Pantry Pride

You win because we don't play games

Something New For The Pantry Pride Woman...

Basic Bargains in basic foods

To help bridge the budget gap, we offer Basic Bargains — a weekly selection of basic foods and household items at unbelievable prices — 20% to 50% below regular cost.

The Pantry Pride Woman: She knows price...She knows Quality and she won't take one without the other!

Just clip the Basic Bargain coupons from this ad . . . spend $7.50 or more on other items in the same shopping trip . . . and you can redeem one or all coupons for fantastic savings.

PRICES EFFECTIVE THRU SAT., JUNE 28th, 1975. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

CONSUMER CORNER

Giving Dairy Foods Their Due

June is Dairy Month and a good time to give a well deserved plug to dairy foods and our Pantry Pride Dairy Department.
Dairy foods provide huge quantities of nutrients at relatively low cost and are great belly-fillers. Our Dairy department deserves plugs for responding to our changing and fairly fickle demands. We changed our preferences from butter to margarine and back again; switched from extra rich milk to skin to in-between; and drifted to and from cottage cheese as the price books rose and fell. They've also done a great job on really readable open freshness dating and truly informative nutritional and ingredient labeling and on providing simple, attractive, and often reusable packaging.
Not surprisingly, dairy foods provided 76% of our calcium intake last year and lots of many other needed nutrients. What may surprise you, though, is that they also provided 22% of all the protein available for consumption in this country but only 11% of all the calories. Not bad! Keep up the good work (and keep the prices down)!

Mona Doyle,
Director of Consumer Affairs

Basic Bargain Coupon Special

Campbell's tomato soup — 2 10½-oz. cans 19¢

WITH COUPON BELOW AND ADDITIONAL $7.50 PURCHASE

BASIC BARGAIN COUPON — Basic Bargains — Campbells tomato soup — SAVE 20¢ on two — 2 10½-oz. cans 19¢ — LIMIT TWO CANS — WITHOUT COUPON 2/39¢ LIMIT ONE ON TWO CANS — THIS COUPON GOOD ONLY WEEK OF JUNE 22nd THRU JUNE 28th, 1975

Basic Bargain Coupon Special

Bounty towels — 3¢ off label total savings 22¢ — jumbo roll 29¢

WITH COUPON BELOW AND ADDITIONAL $7.50 PURCHASE

BASIC BARGAIN COUPON — Basic Bargains — Jumbo Bounty towels — SAVE 19¢ — 3¢ off label — roll 29¢ — WITHOUT COUPON 48¢ — LIMIT ONE ROLL — THIS COUPON GOOD ONLY WEEK OF JUNE 22nd THRU JUNE 28th, 1975

Basic Bargain Coupon Special

Sunkist lemons — 10 in a bag 39¢

WITH COUPON BELOW AND ADDITIONAL $7.50 PURCHASE

BASIC BARGAIN COUPON — Basic Bargains — Sunkist lemons — SAVE 50¢ — 10 in a bag 39¢ — WITHOUT COUPON 89¢ — LIMIT ONE BAG — THIS COUPON GOOD ONLY WEEK OF JUNE 22nd THRU JUNE 28th, 1975

Basic Bargain Coupon Special

Pantry Pride mayonnaise — quart jar 49¢

WITH COUPON BELOW AND ADDITIONAL $7.50 PURCHASE

BASIC BARGAIN COUPON — Basic Bargains — Pantry Pride mayonnaise — SAVE 50¢ — qt. jar 49¢ — WITHOUT COUPON 99¢ — LIMIT ONE JAR — THIS COUPON GOOD ONLY WEEK OF JUNE 22nd THRU JUNE 28th, 1975

FOR YOUR SHOPPING CONVENIENCE ALL **Pantry Pride Stores Are Open Sunday 10 a.m. til 6 p.m.**

The following stores will be closed Sunday: Salisbury, Westminister, Frederick, Hagerstown, Hillendale, Eudowood.

PANTRY PRIDE — SAVE 10¢ CASH — 10¢ OFF — Axion detergent — 1-lb. 8-oz box — 18¢ OFF LABEL — LIMIT ONE — 470 BV10 — WITH THIS COUPON ONLY EFFECTIVE FROM MON., JUNE 23 THRU SAT., JUNE 28, 1975 — LIMIT ONE COUPON

PANTRY PRIDE — SAVE 7¢ CASH — 7¢ OFF — Zesta saltines — 1-lb pkg — LIMIT ONE — 472 BV7 — WITH THIS COUPON ONLY EFFECTIVE FROM MON., JUNE 23 THRU SAT., JUNE 28, 1975 — LIMIT ONE COUPON

PANTRY PRIDE — SAVE 10¢ CASH — 10¢ OFF — Palmolive shave bomb — 6½-oz can — LIMIT ONE — 475 BV10 — WITH THIS COUPON ONLY EFFECTIVE FROM MON., JUNE 23 THRU SAT., JUNE 28, 1975 — LIMIT ONE COUPON

PANTRY PRIDE — SAVE 10¢ CASH — Solarine wax — 27-oz can 77¢ — WITHOUT COUPON ..... 87¢ — LIMIT ONE — 418 M10 — WITH THIS COUPON ONLY EFFECTIVE FROM MON., JUNE 23 THRU SAT., JUNE 28, 1975 — LIMIT ONE COUPON

PANTRY PRIDE — SAVE 10¢ CASH — D-Con aerosol room spray — 11-oz can 99¢ — WITHOUT COUPON ..... $1.09 — LIMIT ONE — 417 M10 — WITH THIS COUPON ONLY EFFECTIVE FROM MON., JUNE 23 THRU SAT., JUNE 28, 1975 — LIMIT ONE COUPON

BARGAINS IN DAIRY

swiss cheese — Daire sliced — lb. pkg.	$1.69
Les Cal yogurt — ALL VARIETIES	2 8-oz cups 49¢
Mrs. Filberts margarine — SOFT	3 8-oz mug $1.00
Reddi-Whip — MC'N DAIRY DESSERT TOPPING	7-oz can 69¢
Blue Bonnet margarine — SOFT	2 8-oz cups 69¢

BARGAINS IN DELI

Fyne Taste franks — 1-lb. pkg.	95¢
	2-lb. pkg. $1.89
sliced meats — PANTRY PRIDE BOLOGNA, BEEF BOLOGNA	8-oz pkg 69¢
sliced salami — PANTRY PRIDE GENOA OR HARD	4-oz pkg 79¢
Hollyridge bacon — SLICED	12-oz pkg $1.39
Pantry Pride meats — SLICED OLIVE OR PICKLE, & PIMENTO LOAF	8-oz pkg 69¢

BARGAINS IN APPETIZER

everything sliced to order. available at stores with appetizer dept.

turkey roll — white meat — ½-lb.	99¢
baked loaves — OLIVE OR PICKLE & PIMENTO	¼-lb. 69¢
french style onion dip	lb. 59¢
fresh health or macaroni salads	lb. 49¢
american cheese	¼-lb. 69¢

BARGAINS IN SEAFOOD

fresh perch fillet — boneless ocean — lb.	$1.09
breaded shrimp — ELDORADO, MINI-ROUND, READY TO FRY FROZEN	1-lb box $1.39
fish sticks — SEASTAR GOLDEN BROWN, HEAT & SERVE FROZEN	2-lb box $1.35 1-lb box 69¢
turbot fillet — FROZEN, SKINLESS & BONELESS	lb. 89¢
halibut steaks — frozen ano-white	lb. $1.59

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

BARGAINS IN PRODUCE

luscious sweet peaches — WISE BUYS	2 lbs. 89¢
sweet juicy California Sunkist oranges	10 for 89¢
firm large cucumbers	5 for $1.00
Tropicalo orange drink — LOW CALORIE	½-gal jar 69¢
fancy summer squash	lb. 39¢
tender new cabbage — WISE BUYS	lb. 10¢

BARGAINS IN GROCERY

Hanover pork & beans — 3-lb., 5-oz. can or kidney beans 3-lb., 3-oz. can or cut green beans 3-lb., 2-oz. can — each	79¢
Hanover 3 bean OR VEGETABLE SALAD SAVE 14¢	14½-oz jar 49¢
potato chips Pringles — Save 6¢ — 9-oz. pkg.	89¢
Chase & Sanborn coffee — regular or electra perk — 1-lb. can	99¢
Whitehouse apple sauce — SAVE 4¢	3 16-oz cans $1.00
Switzer licorice — ALL FLAVORS SAVE 18¢	3 5-oz. pkg $1.00

BARGAINS IN FROZEN FOODS

fried chicken — Banquet frozen — save 20¢ — 2-lb. pkg.	$1.89
Morton donuts — glazed or jelly frozen save 15¢	pkg 69¢
Minute Maid — orange save juice 30¢	16-oz can 75¢ 2 6-oz cans 59¢
Oreo cookies — Nabisco Creme Sandwich — Save 10¢ — 15-oz. pkg.	79¢
chicken soups — Campbells • Chicken rice • chicken & stars • Cream of chicken — 10½-oz. cans	5 1.00 Save 18¢

BARGAINS IN BEEF

boneless beef chuck pot roast	lb. $1.19
boneless cross rib roast — beef chuck	lb. $1.49
great ground — a blend of 75% ground beef & 25% hydrated vegetable protein sold in 3-lb. or over	lb. 69¢
round roast — boneless bottom beef round — WISE BUYS	lb. $1.49
beef rump roast — boneless beef round	lb. $1.69
eye round roast — beef round	lb. $1.99

BARGAINS IN POULTRY

Farmer Gray self-basting turkeys — with pop-up self timer 17 lbs. & over	lb. 53¢
turkey roast — Swift's Premium boneless — LIGHT & DARK MEAT 2-lb pan	$2.69
ALL WHITE MEAT 2-lb. pan	$3.29

BARGAINS IN NEW ZEALAND LAMB

lamb shoulder — New Zealand frozen, whole	lb. 79¢
lamb blade chops — New Zealand shoulder frozen	lb. $1.09
lamb shoulder — New Zealand frozen sliced	lb. 89¢

BARGAINS IN PORK

Esskay Silver Label fully cooked ham — shank portion — WISE BUYS	lb. 79¢
rump portion	lb. 89¢
fresh pork shoulder — arm picnic whole	lb. 79¢
pork chops — assorted (quartered loin) — WISE BUYS	lb. $1.19

Pantry Pride granulated sugar — WISE BUYS — 5-lb. bag	$1.09
Wisk liquid detergent — 25¢ off label — ½-gal. jug	$2.34
9 Lives cat food — TUNA, TUNA & CHICKEN PARTS, TUNA & EGG, SUPER SUPPER — 2 12-oz cans	89¢ SAVE 9¢
Green Giant Rice Verdi — or Rice Pilaf or Rice Medley, frozen	12-oz pkg 49¢
Quaker Life cereal	20-oz pkg 89¢
Crunchberries — Captain Crunch cereal	11-oz pkg 75¢
Captain Crunch cereal — Save 18¢	16-oz pkg 93¢
peanut butter — Peter Pan — 28-oz. jar	$1.49

pick a pack of pickles!

Vlasic polish pickles	46-oz jar
Vlasic kosher dills	46-oz jar
Vlasic kosher chips	46-oz jar
Pantry Pride sweet pickles	30-oz jar
save up to 20¢ Your Choice — each	89¢

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