WE WELCOME FEDERAL FOOD STAMPS

A&P

THE AWARE SHOPPER

By Barbara Sullivan
A&P Director of Consumer Affairs

Know Your Onions

Onion may hold the distinction of being the only vegetable capable of making anyone cry at any time despite their mood. But there are a few other onion "personality traits" grandma may have never revealed.

For instance, did you know that tin objects can be polished to a bright sparkle by rubbing with a raw onion? Or that brass ornaments will glow when polished with a soft cloth dipped in the juice of a boiled onion?

Whether or not you try these tips, there are some important onion facts you should know: Pungency of flavor is not entirely related to variety; growing locations and soils make the difference. Dry storage is desirable since humidity encourages root growth and decay. Don't store onions near potatoes. The onions will absorb moisture from the potatoes. Nutrition facts: One raw onion 2½" in diameter provides 50 calories, and acts as a good detergent food for dental health. One cup of cooked onions equals approximately one-fourth of the daily recommended allowance of Vitamin C.

We Owe You More Than Just Food

SUPER BUY — SAVE ON THIS OUTSTANDING VALUE!

FANCY WESTERN
CANTALOUPES
2 for 89¢
LARGE SIZE 36

SUPER BUY — SAVE ON THIS OUTSTANDING VALUE!

FRESH JUICY SOUTHERN
PEACHES
3 lbs. 1.00
NONE PRICED HIGHER!

RED PLUMS — LUSCIOUS WESTERN lb. 49¢ NONE PRICED HIGHER!

BANANAS — GOLDEN RIPE 5 lbs. 1.00

TOMATOES — FIRM VINE RIPE lb. 39¢

YELLOW ONIONS — ZESTY 3-lb. bag 99¢

GREEN BEANS — GARDEN FRESH 3-lbs. 1.00 NONE PRICED HIGHER!

CABBAGE — NEW GREEN lb. 9¢ NONE PRICED HIGHER!

— SUPER BUYS ON FROZEN FOODS! —

BEEF DINNER — SULTANA 11-oz. pkg. 59¢ SAVE 20¢

HANDI-WHIP — A&P 9-oz. ctn. 59¢ SAVE 16¢

FISH STICKS — CAP'N JOHN'S 10-oz. pkg. 59¢ 1-lb. pkg. 89¢

LEMONADE — SENECA 5 6-oz. cans 89¢

BEACH CLIFF
FISH STEAKS
OIL, MUSTARD, B.B.Q. TOMATO SAUCE, LA. HOT SAUCE 4 3¾-oz. cans 1.00

ASST'D FLAVORS
CHEERI-AID
MAKES 11-QTS. 33-oz. can 1.99 SAVE 20¢

INSTANT NON-DAIRY
A&P CREAMER
16-oz. jar 1.05

TEA BAGS
LIPTON box of 100 1.53
OUR OWN TEA BAGS box of 100 1.29

A&P FRUIT DRINKS
ORANGE, GRAPE, TROPICAL PUNCH, CITRUS COOLER 3 32-oz. glass btls. 1.00

SENECA
LEMON JUICE
32-oz. btl. 59¢ SAVE 6¢

— HEALTH & BEAUTY AIDS —

BAN DEODORANT
ROLL-ON SCENTED OR UNSCENTED 1.5-oz. btl. 79¢ SAVE 36¢

COLGATE TOOTHPASTE
5-oz. tube 69¢ SAVE 16¢ 9-oz. tube 1.09 SAVE 20¢

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

CAPRI BATH OIL
ASST'D VARIETIES 32-oz. btl. 69¢ SAVE 20¢

CLOROX BLEACH
1-gal. jug 75¢
A&P BLEACH 1-gal. jug 67¢

DASH DETERGENT
TRIAL SIZE 2 24-oz. boxes 89¢

FAB DETERGENT
60¢ OFF 171-oz. box 3.99

IVORY SOAP
5¢ OFF pkg. of 4 bath size bars 62¢

PALMOLIVE LIQUID
15¢ OFF 32-oz. btl. 1.10

MULTI-G 10W 40 GULF PRIDE
MOTOR OIL
1-qt. can 59¢ SAVE 30¢
A&P MOTOR OIL 10W 40 1-qt. can 49¢

Items offered for sale are not available to other retail dealers or wholesalers! Prices effective thru Sat., August 9, 1975 in A&P Stores in Baltimore including Annapolis, Bel Air, Aberdeen, Havre de Grace, Joppatowne and the Delmarva Peninsula!

FEATURING SUPER-RIGHT **MATURE GRAIN FED WESTERN BEEF**

SUPER BUY — SAVE ON THIS OUTSTANDING VALUE! SUPER-RIGHT QUALITY

BONELESS
BOTTOM ROUND
ROAST lb. 1.49
STEAK lb. 1.69
EYE ROUND ROAST 1.99

SUPER BUY — SAVE ON THIS OUTSTANDING VALUE! SUPER-RIGHT QUALITY

DELMONICO
STEAKS
lb. 2.59 SAVE 1.00 PER LB.

SUPER-RIGHT QUALITY
REGULAR GROUND BEEF
lb. 89¢ REPEATED BY POPULAR DEMAND
JANE PARKER HAMBURGER ROLLS 3 10-oz. PKGS. $1

BOX O'CHICKEN
CONSISTS OF 3 EACH BREAST QTRS. w/ BACKS, LEG QTRS. w/ BACKS, WING, GIBLET PACK lb. 49¢

U.S.D.A. FRESH
CHICKEN
LEGS WHOLE W/THIGHS (10 lbs. & over) 79¢
BREAST WHOLE W/RIBS (10 lbs. & over) 89¢

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ADVERTISED ITEM POLICY

Each of these advertised items is required to be readily available for sale at or below the advertised price in each A&P store, except as specifically noted in this ad.

ALL A&P STORES IN THE BALTIMORE METROPOLITAN AREA
OPEN SUNDAY
9 A.M. TO 5 P.M.
EXCEPT THE FOLLOWING STORES:

- 5430 YORK ROAD, BALTO.
- ENGLEA RD. & RT. 140, WESTMINSTER
- 5516 BALTO. NAT'L PIKE, BALTO.
- 331 GREN BURNIE MALL, GLEN BURNIE
- 7400 LIBERTY RD., BALTO.
- 3111 COLLINS AVE., BALTO.
- CENTRAL PLACE, PIKESVILLE
- CONCORD & HARFORD, HAVRE DE GRACE

FOR YOUR SHOPPING CONVENIENCE
NOW OPEN 24 HOURS

- 22 E. Fort Ave.
- 1400 Patapsco Ave.
- 1119 Annapolis Rd.
- 7117 Security Blvd.
- 2225 Delaware Hwy.
- 100 Chartier Blvd.
- 5437 Sinclair Lane
- 30 W. Ridgely Rd.
- 3703 Falls Rd.
- 2206 East Pratt
- 903 Taylor Ave.
- 1422 Martin Blvd.
- 9630 Belair Rd.
- 8302 York Rd.
- Rte. 59 & 40, Ellicott City
- 1062 Joppa Farm Rd.
- Owings Mills
- 348 Hospital Drive
- 6355 Kenwood Ave.
- 7505 Harford Rd.
- 1320 Cromwell Bridge Rd.
- 800 N. Rolling Road

THESE STORES ARE OPEN CONTINUOUSLY FROM MONDAY, 9 A.M. THRU SATURDAY, 11 P.M. OPEN SUNDAY 9 A.M. TO 5 P.M.

THANKS FOR SHOPPING A&P

SUPER-RIGHT QUALITY
GRADE 'A' TURKEYS
10 TO 14 POUNDS lb. 59¢ SAVE 10¢ PER LB.

BEEF LIVER — FANCY FROZEN PARTIALLY DEVEINED UNIFORM SLICES lb. 69¢ SAVE 10¢ PER LB.

SPARE RIBS — FANCY FROZEN 3-LBS. & OVER lb. 1.39 SAVE 10¢ PER LB.

FRESH SALADS — COLE SLAW, MACARONI, POTATO 15-oz. ctn. 45¢ 30-oz. ctn. 89¢

TOP ROUND OR SIRLOIN TIP **STEAKS** — SUPER-RIGHT QUALITY lb. 1.89

CORNISH HENS — SUPER-RIGHT QUALITY lb. 69¢ SAVE 10¢ PER LB.

SLICED BACON — SMITHFIELD 1-lb. pkg. 1.69 SAVE 30¢

SLICED BOLOGNA — A&P OR SMITHFIELD 1-lb. pkg. 89¢ SAVE 30¢

ALL MEAT **Gwaltney Franks** 1-lb. pkg. 1.09

FROZEN ASST'D VARIETIES EXCEPT CHICKEN A LA KING **Banquet Cook-In Bags** 3 5-oz. pkgs. 95¢

AVAILABLE IN STORES WITH DELI DEPT. **Boiled Ham** ½-lb. 99¢

AVAILABLE IN STORES WITH DELI DEPT. **Esskay B.B.Q. Loaf** ½-lb. 89¢

AVAILABLE IN STORES WITH DELI DEPT. **Beef Bologna** KOSHER ½-lb. 89¢

— SEAFOOD FEATURES —

FRESH **STEAKFISH** (HAKE) lb. 49¢

FRESH **Flounder Fillets** lb. 1.59

FANCY FROZEN **Pan-Ready Croakers** lb. 79¢

FANCY FROZEN **Pan-Ready Sea Trout** lb. 79¢

AVAILABLE IN STORES WITH SEAFOOD DEPT. THRU FRIDAY!

— JANE PARKER BAKERY TREATS —

WHITE BREAD — MARVEL ENRICHED SLICED 3 22-oz. loaves 1.00

PLAIN OR SEEDED **VIENNA BREAD**
PLAIN OR SEEDED **LONG RYE BREAD**
UNSLICED **ITALIAN BREAD**
PLAIN OR SEEDED **JEWISH RYE BREAD**
PUMPERNICKEL
NEW LOW PRICES! YOUR CHOICE 16-oz. loaf 49¢

PURE VEGETABLE **CRISCO OIL** 24-oz. btl. 1.09

ANN PAGE **POURABLE DRESSINGS** FRENCH, ITALIAN, 1000 ISLE 3 8-oz. btls. 1.00

— DAIRY DEPARTMENT —

INDIVIDUALLY WRAPPED AMERICAN **CHEESE FOOD SLICES** BORDEN'S 16-oz. pkg. 99¢

ORANGE, LEMON OR PUNCH **A&P FRUIT DRINKS** CHILLED 1-gal. jug 89¢

Nutley Margarine QUARTERS 2 1-lb. pkgs. 79¢
A&P Crescent Rolls 3 8-oz. pkgs. 1.00

Coca-Cola 6 16-oz. Non-Returnable Bottles 1.25
NOT AVAILABLE IN ABERDEEN, JOPPATOWN, WESTMINSTER, HAVRE DE GRACE, BRITTSTOWN, OWINGS MILLS, AMB ARUNDEL, HARFORD, CECIL OR PRINCE GEORGE'S COUNTIES OR THE DELMARVA PENINSULA.

KRAFT **MAYONNAISE** 1-qt. jar 1.39
ANN PAGE MAYONNAISE 1-qt. jar 99¢

LIGHT FLAKE **SULTANA TUNA** 2 6-oz. cans 79¢

FRANCO-AMERICAN **SPAGHETTI-O'S** 2 large cans 49¢

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