Planning For The Older Person

Remember the old adage "You are what you eat!" The basis of good health at any age is to eat a wide variety of foods so that each of the necessary vitamins, minerals and protein are included in the whole diet. The United States Department of Agriculture recommends that a well-balanced diet for the older person should include the following each day:

- 2 or more servings of milk and milk products: a serving constitutes 8 oz. of fluid milk, yogurt or 1½ cups cottage cheese; 2" cube cheddar-type or 3 scoops of ice cream.
- 4 or more servings of fruits and vegetables: a serving equals ½ cup of any fruit or vegetable, (raw or cooked), or a normal portion such as one medium apple, banana, or potato. A serving of food rich in Vitamin C is essential.
- 2 or more servings of meat and meat alternates: one serving is 3 to 4 oz. of meat, fish or poultry; 2 eggs or 4 tablespoons of peanut butter. Nuts, dried peas or dried beans may be substituted for meat, fish, poultry or eggs.
- 4 or more servings of cereals, breads and pasta: one serving equals ¾ cup oatmeal; 1 cup enriched cereal; 1 slice enriched bread or ¾ cup enriched macaroni.

If you find the suggested portions of foods too ample for you, reduce the size of each serving. DO NOT ENTIRELY ELIMINATE ANY OF THE FOOD GROUPS.

We Owe You More Than Just Food

A&P SUPER BUY — STOCK-UP ON THIS BIG VALUE

U.S.D.A. FRESH
LEG or BREAST CHICKEN QUARTERS
lb. 49¢

A&P SUPER BUY — STOCK-UP ON THIS BIG VALUE

SUPER-RIGHT QUALITY
WHOLE BONELESS
BOTTOM BEEF ROUNDS
AVERAGE WEIGHT 21 to 25 LBS.
lb. 1.29

CAN BE CUT INTO THE SELECTION OF YOUR CHOICE!

YOUR CHOICE CUT #1	YOUR CHOICE CUT #2	YOUR CHOICE CUT #3
• 1 Whole Eye Round Roast • 1 Rump Roast • 2 Bottom Round Roasts • Balance Into Ground Round	• 2 Eye Round Roasts • 2 Bottom Round Roasts • Balance Into Ground Round	• 1 Rump Roast • 2 Bottom Round Roasts • 1 Whole Eye Round (Can Slice Steaks) • Balance Into Ground Round

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LUSCIOUS CALIFORNIA
NAVEL ORANGES
LARGE SIZE 88
10 for 99¢
NONE PRICED HIGHER!

FANCY WESTERN
ASPARAGUS
lb. 59¢
NONE PRICED HIGHER!

DEXO VEGETABLE
SHORTENING
3 lb. can 1.55

SUPERMARKET PRICES
24 HOUR CONVENIENCE
OPEN FROM
9 A.M. MONDAY THRU 11 P.M. SATURDAY
OPEN SUNDAYS 10 A.M. TO 5 P.M.

WE'RE OPEN 24 HOURS
ONLY AT THESE TWO STORES:

OWINGS MILLS IN THE GARRISON FOREST PLAZA	344 HOSPITAL DR. IN THE SOUTHGATE SHOPPING CENTER

Open Sunday 10 A.M. To 5 P.M.

- 599 W. BALTO. PIKE, BEL AIR
- 1002 JOPPA FARM RD., JOPPATOWNE
- 5101 EAST DRIVE, ARBUTUS
- 344 HOSPITAL DR., GLEN BURNIE
- RTS. 29 & 40, ELLICOTT CITY
- 5432 SINCLAIR LANE (AT FRANKFORD)
- 2225 DEFENSE HWY., CROFTON
- 610 RITCHIE HWY., SEVERNA PARK
- 5646 THE ALAMEDA, BALTO.
- 8510 LIBERTY RD., RANDALLSTOWN
- 2019 WEST ST., ANNAPOLIS
- 7709 HARFORD RD., BALTO.
- RT. 198, LAUREL
- 30 W. RIDGELY, LUTHERVILLE
- 10265 YORK RD., COCKEYSVILLE
- 1422 MARTIN BLVD., MIDDLE RIVER
- 5255 KENWOOD AVE., BALTO.
- 1510 COUNTRY RIDGE LANE
- 2711 FOSTER AVE., BALTO.
- 7931 BALTO.-ANNAPOLIS BLVD. (LIPIN'S CORNER)
- 7117 SECURITY BLVD., BALTO.
- OWINGS MILLS, GARRISON FOREST PLAZA
- 100 CHARTLEY BLVD., REISTERSTOWN
- 3702 FALLS RD., BALTO.
- 6836 REISTERSTOWN RD., BALTO.

★NEWEST Sunday Openings

- ★ 250 McMECHEN ST., BALTO.
- ★ 1808 EDISON HWY., BALTO.
- ★ 800 N. ROLLING RD., BALTO.
- ★ 1400 PATAPSCO AVE., BALTO.
- ★ 1119 ANNAPOLIS RD., ODENTON, MD.

A&P USWEETENED
GRAPEFRUIT JUICE
2 46-oz. cans 1.00

WHITE, DECORATED OR ASST'D COLORS
SCOT TOWELS
3c OFF
100-sq. ft. roll 48¢

JUICY FLORIDA PINK OR WHITE SEEDLESS
GRAPEFRUIT
5 lb. bag 97¢

FANCY WESTERN
ANJOU PEARS
3 lbs. 1.00
NONE PRICED HIGHER!

FIRST OF THE SEASON
WATERMELON
FLORIDA lb. 15¢
NONE PRICED HIGHER!

CELLO CARTON
TOMATOES,
LARGE STALK
PASCAL CELERY,
8-OZ. BAG
SALAD MIX OR COLE SLAW
3 for 1.00

GREEN PEPPERS
GARDEN FRESH 5 for 1.00
NONE PRICED HIGHER!

A&P GRADE 'A'
MIXED VEGETABLES
A&P GRADE 'A'
SLICED CARROTS
A&P GRADE 'A' WHOLE OR SLICED
WHITE POTATOES
IONA
CUT BEETS
YOUR CHOICE!
4 16-oz. cans 1.00

EIGHT O'CLOCK **COFFEE**
1-lb. bag 89¢
3 lb. bag 2.59

INSTANT COFFEE 10-oz. jar 1.59

— HEALTH & BEAUTY AIDS! —

A&P MOUTHWASH
RED, GREEN OR AMBER 32-oz. btl. 89¢

LISTERINE MOUTHWASH
20-oz. bottle 99¢
SAVE 40¢

RIGHT GUARD DEODORANT
BRONZE 15¢ OFF 7-oz. can 1.15

FOR YOUR EYES
MURINE .6-oz. btl. 1.19

LUX
LIQUID DISH DETERGENT
13¢ OFF
22-oz. btl. 66¢

CHEER
LAUNDRY DETERGENT
25¢ OFF
84-oz. box 2.04

DINNER TIME DELIGHTS

100% FREEZE-DRIED
Taster's Choice Coffee 8-oz. jar 2.67

DECAFFEINATED FREEZE-DRIED
Taster's Choice Coffee 8-oz. jar 2.77

BORDEN'S EAGLE BRAND SWEETENED
Condensed Milk 14-oz. can 73¢

FROZEN DEVIL'S FOOD, CREME FILLED, YELLOW, SPICE
Stouffer's Cup Cakes 10-oz. pkg. 99¢

BAYER
CHILDREN'S COLD TABLETS
box of 30 69¢

WARSAW FALCON WHOLE POLISH DILLS
32-oz. jar 79¢
SAVE 20¢

Items offered for sale are not available to other retail dealers or wholesalers! Prices effective thru Sat., April 19, 1975 in A&P WEO Stores in Baltimore including Annapolis, Aberdeen, Bel Air, Havre de Grace, Joppatowne and the Delmarva Peninsula!

A&P SUPER BUY — STOCK-UP ON THIS BIG VALUE

SUPER-RIGHT QUALITY
TOP ROUND
— OR —
SIRLOIN TIP STEAKS
lb. 1.59

A&P SUPER BUY — STOCK-UP ON THIS BIG VALUE!

SUPER-RIGHT QUALITY
BONELESS BOTTOM ROUND
ROAST lb. 1.29
STEAK lb. 1.49
EYE ROUND ROAST lb. 1.79

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— FROZEN FOOD FEATURES —

A&P GRADE 'A'
GREEN PEAS
3 10-oz. pkgs. 89¢
2-lb. bag 89¢

ON-COR
MAIN DISHES
LASAGNA, RAVIOLI WITH MEAT BALLS, MOSTACCIOLI WITH MEAT BALLS
2 -lb. pkg. 1.29

BANQUET DINNERS
ALL VARIETIES EXCEPT HAM, BEEF OR HADDOCK
11-oz. pkg. 65¢

MINUTE MAID **Orange Juice** 12-oz. can 67¢
JENO'S **Pizza Snack Tray** 7½-oz. pkg. 1.19
JENO'S PIZZA **Roll Snack Tray** 9-oz. pkg. 1.29
REGULAR **Eggo Waffles** 11-oz. pkg. 69¢
AUNT JEMIMA **Original Waffles** 10-oz. pkg. 63¢

SUPER-RIGHT QUALITY
PORK LOINS
WHOLE OR EITHER HALF
QUARTERED
SLICED 9 TO 11 CHOPS
lb. 99¢

SUPER-RIGHT FULLY COOKED
SMOKED HAMS
SHANK PORTION 69¢ lb.
BUTT PORTION 79¢ lb.

SUPER-RIGHT QUALITY
CORNED BEEF BRISKET
THICK CUT lb. 1.19
THIN CUT lb. 1.29

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

A&P **Sausage Meat** 1-lb. pkg. 85¢ 2-lb. pkg. 1.69
GWALTNEY **Sausage Meat** 1-lb. pkg. 89¢
SMITHFIELD **Sliced Bacon** 1-lb. pkg. 1.39
CELEBRITY **Imported Ham** 4-oz. pkg. 69¢
REGULAR OR BEEF **Esskay Franks** 1-lb. pkg. 1.09
GREENDELL FROZEN **Minute Steaks** 16-oz. pkg. 1.99
GREENDELL FROZEN SLICED **Wafer Steaks** 14-oz. pkg. 1.39

COLE SLAW, MACARONI, POTATO **A&P Fresh Salads** 14-oz. ctn. 49¢
A&P SLICED ASST'D VARIETIES **Luncheon Meats** 2 3-oz. pkgs. 79¢
ECKRICH **Smoked Sausage** lb. 1.29
AVAILABLE IN STORES WITH DELI DEPT. **Boiled Ham** ½-lb. 79¢
AVAILABLE IN STORES WITH DELI DEPT. **Pickle Loaf** OOETZE ½-lb. 79¢
AVAILABLE IN STORES WITH DELI DEPT. **Beef Bologna** ECKRICH lb. 79¢
CHECKERBOARD FARM **CORNISH HENS** lb. 65¢

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

— SEAFOOD FEATURES —
OCEAN PERCH FILLETS
FRESH lb. 1.19

CAP'N JOHN'S **FRESH OYSTERS**
STANDARD 8-oz. can 1.15
SELECT 8-oz. can 1.25
AVAILABLE IN STORES WITH SEAFOOD DEPT. THRU FRIDAY!

— JANE PARKER BAKERY TREATS —

MARVEL
WHITE BREAD
3 22-oz. loaves 1.00

Crescent Pound Cakes PLAIN OR M'ARBLE 15-oz. pkg. 79¢
Wheat Bread WHOLE OR CRACKED 2 16-oz. loaves 89¢
Potato Chips SAVE 10¢ 12-oz. bag 79¢
Peach Pie SAVE 10¢ 24-oz. pkg. 99¢
Sweet Rolls JELLY OR DATE FILLED 10-oz. pkg. 79¢

SUNNYBROOK
GRADE 'A' EGGS
MEDIUM SIZE doz. 63¢
LARGE SIZE doz. 67¢

GRANULATED
A&P SUGAR
NEW LOW PRICE!
5 -lb. bag 1.79

— DAIRY DEPARTMENT FEATURES —

NUTLEY MARGARINE
IN ½-LB. PRINTS 1-lb. pkg. 45¢

LOOK-FIT YOGURT
A&P'S LOW CALORIE ASST'D FLAVORS
4 8-oz. cups 1.00
SAVE 19¢

Kraft CRACKER BARREL **Cheese** COLORED OR WHITE SHARP STIX 10-oz. pkg. 1.25
Kraft CRACKER BARREL **Cheese** COLORED EX-SHARP STIX 10-oz. pkg. 1.29
Corn Oil Margarine MRS. FILBERT'S FAMILY SIZE 1-lb. bowl 97¢

A&P DRY MILK
INSTANT NON-FAT 20-qt. size 3.49

A&P **INSTANT RICE**
14-oz. pkg. 65¢
24-oz. pkg. 99¢

CHEERI-AID
SOFT DRINK MIX
ASST'D FLAVORS 33-oz. can 2.19

CLEANS, DISINFECTS, DEODORIZES **Pine-Sol** 15-oz. btl. 85¢
SPRING GARDEN **Pfeiffer Dressing** 8-oz. btl. 63¢

KRAFT **Strawberry Preserves** 10-oz. jar 67¢
KOOGLE CHOCOLATE OR CINNAMON **Peanut Butter** 12-oz. jar 69¢
KRAFT **Miracle Whip** 48-oz. jar 2.03
KRAFT **Italian Dressing** 8-oz. btl. 65¢
KRAFT **Roka Dressing** 8-oz. btl. 75¢

KRAFT NATURAL SWISS CHEESE SLICES 6-oz. pkg. 99¢
KRAFT NATURAL SWISS CHEESE SLICES 1-lb. pkg. 1.79
KRAFT DELUXE COLORED CHEESE SLICES 12-oz. pkg. 1.15
KRAFT VELVEETA CHEESE SPREAD 1-lb. pkg. 99¢
KRAFT COLORED AMERICAN SLICES 2-lb. pkg. 4.19
KRAFT CHEEZ WHIZ 10-oz. jar 1.43
BALLARD OVEN-READY BISCUITS 4 8-oz. pkgs. 67¢
PILLSBURY HUNGRY JACK EX-RICH BISCUITS 4 8-oz. pkgs. 73¢
PILLSBURY EX-LIGHT BISCUITS 4 8-oz. pkgs. 73¢
PILLSBURY 1869 BISCUITS BUTTERMILK 11-oz. pkg. 51¢
PILLSBURY 1869 BISCUITS BAKING POWDER 11-oz. pkg. 51¢

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FUJI MICRO SAFETY