WE WELCOME FEDERAL FOOD STAMPS

A&P

THE AWARE SHOPPER

By Barbara Sullivan
A&P Director of Consumer Affairs

Naturally Perfect .... Brown Rice

Brown rice is whole-grain rice from which only the hull and a small amount of the bran has been removed. Nutlike in flavor and chewy of texture, it needs more water and longer cooking time than white rice. Brown rice is easy to cook--you can boil, steam, oven-cook, or fry it. 1 cup of raw-brown rice gives you 3 cups of cooked rice.

To keep most of the B-vitamins in the cooked rice, don't rinse it before or after cooking. Follow package directions carefully and use just enough water.

Don't stir rice after it comes to a boil; this mashes the rice and makes it gummy. Add a tablespoon of oil to cooking water before adding rice to keep the grains of rice separate.

To test the doneness of rice, use the back of a spoon and press cooked rice kernels against the side of pan. When kernels are soft throughout the rice is ready.

A&P We Owe You More Than Just Food

SUPER BUY — SAVE ON THIS OUTSTANDING VALUE!

WESTERN PINK MEAT CANTALOUPES 2 for 77¢

NONE PRICED HIGHER!

SUPER BUY — SAVE ON THIS OUTSTANDING VALUE!

FANCY WESTERN BARTLETT PEARS lb. 39¢ NONE PRICED HIGHER!

Cucumbers each, Peppers each, Onions GREEN bunch, Radishes RED 6-oz. bag — MIX or MATCH 5 for 1.00 NONE PRICED HIGHER!

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

GOLDEN RIPE **BANANAS** 5 lbs. 1.00 NONE PRICED HIGHER!

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

PASCAL CELERY CRISP 3 large stalks 1.00

BROWN RICE UNCLE BEN'S 16-oz. box 49¢ SAVE 20¢

PURINA **TENDER VITTLES** KIDNEY, BEEF, SEAFOOD, TUNA LIVER, GOURMET 3 6-oz. pkgs. 89¢

OPEN PIT
Regular Barbecue Sauce 12-oz. btl. 69¢
Regular Barbecue Sauce 28-oz. btl. 89¢
Hickory Smoke Barbecue Sauce 12-oz. btl. 69¢

— SUPER BUYS ON FROZEN FOODS! —

MORTON DINNERS BEEF, TURKEY, MEAT LOAF, CHICKEN 2 11-oz. pkgs. 89¢

A&P ORANGE JUICE 4 6-oz. cans 89¢ 2 12-oz. cans 85¢

HANDI-WHIP A&P 9-oz. ctn. 59¢

LEMONADE SENECA 5 6-oz. cans 89¢

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

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

CHEF'S CHOICE **CHARCOAL** 20 lb. bag 1.89

AUNT JANE'S **PICKLES** NO GARLIC ICEBERG OR KOSHER ICEBERG 24-oz. jar 69¢ SAVE 20¢

REYNOLD'S WRAP 200 sq. ft. roll 1.97

— HEALTH & BEAUTY AIDS —

CLOSE-UP TOOTHPASTE 24¢ OFF REGULAR OR MINT 4.6-oz. twin pack 1.19

BRECK SHAMPOO NORMAL, DRY, OILY 20-oz. btl. 1.49 15-OZ. PLUS 5-OZ. FREE

BABY OIL JOHNSON & JOHNSON 4-oz. btl. 89¢

DOWNY SOFTENER 8¢ OFF 33-oz. btl. 91¢

ALL HOME LAUNDRY 60¢ OFF LABEL 20-lb. box 6.29

AJAX LIQUID 20¢ OFF 32-oz. btl. 1.05

WISK LAUNDRY DETERGENT 10¢ OFF 32-oz. btl. 1.09

MAYONNAISE KRAFT IMITATION 1-qt. jar 89¢

CHOCOLATE **Hershey's Syrup** 2 16-oz. cans 89¢
NABISCO **Ritz Crackers** SAVE 8¢ 12-oz. pkg. 67¢
KRAFT CATALINA 8-OZ. BTL. 69¢ **French Dressing** 8-oz. btl. 59¢
NEW BORN **Kimbies Diapers** box of 30 1.99
WHITE, PINK, GOLD **Dial Soap** BATH SIZE 6¢ OFF 2 5-oz. bars 67¢

Items Offered For Sale Are Not Available to Other Retail Dealers or Wholesalers! Prices Effective Thru Sat., August 16, 1975 in A&P Stores in Baltimore Including Annapolis, Aberdeen, Bel Air, Havre De Grace, Joppatowne And The Delmarva Peninsula!

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

SUPER-RIGHT **FULLY COOKED SMOKED HAMS**
SHANK PORTION lb. 89¢
BUTT PORTION lb. 99¢

SUPER-RIGHT QUALITY **BONELESS BOTTOM ROUND**
ROAST lb. 1.49
STEAK lb. 1.69
EYE ROUND ROAST lb. 1.99

BOX O' CHICKEN CONSISTS OF 3 EACH: • BREAST QTRS. w/BACKS • LEG QTRS. w/BACKS • WINGS • GIBLET PACKS lb. 49¢

TURKEYS SUPER-RIGHT QUALITY GRADE 'A' (10 TO 14-LBS.) lb. 59¢

SUPER-RIGHT QUALITY FRESHLY GROUND MANY TIMES A DAY!! **GROUND BEEF** REGULAR lb. 89¢ EVERYDAY LOW PRICE!!
GOES "GREAT" WITH Jane Parker Hamburger Rolls 3 10-oz. pkgs. of 8's 1.00

A&P

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:
• 5420 YORK ROAD, BALTO. • INGLAR RD. & RT. 140, WESTMINSTER • 5510 BALTO. NAT'L. PIKE, BALTO. • 531 GLEN BURNIE MALL, GLEN BURNIE • 7405 LI'B RTT RD., BALTO. • 211 S. COLLINS AVE., BALTO. • CENTRE PLACE, DUNDALK • CONGRESS & MARKET, HAVRE DE GRACE

OPEN 24 HOURS
• 2711 Foster Ave. Balto.
• 599 W. Balto. Pike, Bel Air, Md.

• 22 E. Fort Ave. • 1400 Patapsco Ave. • Rts. 175 & 677, Odenton • 7117 Security Blvd. • 2235 Defense Hwy. • 100 Chartley Blvd. • 5432 Sinclair Lane • 30 W. Ridgely Rd. • 3702 Falls Rd. • 5101 East Drive • 903 Taylor Ave. • 1422 Martin Blvd. • 9630 Belair Rd. • 6203 York Rd. • Rts. 29 & 40, Ellicott City • 1002 Joppa Farm Rd. • Owings Mills • 344 Hospital Drive • 6255 Kenwood Ave. • 7709 Harford Rd. • 1510 Country Ridge Lane • 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

— DELICATESSEN FEATURES —
Boiled Ham SLICED ½-lb. 99¢
Esskay Bologna LARGE ½-lb. 69¢
Turkey Breast RICH'S ½-lb. 69¢

A&P MEAT SKINLESS **FRANKS** 1-lb. pkg. 95¢ 2 1-lb. pkg. 1.89
GOES WITH Jane Parker Frank Rolls 3 10-oz. pkgs. of 8's 1.00

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

FANCY FROZEN SLICED **Beef Liver** lb. 69¢
SUPER-RIGHT QUALITY **Turkey Breast Roast** lb. 99¢
ESSKAY **Dried Beef** 3-oz. pkg. 79¢
A&P **Sausage Meat** 1-lb. pkg. 1.19 2-lb. pkg. 2.35
HYGRADE BALL PARK **Franks** REGULAR or ALL BEEF lb. 1.29
BANQUET ALL VARIETIES **Cookin Bags** 3 5-oz. pkgs. 95¢

A&P OR SMITHFIELD SLICED **BOLOGNA** 1-lb. pkg. 89¢
SUPER-RIGHT QUALITY **Braunschweiger** PIECE ONLY lb. 59¢
GWALTNEY **Sausage Meat** 1-lb. pkg. 1.19
SMITHFIELD **Franks** ALL MEAT or ALL BEEF 1-lb. pkg. 95¢
SWIFT **Sausage** BROWN N' SERVE 8-oz. pkg. 99¢
WOODSTOCK CORNED BEEF **Briskets** THICK CUT lb. 1.39 THIN CUT lb. 1.49

— SEAFOOD SPECIALS!! —
FRESH STEAKFISH (HAKE) lb. 49¢
Fresh Flounder Fillets lb. 1.49
Cherrystone Clams FRESH 1-doz. bag 1.09
AVAILABLE IN STORES W/FRESH SEAFOOD DEPT.S

— JANE PARKER BAKERY TREATS —
SANDWICH OR **FRANK ROLLS** 3 10-oz. pkgs. of 8's 1.00 15-oz. pkg. of 12's 49¢
ITALIAN BREAD UNSLICED 16-oz. loaf 49¢ NEW LOW PRICE!
Marvel White Bread 3 22-oz. loaves 1.00
Pound Cake ½ SLAB GOLD OR MARBLE 19-oz. pkg. 99¢ SAVE 10¢
Dutch Apple Pies OR PINEAPPLE PIES 24-oz. pie 99¢ SAVE 10¢

ALPO DOG FOOD BEEF CHUNKS 3 14½-oz. cans 95¢

VEGETABLE **DEXOLA OIL** 48-oz. btl. 1.59

— 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¢
A&P Swiss Cheese Slices 1-lb. pkg. 1.79
Kraft Velveeta 2 lb. pkgs. 1.87

JUMBO ASSORTMENT **KELLOGG'S CEREAL** 15-oz. pkg. of 18 1.29 SAVE 6¢

A&P GRADE 'A' **APPLESAUCE** 25-oz. glass jar 49¢

SULTANA **PORK N' BEANS** 5 16-oz. cans 1.00

LIPTON'S **ICED TEA MIX** WITH LEMON 24-oz. jar 1.69
OUR OWN INSTANT **Iced Tea Mix** W/LEMON & SUGAR 24-oz. jar 1.59

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