WE WELCOME FEDERAL FOOD STAMPS

A&P WEO

Where Economy Originates

## THE AWARE SHOPPER

By Barbara Sullivan
A&P Director of Consumer Affairs

### Special Nutritional Needs At Breakfast

- Nutritionists and health-care professionals have long considered breakfast to be the most important meal of the day. Many recommend that it supply about 25% of the day's nutrients and calories.
- After a 10-12 hour period of fasting, breakfast provides the body with energy and nutrients needed to meet the physical and mental demands of the morning's activities.

The following basic breakfast provides the nutrients and calories needed by most people and meets requirements suggested by the United States Department of Agriculture. The quantity of each food can be adjusted to meet the nutritional needs of any person.

- 4 oz. citrus juice or fruit
- 1 oz. (dry wt.) ready-to-eat or hot cereal with 4 oz. milk
- 2 slices enriched bread with spread
- 8 oz. milk

A&P We Owe You More Than Just Food

A&P SUPER BUY — A REAL VALUE MIX OR MATCH!

CRISP WESTERN ICEBERG **LETTUCE** OR CELLO CARTON **TOMATOES** 3 for 1.00

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

SUPER-RIGHT **CANNED HAMS** 3-lb. can 4.29 (SAVE 70c) 5-lb. can 6.85 (SAVE 1.14)

FANCY WESTERN **ASPARAGUS** lb. 59¢

GOLDEN RIPE **BANANAS** 4 lbs. 1.00 NONE PRICED HIGHER!

**GREEN ONIONS** —OR— **RED RADISHES** 6-oz. bag 5 for 1.00 NONE PRICED HIGHER!

JUICY CALIFORNIA **LEMONS** SIZE 200 doz. 89¢

FANCY CALIFORNIA **CARROTS** 3 1-lb. bags 1.00 NONE PRICED HIGHER!

NEW CROP FLORIDA 'A' SIZE **NEW POTATOES** RED OR WHITE 5-lb. bag 79¢

— FROZEN FOODS —

A&P GRADE 'A' **ORANGE JUICE** 4 6-oz. cans 89¢ 2 12-oz. cans 85¢ 16-oz. can 55¢

A&P GRADE 'A' **CUT CORN** 2-lb. bag 89¢

SARA LEE APPLE, CHERRY, BLUEBERRY **Fruit n' Danish** 13-oz. pkg. 1.39

DEVIL'S FOOD **Sara Lee Cake** 16-oz. pkg. 1.19

IMITATION ORANGE JUICE **Birdseye Awake** 12-oz. can 49¢

DOWNYFLAKE **French Toast** 9½-oz. pkg. 55¢

A&P **CORNED BEEF** 12-oz. can 1.19 (SAVE 20c)

EXCEL SALTED **CASHEW HALVES** 12-oz. pkg. 99¢ (SAVE 20c)

CHEF'S CHOICE **CHARCOAL** 10-lb. bag 99¢ 20-lb. bag 1.79

A&P CHARCOAL LIGHTER FUEL 1-qt. can 59c

LIQUID FOR DISHES **DOVE DETERGENT** (20c OFF) 32-oz. btl. 93¢

LAUNDRY DETERGENT **LIQUID ALL** (25c OFF) ½-gal. jug 2.24

**CONCENTRATED ALL** (60c OFF) 20-lb. box 6.29

ANN PAGE **MAYONNAISE** 1-qt. jar 1.19 (SAVE 16c)

CHUNK LIGHT **A&P TUNA** 2 6½-oz. cans 95¢ (SAVE 19c)

— HEALTH & BEAUTY AIDS —

**NEW FREEDOM PADS** MAXI box of 30 1.49 (SAVE 30c) MINI box of 30 99¢ (SAVE 30c)

**BABY LOTION** JOHNSON & JOHNSON 9-oz. pl. btl. 1.39

**ULTRA BAN DEODORANT** SCENTED, UNSCENTED, POWDER, SUPER DRY SCENTED OR UNSCENTED 3-oz. can 89¢ (SAVE 30c)

**Kotex Sanitary Napkins** REGULAR OR SUPER box of 40 1.79

**A&P Buffered Aspirin** btl. of 100 79¢

**Hand Lotion** SAVE 80c TOUCH OF SWEDEN 10-oz. btl. 59¢

**WISK LIQUID** DETERGENT (50c OFF) 1-gal. jug 4.19

DUNCAN HINES **LAYER CAKE MIX** ASST'D VARIETIES EXCEPT ANGEL FOOD 18-oz. pkg. 71¢

THIS WEEK'S FEATURE

VIENNA GOURMET COOKWARE

**8" OPEN FRY PAN** $5.79

**ZEST** BATH SIZE SOAP PKG. OF 5 BATH SIZE BARS WITH FREE RACING CAR 1.79

**SAFEGUARD SOAP** BEIGE, PINK OR WHITE 2 5-oz. bath size bars 69¢

PETER PAN SMOOTH **Peanut Butter** 3-lb. jar 2.47

LADY SCOTT **Facial Tissues** 2 boxes of 200 85¢

VAN CAMP'S **Pork 'n Beans** 31-oz. can 63¢

O&C FRENCH FRIED ONIONS 3-oz. can 49c
O&C POTATO STICKS 7-oz. can 73c
MILKY WAY FUN SIZE 14-lb. bag 1.55
SNICKERS JR. FUN SIZE 14-lb. bag 1.55
THREE MUSKETEER FUN SIZE 14-lb. bag 1.55
MUSSELMAN CHERRY PIE FILLING 20-oz. can 99c

Items offered for sale are not available to other retail dealers or wholesalers! Prices effective thru Sat., May 17, 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 FULLY COOKED **SMOKED HAMS** SHANK PORTION lb. 78¢ BUTT PORTION OR SHANK HALF lb. 88¢

A&P SUPER BUY — SAVE 16¢ THIS WEEK

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

WE WELCOME FEDERAL FOOD STAMPS

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FOR YOUR SHOPPING CONVENIENCE
**NOW OPEN 24 HOURS**

- 5101 EAST DRIVE (ARBUTUS, MD.)
- 903 TAYLOR AVE. (AT LOCH RAVEN BLVD.)
- OWINGS MILLS (IN THE GARRISON FOREST PLAZA)
- 344 HOSPITAL DRIVE (IN THE SOUTHGATE SHOPPING CENTER)

THESE STORES ARE OPEN CONTINUOUSLY FROM MONDAY, 9 A.M. THRU SATURDAY, 11 P.M.
OPEN SUNDAY 10 A.M. TO 6 P.M.

ALL A&P STORES IN THE BALTIMORE-METROPOLITAN AREA
**OPEN SUNDAY** 10 A.M. TO 6 P.M.

EXCEPT THE FOLLOWING STORES:

- ENGLAR RD. & RT. 140, WESTMINSTER
- 1765 JOPPA RD., BAYNESVILLE
- 3718 W. BELVEDERE AVE., BALTO.
- 3300 PARK CIRCLE, BALTO.
- 5420 YORK ROAD, BALTO
- 7405 LIBERTY RD., BALTO.
- 211 S. COLLINS AVE., BALTO.

THANKS FOR SHOPPING A&P

SUPER-RIGHT QUALITY **TURKEY BREAST ROAST** lb. 99¢ (SAVE 20c lb.)

VIRGINIA FARM **COUNTRY HAMS** WHOLE ONLY lb. 1.29

SUPER-RIGHT QUALITY BONELESS **BOTTOM ROUND** ROAST lb. 1.39 STEAK lb. 1.69

**EYE ROUND ROAST** lb. 1.89

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

HYGRADE REGULAR OR ALL BEEF **Ball Park Franks** 1-lb. pkg. 1.19

ALL MEAT **Gwaltney Franks** 1-lb. pkg. 99¢

SMITHFIELD **Sliced Bacon** 1-lb. pkg. 1.49

VACUUM PACK **A&P Bacon** 1-lb. pkg. 1.39

A&P **Pork Roll** 24-oz. roll 1.69

**A&P BOLOGNA** REGULAR SLICED 1-lb. pkg. 99¢

WEBCO **Scrapple** 2-lb. pkg. 95¢

A&P **Sausage Meat** 1-lb. Pkg. 89¢

AVAILABLE IN STORES WITH DELI DEPT. **Boiled Ham** ½-lb. 89¢

AVAILABLE IN STORES WITH DELI DEPT **Chicken Roll** ½-lb. 49¢

AVAILABLE IN STORES WITH DELI DEPT. **Hoffman Cheese** SWISS & RYE OR CHEESE & ONION ½-lb. 79¢

**BONELESS HALF HAMS** SUPER-RIGHT OR LUTER DUTCHESS lb. 1.99

SUPER-RIGHT FULLY COOKED **Smoked Hams** BUTT HALF lb. 98¢

SUPER-RIGHT QUALITY **N. Y. Strip Steak** lb. 2.89

HORMB. "CURE 81" **Boneless Hams** lb. 2.39

ESSKAY REGULAR, HOT OR PORK N' BACON **Sausage Meat** 1-lb. pkg. 89¢

TABLE TREAT FROZEN PURE **Beef Burgers** 40-oz. pkg. 2.99

— SEAFOOD FEATURES —

FRESH SKINLESS **COD FILLETS** lb. 1.39

FRESH **Cherrystone Clams** doz. 1.09

FRESH **Porgies** lb. 35¢

STEAKFISH **Fresh Hake** lb. 49¢

AVAILABLE IN STORES WITH SEAFOOD DEPT. THRU FRIDAYS

— JANE PARKER BAKERY TREATS —

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

WHOLE OR CRACKED **WHEAT BREAD** 2 16-oz. loaves 89¢ (SAVE 9c)

**Sweet Rolls** JELLY FILLED 10-oz. pkg. 69¢

**Peach Pie** SAVE 10c 24-oz. pkg. 99¢

**Rye Rolls** BROWN N' SERVE 13-oz. pkg. 49¢

A SUPERB BLEND, RICH IN BRAZILIAN COFFEES. EIGHT O'CLOCK **COFFEE** 1-lb. bag 89¢ 3-lb. bag 2.59

CONTAINS RICH BRAZILIAN COFFEES. **INSTANT COFFEE** EIGHT O'CLOCK 10-oz. jar 1.59

OUR OWN INSTANT **ICED TEA MIX** WITH LEMON & SUGAR 24-oz. jar 1.59

— DAIRY DEPARTMENT FEATURES —

**SUNNYBROOK GRADE 'A' EGGS** MEDIUM SIZE doz. 59¢

**NUTLEY MARGARINE** IN ¼-LB. PRINTS 2 1-lb. pkgs. 79¢ (SAVE 11c)

**A&P Look-Fit Yogurt** ASST'D FLAVORS 4 8-oz. ctnr. 1.00

**Tip Top Citrus Punch** ½-gal. jug 69¢

**Promise Soft Margarine** 2—8-oz. tubs 1-lb. pkg. 97¢

**Buttermilk Biscuits** PILLSBURY 4 4.5-oz. pkgs. 55¢

ASST'D FLAVORS **Wyler's Drink Mix** 24-oz. can 2.09

SNYDER'S **Potato Chips** 10-oz. bag 89¢

KEEBLER **Town House Crackers** 16-oz. pkg. 79¢

NABISCO **Ritz Crackers** SAVE 6¢ 12-oz. box 69¢

REYNOLD'S **Aluminum Wrap** 200-sq. ft. roll 2.07

**AJAX DETERGENT** (25c OFF) 64-oz. box 2.04

HANOVER **Cut Green Beans** 50-oz. can 89¢

KIMBIES **Daytime Diapers** box of 30 2.39

KIMBIES **Toddler Diapers** box of 24 2.35

GRANULATED **A&P SUGAR** 5-lb. Bag 1.49 NEW LOW PRICE!

VALUABLE COUPON

BALTO. SAVE 25¢ A&P WEO

97% CAFFEIN FREE EIGHT O'CLOCK FREEZE-DRIED INSTANT **COFFEE** 4-oz. jar 1.18

LIMIT ONE COUPON PER FAMILY VALID THRU MAY 18, 1975

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