OUR PRODUCE MANAGERS HONOR THE PANTRY with Beautiful Bargains

BIG BASIC BARGAIN

Pantry Pride

PRICES EFFECTIVE THRU SAT., AUG. 2nd, 1975. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

John Hutchins, Produce Manager, Arbutus S.C. — Jake Reeder, Produce Manager, Hollinswood S.C. — Ed Balderson, Produce Manager, Security S.C. — Jerry Ryan, Produce Manager, Westview S.C. — Jack Burrs, Produce Manager, Padonia Village S.C.

CONSUMER CORNER

"WATER ADDED"

"Water, water everywhere" could have been said about food. Because there is necessarily some moisture even in dried food. But the natural moisture content of foods shocks many people. Watermelon at 93% moisture, catsup at 68%, and potato chips at 2% sound about right. But water in dried figs and prunes! Over 25%! And much more in crisp apples? Yes — 86%! Water is the most basic nutrient of all.

The phrase "water added" found frequently on hams puzzles people too. It means that some of the curing brine (which is mostly water) has been retained. If a canned ham contains 8% more water after curing than it did before, it's labled "water added". If it retains 17%, it's "imitation".

Are "water added" hams a good buy? That depends on their exact price and your eating preference. The best buy is a matter of taste and texture preference as well as meat "solidness". "Water added" hams tend to be juicier and milder as well as less expensive per pound.

Mona Doyle,
Director of Consumer Affairs

Basic Bargains — SAVE 48¢

on purchase of ten

Sunkist Valencia oranges — Calif. 113 size each 5¢ — 10 for 50¢ — LIMIT TEN — WITHOUT COUPON 10 for 98¢

REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $7.50 OR MORE EXCLUDING CIGARETTES AND MILK PRODUCTS — Pantry Pride

THIS COUPON GOOD ONLY WEEK OF JULY 27th THRU AUG. 2nd, 1975

Basic Bargains — SAVE 38¢

brown n' serve dinner rolls — pkg. of 12 — 19¢ — LIMIT ONE — WITHOUT COUPON 57¢

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BARGAINS IN DAIRY

Koontz drinks (with WISE BUYS 2)	all flavors gal. plastic jug	89¢
Kraft Cheez Whiz	16-oz. jar	$1.29
Pillsbury biscuits (extra high)	4 8-oz. cans	59¢
Hungary Jack biscuits (extra high)	4 8-oz. cans	59¢
Promise margarine	lb. in ctns.	73¢
Sealtest cottage cheese	small or large curd 12-oz. cup	53¢

BARGAINS IN DELI

Swift Premium franks	meat or beef 1-lb. pkg.	$1.09
sliced bologna (Pantry Pride meat or beef)	8-oz. pkg.	69¢
sliced pepperoni (Pantry Pride)	4-oz. pkg.	79¢
Tambellini pizza pie	item each	$1.99
Hollyridge sliced bacon	12-oz. pkg.	$1.49

BARGAINS IN APPETIZER

everything sliced to order at stores with appetizer dept.

imported ham	pressed ½-lb	99¢
large bologna	½-lb.	69¢
baked loaves (olive or pickle & pimento)	½-lb.	79¢
roast turkey breast	¼-lb.	75¢
fresh potato or macaroni salad	lb.	49¢

BARGAINS IN SEAFOOD

fresh bluefish	lb	45¢
turbot fillet (frozen skinless & boneless)	lb	89¢
fresh flounder fillet (genuine New Bedford skinless)	lb	$1.65
breaded shrimp (Eldorado Brand ready to fry (med rounds))	1-lb. box	$1.39

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.

BARGAINS IN PRODUCE

watermelon — whole only — WISE BUYS — lb. 7¢

sugar corn — sweet tender — WISE BUYS — ear 8¢

slicing tomatoes ..... lb. 49¢

cucumbers or peppers .... 6 for $1.00

cabbage — tender — WISE BUYS — lb. 9¢

nectarines — sweet California — WISE BUYS — lb. 49¢

BARGAINS IN FROZEN FOODS

gravy with salisbury steak or turkey frozen: Banquet suppers (SAVE 39¢)	2-lb. pkg.	99¢
frozen flavored ice - assorted flavors: Birdseye Ice Flo	4 18-oz. pkgs.	$1.00
frozen SAVE 20¢: french fried potatoes	6-lb. bag	89¢
Freezer Queen, frozen: gravy with sliced beef	2-lb. pkg.	$1.29
Chef Boy Ar Dee, frozen: cheese pizza	13½-oz. pkg.	89¢

Hanover Single Serving Dishes, The Newest In Frozen Gourmet Foods

broccoli (with cheese sauce) — broccoli & cauliflower (with cheese sauce) — zucchini (with tomato sauce) — celery (with chicken flavored sauce)

Your Choice save up to 16¢ — 4 5-oz. pkgs. — $1.00

Cascade detergent — for automatic dishwashers 20¢ off label — 3-lb., 2-oz. box — $1.15

BARGAINS IN GROCERY

creamy: Peter Pan peanut butter	28-oz. jar	$1.39
Pantry Pride, save 25¢: cut green beans	4 15½-oz. cans	$1.00
Vlasic, save 39¢: kosher spears	16-oz. jar	39¢
Pantry Pride, save 6¢: assorted napkins	pkg. of 180	49¢
Raid save 26¢: ant & roach spray	16-oz. can	99¢
white fluted: paper plates (save 20¢)	pkg. of 100	79¢
Pantry Pride, lemon or pink: fabric softener (save 20¢)	gal. cont.	79¢
Pantry Pride save 11¢: canned sodas	6 12-oz. cans	89¢
Campbell: pork & beans (save 10¢)	3 16-oz. cans	79¢
chunk light in water or oil, save 10¢: Breast O' Chicken tuna	6½-oz. can	49¢

PRIDE WOMAN... in Produce SAVINGS, TOO!

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.

Pantry Pride

FOR YOUR SHOPPING CONVENIENCE ALL Pantry Pride Stores Are open sunday 9 am til 5 pm

THE FOLLOWING STORES WILL BE CLOSED ON SUNDAY: SALISBURY, WESTHAVEN, FREDERICK, HAGERSTOWN, HILLSDALE, EDGEWOOD, TOWSON PLAZA & GOV. RITCHIE PLAZA.

Charlie Sapack, Produce Manager, Towson Plaza — John Engel, Produce Manager, Seminary S.C. — Robert Baysmore, Produce Manager, Eastpoint S.C. — Don Grau, Produce Manager, Cedonia Mall

Basic Bargains — SAVE 30¢

Cold Power detergent — 3-lb., 1-oz. box — 10¢ off label — 89¢ — LIMIT ONE — WITHOUT COUPON $1.19

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Basic Bargains — SAVE 40¢

Maxwell House coffee — 1-lb. can — 99¢ — LIMIT ONE — WITHOUT COUPON $1.39

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THIS COUPON GOOD ONLY WEEK OF JULY 27th THRU AUG. 2nd, 1975

50¢ OFF

50¢ off on any 3-lb. or 5-lb. size cooked canned ham

LIMIT ONE — WITH THIS COUPON ONLY. EFFECTIVE FROM MON. JULY 28th THRU SAT., AUG. 2nd, 1975

Pantry Pride coupons

SAVE 10¢ CASH: Greenwood pickled beets, sliced 16-oz. jar (WITHOUT COUPON .. 49¢)		39¢
SAVE 20¢ CASH: Pillsbury instant potatoes, 16-oz. pkg. (WITHOUT COUPON ..... 99¢)		79¢
SAVE 36¢ CASH: Ultra Ban roll-on, reg. or unscented, 1½-oz. bot. (WITHOUT COUPON ....$1.15)		79¢
SAVE 10¢ CASH: Gold Medal flour, 5-lb. pkg. (WITHOUT COUPON ..... 95¢)		85¢
SAVE 15¢ CASH: Dixie knock-knock cups, pkg. of 100 5-oz. cups (WITHOUT COUPON ....$1.09)		94¢
SAVE 25¢ CASH: Cling Free, 7-oz. can (WITHOUT COUPON .....$1.19)		94¢
SAVE 10¢ CASH: D-Con bug or roach spray, 11-oz. can (WITHOUT COUPON .....$1.49)		$1.39
SAVE 25¢ CASH: Drano aerosol plunger, 5-oz. can (WITHOUT COUPON .....$1.79)		$1.54

LIMIT ONE COUPON — WITH THIS COUPON ONLY. EFFECTIVE FROM MON. JULY 28th THRU SAT., AUG. 2nd, 1975

On Your Way To Ocean City Be Sure To Stock Up At Our Salisbury Mall Pantry Pride conveniently Located at Civic and Glen Aves.

BARGAINS IN BEEF

boneless bottom round roast — U.S. govt. inspected corn fed beef (beef round) — lb. $1.49

boneless rump roast (u.s. govt. inspected corn fed) ... lb. $1.79

eye round roast (u.s. govt. inspected corn fed) ..... lb. $1.99

great ground — Pantry Pride — A BLEND OF 75% GROUND BEEF & 25% HYDRATED VEG. PROTEIN. 3-lb. pkgs. or over — lb. 69¢

BARGAINS IN POULTRY

Swift Premium turkey roast — boneless light and dark meat — 2-lb. pan — $2.69

chicken necks & backs (10-lb. & over) ..... lb. 19¢

turkey drumsticks (u.s.d.a. grade "a") ..... lb. 59¢

turkey roast (Swift's Premium boneless, all white meat) ..... 2-lb. pan $3.29

Inflation Fighter!

Proctor and Gamble Refund Sale . . .

Crest toothpaste (mint or regular, save 10¢) ..... 7-oz. tube 89¢

Secret deodorant (spray anti-perspirant save 20¢) ..... 6-oz. can 89¢

Prell shampoo (save 20¢ concentrate - 3-oz. tube or liquid - 7-oz. bottle) ... your choice 89¢

Here's all you have to do . . .

Customer must buy a tube of Crest-can of Secret and bottle or tube of Prell. Mail proof of purchase to Proctor & Gamble and receive a $2.75 refund. See details and required refund certificate in store. Send in by Oct. 4th, 1975.

BARGAINS IN LAMB

Genuine Spring Lamb New Zealand frozen

shoulder roast — whole lb. 79¢ — sliced lb. 89¢

lamb chops (shoulder blade) ..... lb. $1.09

BARGAINS IN PORK

pork, over 3-lb. avg.: spare ribs ..... lb. $1.29

Swift's Premium, brown & serve: sausage (links or patties, all flavors) — 8-oz. pkg. 89¢

BARGAINS IN BAKERY

Pantry Pride, sliced, white bread — 3 22-oz. loaves — $1.00

Scope mouthwash (save 20¢) — 24-oz. bot. — $1.29

White Cloud tissue (asst. and white for bathroom) — pkg. of 2 rolls 41¢

Bounty jumbo towels ..... roll 49¢

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