Pantry Pride

YOU WIN BECAUSE WE DON'T PLAY GAMES

PANTRY PRIDE — SAVE 50¢ CASH — Maxwell House coffee 1-lb. can 89¢ LIMIT ONE — WITHOUT COUPON ..... $1.39 — WITH THIS COUPON AND A $7.50 PURCHASE OR MORE EFFECTIVE FROM MON. MAY 26 THRU SAT. MAY 31 1975 — 452 B/725 M25 — LIMIT ONE COUPON

REDEEM ONE OR BOTH COUPONS WITH ONE PURCHASE OF $7.50 OR MORE.

PANTRY PRIDE — SAVE 40¢ CASH — Sunkist lemons bag of 10 49¢ LIMIT ONE — WITHOUT COUPON ..... 89¢ — WITH THIS COUPON AND A PURCHASE OF $7.50 OR MORE EFFECTIVE FROM MON. MAY 26 THRU SAT. MAY 31 1975 — 435 M40 — LIMIT ONE COUPON

CONSUMER CORNER

"A" Is For Carotene:

Polar bear liver contains dangerously large amounts of vitamin "A". That's one of many reasons that our stores don't carry this item. We do carry beef and calves liver and kidney and whole cow's milk and cheese which supply it in useful and very safe doses. We also carry a lot of vegetable foods that contain carotene, yellow stuff that people's bodies use to manufacture "A".

Carrots, greens, spinach and broccoli, yellow squash, cantaloupe, apricots, watermelon, peaches, asparagus, and tomatoes, all supply carotene from which you can make "A". Your liver will store it a while so you don't need to eat it daily. But for the sake of your mucous membranes and night vision, you should replenish every other day. Many people don't, so "A" deficiences turn up when nutritional surveys are taken, especially among teens. This is the season to get out of ruts and get "A" rich foods into your salads and desserts and snacks. It might become a healthy habit.

Mona Doyle
Director of Consumer Affairs

P.S. Tips on peanuts, planning and picnics in this week's Pantryplanner

SEAFOOD

WISE BUYS

fresh genuine haddock fillet SKINLESS lb. $1.45

LARGE **fresh sea trout** ..... lb. 39¢

SKINLESS **fresh perch fillet** ..... lb. $1.09

CASCO BAY MEDIUM MAINE FROZEN **pink shrimp** 2-lb. box $3.09 ..... loose lb. $1.59

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

CHEESE FOOD **slices** BORDEN'S AMERICAN INDIVIDUALLY WRAPPED 12-oz. pkg. 89¢

BALLARD **sweetmilk biscuits** ..... 4 8-oz. cans 59¢

CRACKER BARREL **sharp cheese spread** ..... 6-oz. cont. 79¢

EASY SPREAD **Parkay margarine** ..... 1-lb. in quarters 59¢

GOLDEN **Mrs. Filbert's margarine** ..... lb. in qtrs. 59¢

EXTRA LIGHT **Pillsbury biscuits** ..... 4 8-oz. cans 69¢

FOR YOUR SHOPPING CONVENIENCE ALL

Pantry Pride Stores are OPEN SUNDAY 10 am til 6 pm

THE FOLLOWING STORES WILL BE CLOSED ON SUNDAY: SALISBURY, WESTMINSTER, FREDERICK, HAGERSTOWN, HILLENDALE & EUDOWOOD.

Zest soap 5-bath bar pack WITH FREE MINIATURE CAR $1.69

Scope mouthwash 12-oz. bottle 89¢ 18-oz. bottle $1.09

Dial Very Dry 30% OFF LABEL SPRAY DEODORANT ..... 8-oz. can 69¢

Secret Spray DEDORANT 4-oz. can 89¢

PRODUCE

strawberries WISE BUYS SWEET LUSCIOUS CALIFORNIA pint 49¢

sweet eating cherry tomatoes ..... DRY PINT 49¢

tender fresh artichokes ..... 4 for $1.00

watermelons WISE BUYS RED RIPE WHOLE ONLY lb. 10¢

fresh juicy limes ..... 6 on a bag 49¢

california celery hearts ..... pkg. 49¢

FRESH FRIM **peppers** WISE BUYS CRISP 5 for $1.00

DELI

franks FYNE TASTE WISE BUYS 2-lb. pkg. $1.59

OSCAR MAYER **sliced variety pack** ..... 12-oz. pkg. $1.49

TASTY **Pantry Pride liverwurst** ..... 1-lb. roll 79¢

AMERICAN KOSHER **franks or knockwurst** ..... 12-oz. pkg. $1.19

DELICIOUS **Claussen's pickles** ..... 1-qt. jar 99¢

APPETIZER

EVERYTHING SLICED TO ORDER. AVAILABLE AT STORES WITH APPETIZER DEPTS.

boiled ham DOMESTIC WISE BUYS ½-lb. 89¢

SLICED-TO-ORDER **Rogger's pepper loaf** ..... ½-lb. 79¢

SLICED-TO-ORDER **Rogger's large bologna** ..... ½-lb. 59¢

SLICED-TO-ORDER **domestic swiss cheese** ..... ½-lb. 89¢

FRESH **macaroni or health salad** ..... lb. 49¢

BAKERY

PANTRY PRIDE SLICED **white bread** WISE BUYS 3 22-oz. loaves $1.00

Nothing but Blue Skies!

STU CHARLEE BOB

Give to Mental Health! P.O. Box 7116 Balto. Md. 21218

pantry pride sugar 5 lb. bag $1.39

FROZEN

Banquet dinners MAN PLEASERS · TURKEY · CHICKEN · SALISBURY · MEAT LOAF 11-oz. pkg. 89¢

CHEESE HAMBURGER SAUSAGE PEPPERONI **Jeno pizza** FROZEN ..... 13-oz. pkg. 79¢

FROZEN PANTRY PRIDE **whipped topping** ..... 10-oz. cont. 49¢

Birdseye Ice Flo FROZEN · ORANGE · LEMON · GRAPE · CHERRY · CHOCOLATE 4 18-oz. cups $1.00

Win the Savings Game at Pantry Pride

MOVE TO SOLID SAVINGS ON MEAT

Pantry Pride

PRICES EFFECTIVE THRU SAT., MAY 31st, 1975. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

We Don't Play Games with Meat

No "Hidden Bone Game" — all our meat is packaged best side down, so you see what you're getting. No "Extra-Fat Game", either — our meat is always carefully trimmed to give you more good eating with less waste.

BEEF

BONELESS, BOTTOM BEEF ROUND **round roast** WISE BUYS lb. $1.49

boneless underblade steak BEEF CHUCK FILLET ..... lb. $1.49

boneless beef rump roast BEEF ROUND ..... lb. $1.69

eye round roast BEEF ROUND ..... lb. $1.99

beef chuck arm steak ..... lb. $1.39

cross-rib pot roast BONELESS BEEF CHUCK ..... lb. $1.39

great ground 3-LB. PKG. & OVER A BLEND OF 75% GROUND BEEF & 25% HYDRATED VEG. PROTEIN WISE BUYS lb. 69¢

PORK

Mash's ham FULLY COOKED SHANK PORTION lb. 79¢ RUMP PORTION lb. 89¢

DIXIELAND, FARM STYLE, PORK N BACON **Esskay sausage meat** ..... lb. 89¢

RABBIT

frying rabbits PEL-FREEZE lb. $1.39

POULTRY

LEGS OR BREAST **chicken quarters** WISE BUYS lb. 49¢

Farmer Gray chicken quarters OUR PREMIUM BRAND LEGS OR BREAST ..... lb. 55¢

large roasting chickens CACKLEBIRD FROZEN ..... lb. 69¢

chicken backs & necks SOLD IN 10-lb. PKG OR OVER ..... lb. 19¢

turkey drumsticks or wings U.S.D.A. GRADE "A" ..... lb. 49¢

whole turkey breasts U.S.D.A. GRADE "A" ..... lb. 99¢

NEW ZEALAND LAMB SALE!

SQUARE CUT **lamb shoulder** NEW ZEALAND WHOLE FROZEN lb. 79¢

FROZEN **New Zealand lamb shoulder** SLICED ..... lb. 89¢

FROZEN **New Zealand lamb shoulder** BLADE CHOPS ..... lb. $1.09

FROZEN **New Zealand lamb shoulder** ARM CHOPS ..... lb. $1.19

GREENDELL'S

beef patties FROZEN WISE BUYS 2½-lb. pkg. $2.69

20-2-oz. portions · per portion 13½¢

GROCERY

NEW! **Hy Tyme iced tea** REG. OR LOW CAL 6 12-oz. can 99¢

sweet slices PANTRY PRIDE 16-oz. jar 59¢

Vlasic relishes · SWEET · INDIA · HOT · DOG · HAMBURGER 3 10-oz. jars $1.00

potato chips PANTRY PRIDE REG. OR DIP ..... 10-oz. bag 75¢

pretzels or sticks PANTRY PRIDE 5¢ OFF LABEL ..... 16-oz. carton plus 69¢

sweet butter chips PANTRY PRIDE ..... 26-oz. jar 69¢

white paper plates SWEETHEART ..... pkg. of 100 99¢

Pantry Pride cold cups 7-oz. size ..... pkg. of 100 89¢

Kooly Kup foam cups 8-oz. cup ..... pkg. of 50 59¢

Pantry Pride beverages NO RETURN 3 28-oz. bot. 89¢

charcoal briquets PANTRY PRIDE 20-lb. bag $1.77

charcoal lighter PANTRY PRIDE qt. can 49¢

new Realemon IN DECORATOR CRUET ..... 5-oz. bottle 39¢

Ritz crackers NABISCO ..... 12-oz. pkg. 69¢

Vlasic kosher dills ..... 32-oz. jar 69¢

sweet pickles PANTRY PRIDE ..... 32-oz. jar 89¢

Washington biscuit mix ..... 5 8½-oz. pkgs. $1.00

MEAL TIME, BITS OF BEEF TUNA & CHICKEN, KITTY STEW Kal Kan cat food ..... 5 6-oz. cans $1.00

SAVE 28¢ CASH — Ultra Brite toothpaste 3-oz. tube 37¢ — LIMIT ONE — WITHOUT COUPON ..... 66¢ — WITH THIS COUPON ONLY EFFECTIVE FROM MON. MAY 26 THRU SAT. MAY 31 1975 — 456 B/729 M29 — LIMIT ONE COUPON

SAVE 10¢ CASH — Greenwood beets W/ONIONS OR PICKLED SLICED 16-oz. jar 39¢ — LIMIT ONE — WITHOUT COUPON ..... 49¢ — WITH THIS COUPON ONLY EFFECTIVE FROM MON. MAY 26 THRU SAT. MAY 31 1975 — 431 M10 — LIMIT ONE COUPON

SAVE 50¢ CASH — Gillette foamy REG. OR MENTHOL 11-oz. can 59¢ — LIMIT ONE — WITHOUT COUPON ..... 1.09 — WITH THIS COUPON ONLY EFFECTIVE FROM MON. MAY 26 THRU SAT. MAY 31 1975 — 455 B/715 M55 — LIMIT ONE COUPON

SAVE 10¢ CASH — Comstock pie filling BLUEBERRY OR CHERRY 21-oz. can 69¢ — LIMIT ONE — WITHOUT COUPON ..... 79¢ — WITH THIS COUPON ONLY EFFECTIVE FROM MON. MAY 26 THRU SAT. MAY 31 1975 — 430 M10 — LIMIT ONE COUPON

SAVE 19¢ CASH — Pillsbury flour 5-lb. bag 79¢ — LIMIT ONE — WITHOUT COUPON ..... 98¢ — WITH THIS COUPON ONLY EFFECTIVE FROM MON. MAY 26 THRU SAT. MAY 31 1975 — 454 B/710 M9 — LIMIT ONE COUPON

SAVE 20¢ CASH — Aerowax floor polish 16-oz. cont. $1.59 — LIMIT ONE — WITHOUT COUPON ..... 1.79 — WITH THIS COUPON ONLY EFFECTIVE FROM MON. MAY 26 THRU SAT. MAY 31 1975 — 451 B/710 — LIMIT ONE COUPON

SAVE 50¢ CASH — Gravy Train DOG FOOD 25-lb. bag $5.49 — LIMIT ONE — WITHOUT COUPON ..... 5.99 — WITH THIS COUPON ONLY EFFECTIVE FROM MON. MAY 26 THRU SAT. MAY 31 1975 — 457 B/710 — LIMIT ONE COUPON

SAVE 30¢ CASH — Vaseline Intensive care Reg. or Herbal 10-oz. bot. 39¢ — LIMIT ONE — WITHOUT COUPON ..... 69¢ — WITH THIS COUPON ONLY EFFECTIVE FROM MON. MAY 26 THRU SAT. MAY 31 1975 — 434 M30 — LIMIT ONE COUPON