Pantry Pride

PRICES EFFECTIVE THRU SAT., JAN. 10, 1976. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

The Pantry Pride Woman: Likes our UNADVERTISED BARGAINS

Unbelievable low, low prices posted only in the store!

Basic in Basic Foods

Sirloin Steak Top U.S. Gov't. Inspt. Corn Fed Beef — $1.49 lb.

Round Roast Boneless Bottom U.S. Gov't. Inspt. Corn Fed Beef — $1.49 lb.

U.S. Gov't. Inspected Corn Fed **Boneless Rump Roast** Beef Round ..... lb. $1.79
U.S. Gov't. Inspected Corn Fed **Beef Rib Roast** Oven Ready Small End ..... lb. $1.79
U.S. Gov't. Inspected Corn Fed **Boneless Chuck Steak** ..... lb. $1.39
U.S. Gov't. Inspected Corn Fed **Chuck Fillet Steak** Underblade ..... lb. $1.69
U.S. Gov't. Inspected Corn Fed **Beef Chuck Steak** Blade Cut ..... lb. 99¢
U.S. Gov't. Inspected Corn Fed Arm Chuck **Shoulder Pot Roast** ..... lb. $1.19
U.S. Gov't. Insp. Corn Fed **Eye Round Roast** ..... lb. $1.99

Large End Rib Roast U.S. Gov't. Inspt. Corn Fed Beef Oven Ready — $1.49 lb.

U.S. Gov't. Inspected **Chicken Quarters** Legs or Breast With Back ..... lb. 59¢
Top Quality **Ground Chuck** 3-lb. pkg. or over ..... lb. 99¢
U.S.D.A. Grade "A" **Rock Cornish Hens** ..... lb. 79¢
Center Cut **Ham Slices** ..... lb. $1.69
Esskay's **Pork Sausage Meat** ..... 1-lb. Roll 89¢
Genuine Spring-New Zealand Frozen **Shoulder Lamb Roast** Whole 3-4-lb. avg. lb. 79¢ Sliced lb. 89¢
U.S. Gov't. Inspected Corn Fed Underblade **Chuck Pot Roast** (California) ..... lb. $1.19

Chicken Breasts Fresh — 89¢ lb.

Pork Chops Assorted Quarter Loin — $1.19 lb.

Leg O' Lamb Genuine Spring New Zealand Whole or Butt Half Frozen — $1.29 lb. Shank Half lb. $1.39

Ground Beef Regular 3-lb. Pkg. Or Over — 79¢ lb.

BARGAINS IN PRODUCE

Florida Large 150 Size **Tangerines** or Florida Large 100 Size **Oranges**

20 for $1.00

Garden Fresh **Tender Egg Plant** ..... 3 lbs. for $1.00
Sweet Juicy **D'Anjou Pears** ..... 3 lbs. for $1.00
Washington State Large 113 Size **Red Delicious Apples** .. 16 in a Value Pak $1.89
California Large 113 Size **Sunkist Navel Oranges** .. 10 for 89¢

Seedless Grapefruit Indian River White Large 36 Size — 7 for $1.00

Fresh Tender **Broccoli** California bunch 59¢

Garden Fresh **Crisp Tender Carrots** ... 4 1-lb. bags $1.00
Crisp, Tangy **Red Rome Apples** ..... 4 lb. Bag 69¢

BARGAINS IN BAKERY

Pantry Pride Sliced Enriched **White Bread** 3 22-oz. loaves $1.00

SAVE 10¢ Pantry Pride — All Varieties **Fresh Donuts** ..... 10-oz. pkg. 55¢
SAVE 20¢ Pantry Pride **Fresh Pies** · Blueberry · French Apple · 22-oz. pkg. 79¢

BARGAINS IN DAIRY

Mrs. Filbert's **Margarine** In Quarters — SAVE 16¢ — 49¢ lb.

SAVE 6¢ Pantry Pride American **Cheese Food Slices** . 1-lb. pkg. $1.29
SAVE 10¢ Pantry Pride **Sliced Swiss Cheese** . 8-oz. pkg. 89¢

Cheddar Cheese Cracker Barrel Extra Sharp — SAVE 10¢ — $1.29 10-oz. pkg.

BARGAINS IN DELI.

Fyne Taste Franks — SAVE vs. 20¢ — 79¢ 1-lb. pkg. — 2-lb. pkg. $1.55

SAVE 20¢ Pantry Pride **Beef Midget Salami** ... 12-oz. pkg. 99¢
SAVE Pantry Pride **Thin Sliced Meats** ... 2 3-oz. pkgs. 79¢

BARGAINS IN APPETIZER

Everything Sliced To Your Order At Stores With Appetizer Department.

All White Meat **Chicken Roll** — SAVE 19¢ — 99¢ ½-lb.

SAVE 39¢ Freshly Sliced To Order **Turkey Salami** ..... lb. 99¢
SAVE 30¢ Large **Sandwich Bologna** ..... lb. 99¢

Turkey Ham Sliced To Order In Appetizer Dept. — SAVE 19¢ — 99¢ ½-lb.

BARGAINS IN SEAFOOD

Texas Brown Shrimp Fancy Frozen Avg. 65 Per Lb. — $2.25 lb.

Eat-All Bite Size — Heat n' Serve **Deviled Crabetts** Frozen ..... 7-oz. pkg. 79¢
Frozen-Canadian **Fancy Sole Fillet** Skinless Boneless ..... lb. $1.09

PRICES DON'T APPLY IN OUR SELF-SERVICE SEAFOOD DEPT. AT OUR LIBERTY COURT STORE WHERE FRESH FISH ARE CLEANED, PACKAGED, AND OPEN DATED DAILY.

Bargains

Save An Added $2.46 With Coupons On This Page

Pantry Pride

REDEEM ONE OR ALL SIX BASIC BARGAIN COUPONS BELOW WITH AN ADDITIONAL PURCHASE OF $10.00 OR MORE

Basic Bargain Coupon — SAVE 40¢
English Muffins Pantry Pride — 9¢ pkg. of 6
Without Coupon ..... 49¢ LIMIT ONE COUPON — Pantry Pride
REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE, EXCLUDING CIGARETTES & MILK PRODUCTS
THIS COUPON GOOD ONLY THRU SAT., JAN. 10, 1976

Basic Bargain Coupon — SAVE 20¢ ON FOUR
Ivory Soap Personal Size 3¢ Off Label — 4 3½-oz. bars 29¢
Without Coupon ..... 49¢ LIMIT ONE COUPON — Pantry Pride
REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE, EXCLUDING CIGARETTES & MILK PRODUCTS
THIS COUPON GOOD ONLY THRU SAT., JAN. 10, 1976

Basic Bargain Coupon — SAVE 26¢
Chicken of The Sea Chunk Light **Tuna** — 39¢ 6½-oz. can
Without Coupon ..... 65¢ LIMIT ONE COUPON — Pantry Pride
REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE, EXCLUDING CIGARETTES & MILK PRODUCTS
THIS COUPON GOOD ONLY THRU SAT., JAN. 10, 1976

Basic Bargain Coupon — SAVE 26¢ ON FOUR
Charmin Tissue — 4 500 sheet roll pkg. 49¢ 4¢ Off Label
Without Coupon ..... 75¢ LIMIT ONE COUPON — Pantry Pride
REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE, EXCLUDING CIGARETTES & MILK PRODUCTS
THIS COUPON GOOD ONLY THRU SAT., JAN. 10, 1976

Basic Bargain Coupon — SAVE 30¢
Genuine Idaho **Baking Potatoes** — 5 lb. bag 69¢
Without Coupon ..... 99¢ LIMIT ONE COUPON — Pantry Pride
REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE, EXCLUDING CIGARETTES & MILK PRODUCTS
THIS COUPON GOOD ONLY THRU SAT., JAN. 10, 1976

Basic Bargain Coupon — SAVE 30¢
Cubed Beef Steak Greendell Frozen — 99¢ 1-lb. pkg.
Without Coupon ..... $1.29 LIMIT ONE COUPON — Pantry Pride
REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE, EXCLUDING CIGARETTES & MILK PRODUCTS
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Brussels Sprouts 10-oz. pkg. or **Sliced Carrots** 20-oz. pkg. Pantry Pride — 3 pkgs $1.00 Up SAVE TO 29¢

Cauliflower Pantry Pride Frozen — 3 10-oz. pkgs 89¢ SAVE 34¢

White Corn Dawn Glo Frozen — 32-oz. pkg. 69¢ SAVE 20¢

Marshmallows Campfire MinSize — SAVE 19¢ — 2 10½-oz. bag 79¢

BARGAINS IN GROCERY

Seneca Big Red **Applesauce** — SAVE 19¢ — 3 29-oz. cans $1.00

SAVE 12¢ Pantry Pride **Mixed Vegetables** .... 4 16-oz. cans $1.00
SAVE 10¢ Pantry Pride **Peanut Butter** ..... 12-oz. jar 49¢
SAVE 8¢ Pantry Pride Grape **Jelly or Jam** ..... 12-oz. jar 49¢
SAVE 10¢ Burry Sugar **Shortbread Cookies** ..... 10-oz. pkg. 49¢
SAVE 20¢ Pantry Pride **Tea Bags** ..... box of 100 99¢
SAVE 47¢ Pantry Pride **Apple Juice** ..... 3 1-qt. bots. $1.00
SAVE 30¢ Lipton **Tea Bags** ..... box of 100 $1.29
NEW For Fabrics **Bounce Softener** ..... 20 sheets $1.03
SAVE 20¢ Chef Boy-Ardee Double **Cheese Pizza** ..... 28-oz. pkg. $1.09
SAVE 31¢ Pantry Pride · Fruit Punch · Grape · Orange **Fruit Drinks** ..... 2 1-qt. 14-oz. cans 79¢

Detergent **Joy Liquid** 20¢ Off Label — SAVE 16¢ — 32-oz. bot. 89¢

CONSUMER CORNER

Using Nutrition Labels

The number of nutrient labled foods has grown to where you can really use the labels to spot food high in a particular nutrient or low in fat or calories.

Use the whole label & not just one number to place the food in perspective. Ingredients lists have no percents (most comes first) but can be used along with nutrient data to determine value. If beef pie "A" has a higher carbohydrate number than pie "B", you can figure that "A" has less meat & should cost less.

You may even want to become a HIGH DENSITY SHOPPER, a food bargain hunter who asks: "How much nutrition can I pack into how few calories for how little money?" It's a good question because fat & calories add right up along with protein & iron. If you haven't read a good label lately, try Pantry Pride green beans!

Mona Doyle,
Director of Consumer Affairs.

Crisco Shortening New Low Price — 3 lb. can $1.65

Grapefruit Juice Pantry Pride Unsweetened — SAVE 6¢ — 46-oz. can 49¢

Hot Cocoa Mix Pantry Pride — SAVE 20¢ — 20-oz. jar 99¢

Cash-O-Rama **Tomato Sauce** Hunts — SAVE 23¢ — 3 15-oz. cans $1.00

BARGAINS IN HEALTH & BEAUTY

Normal & Dry **Breck Shampoo** — SAVE 50¢ — 15-oz. bot. $1.19

SAVE 36¢ Roll-On Reg. or Unscented **Ultra Ban Deodorant** ..... 1½-oz. bottle 79¢
SAVE 30¢ Via Off Label **Cepacol Mouthwash** ... 14-oz. bottle 69¢
SAVE 20¢ Decongestant **Dristan Tablets** ..... bottle of 24 $1.09
SAVE 20¢ Isopropyl **Pantry Pride Alcohol** .. 16-oz. bottle 29¢
SAVE 10¢ Pantry Pride **Mouthwash** ..... 32-oz. bottle 89¢

3 Stores open 24 hrs.
From Mon. 8 a.m. thru Sat. 11 p.m. Sun. 9 a.m. til 5 p.m.
7548 Wise & Lynch Ave., Balto. Md.
Liberty Court Shop. Ctr., Randallstown, Md.
Hollingswood Shop. Ctr. 2159 W. Patapsco Ave.
open Sunday 9 a.m. til 5 p.m.
THE FOLLOWING STORES ARE CLOSED SUNDAY
WESTVIEW, GOV. RITCHIE PLAZA, ELDERSBURG
HOLLENDALE, BEVERLY PARK, WESTMINSTER
FREDERICK, HAGERSTOWN & SALISBURY
most stores open 9 a.m. til 10 p.m.
check your local store for store hours

PANTRY PRIDE — SAVE 10¢ CASH — **Bowl Cleaner** Blu Boy 9-oz. ctn 59¢ — WITHOUT COUPON ..... 69¢ LIMIT ONE — WITH THIS COUPON ONLY EFFECTIVE THRU SAT., JAN. 10, 1976 — LIMIT ONE COUPON — Pantry Pride

PANTRY PRIDE — SAVE 10¢ CASH — **Woolite Powder** 6¼-oz. box 69¢ — WITHOUT COUPON ..... 79¢ LIMIT ONE — WITH THIS COUPON ONLY EFFECTIVE THRU SAT., JAN. 10, 1976 — LIMIT ONE COUPON — Pantry Pride

PANTRY PRIDE — SAVE 10¢ CASH — **Wipe Away** Austin 32-oz. bottle 69¢ — WITHOUT COUPON ..... 79¢ LIMIT ONE — WITH THIS COUPON ONLY EFFECTIVE THRU SAT., JAN. 10, 1976 — LIMIT ONE COUPON — Pantry Pride

PANTRY PRIDE — SAVE 20¢ CASH — **Ultra Ban Spray** Super Dry Regular or Unscented Deodorant 8-oz. can $1.39 — WITHOUT COUPON ..... $1.59 LIMIT ONE — WITH THIS COUPON ONLY EFFECTIVE THRU SAT., JAN. 10, 1976 — LIMIT ONE COUPON — Pantry Pride

PANTRY PRIDE — SAVE 24¢ CASH — **Great American Soups** Muehroom · Split Pea · Ham & Bean — WITH THIS COUPON ONLY EFFECTIVE THRU SAT., JAN. 10, 1976 — LIMIT ONE COUPON — Pantry Pride

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