# Pantry Pride

PRICES EFFECTIVE THRU SAT., JAN. 24, 1976. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

For The Pantry Pride

# Basic Bargains in

Save An Added $3.20 With Coupons On These 2 Pages

See Our UNADVERTISED BARGAINS, Low, Low Prices Posted In The Store!

**Smoked Ham** — Fully Cooked Shank Portion 85¢ lb. — Rump Portion 95¢ lb.

**Turkey Breast** — U.S.D.A. Grade "A" Whole Frozen 99¢ lb.

U.S. Gov't Insp. Corn Fed — Oven Ready
**Beef Rib Roast** Large End ... $1.39
U.S. Gov't Insp. Corn Fed — Oven Ready
**Beef Rib Roast** Small End ... $1.69
U.S. Gov't Inspt. Corn Fed Beef Blade
**Chuck Steak** ..... 99¢
Kings Treat Beef
**Corned Briskets** ... $1.39
U.S. Gov't Inspt. Corn Fed Beef Boneless Chuck
**Cross Rib Roast** .... $1.39
Dutchess Fully Cooked
**Boneless Ham** ..... $2.19
Fancy Pork
**Spare Ribs** Over 3-lb. Average ..... $1.19

**Boneless Pot Roast** — Chuck — U.S. Gov't Inspt. Corn Fed Beef — $1.09 lb.

Quartered Loin
**Asst. Pork Chops** ... $1.19
Pork Meat
**Esskay Sausage** .. 1-lb bag 89¢
Piedmont Hot or Sweet
**Italian Sausage** ... $1.39
U.S.D.A. Grade "A" Farmer Gray
**Turkeys** Self-Basting 10-14-lb. Avg. With Pop Up Timer ..... lb 69¢
U.S. Gov't. Insp. Chicken
**Fresh Leg Quarters** .. 59¢
U.S. gov't. Inspected Fresh Chicken
**Breast Quarters** .... 59¢
Our Premium Brand — Cut Up ... lb. 57¢
**Farmer Gray Fryers** Whole lb. 51¢

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

**Jamestown Bacon** — Sliced — 1-lb. pkg. $1.19

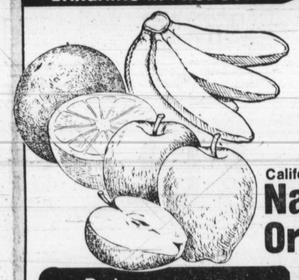
**Fresh Fryers** — U.S. Gov't. Inspected Whole 45¢ lb. — Cut-Up 51¢ lb.

**Great Ground** — 3-lb. Pkg. & Over — Blend of 75% Ground Beef & 25% Hydrated Veg. Protein 69¢ lb.

**Turkey Hindquarters** — U.S.D.A. Grade "A" Frozen 39¢ lb.

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

## BARGAINS IN PRODUCE



Golden Ripe **Bananas** 5 -lbs. $1.00

California 113 Size Sunkist **Navel Oranges** 10 for 89¢

Red Delicious **Apples** Crisp Sweet 3 -lb. bag 69¢

Temple **Oranges** Large 100 Size Florida 12 for 69¢

LOOK WHAT A DOLLAR WILL BUY!

Large 36 Size Florida White Seedless **Grapefruit** ..... 7 for $1.00
Large Firm **Peppers** Or Cucumbers .. 4 for $1.00
Tender Scallions Or Red **Radishes** ..... 5 for $1.00

FRESH FAMILY PACKS

Florida Pink Seedless **Grapefruit** .. 14 in a bag $1.59
Juicy Florida **Oranges** .... 24 in a bag $1.39
Washington State **Apples** Red Delicious .. 16 in a bag $1.89

## BARGAINS IN DAIRY

Kraft Cheese **Velveeta** — SAVE 6¢ — 2 -lb. loaf $1.89

SAVE 10¢ Ballard Sweetmilk **Biscuits** 4 8-oz. cans 49¢
SAVE 10¢ Tropicana **Orange Juice** ½-Gal. ctn. 79¢

## BARGAINS IN DELI

Pantry Pride **Franks** Meat or Beef — SAVE 20¢ — 1-lb. pkg. 89¢

SAVE 8¢ Pantry Pride **Sauerkraut** .. 2-lb pkg 39¢
SAVE 20¢ Herrud Party Pack **Sliced Meat** .. 1-lb pkg $1.39

**Chicken Roll** — Sliced To Order In Our Appetizer Dept. — SAVE 19¢ — ½ lb. 99¢

**Fresh Croakers** Or Sea Trout Your Choice lb. 43¢

## BARGAINS IN APPETIZER

SAVE 30¢ Large **Bologna** ..... lb. 99¢
Delicious **American Cheese** ½-lb. 79¢

EVERY THING FRESHLY SLICED TO YOUR ORDER AT ALL PANTRY PRIDE STORES WITH APPETIZER DEPARTMENT

## BARGAINS IN SEAFOOD

Fancy Frozen Freshwater **Shrimp** Extra Large Avg. 26 per lb ... lb $3.99
Seastar Heath Serve **Fish Cakes** ..... 2-lb pkg 99¢

PRICES DO NOT APPLY AT OUR LIBERTY COURT SELF-SERVICE SEAFOOD DEPT. WHERE FRESH FISH ARE CLEANED PKG ED & OPEN DATED DAILY

PANTRY PRIDE — SAVE 10¢ CASH — **Nestle Candy Bars** King Size Milk Chocolate Crunch · Almond 6-oz pkg 59¢ — LIMIT ONE WITHOUT COUPON 69¢ — WITH THIS COUPON ONLY EFFECTIVE THRU SAT JAN 24 1976 — LIMIT ONE COUPON — 407 M-26 — Pantry Pride

PANTRY PRIDE — SAVE 20¢ CASH — **Speed Starch** Easy On Regular 22-oz can 63¢ — LIMIT ONE WITHOUT COUPON 83¢ — WITH THIS COUPON ONLY EFFECTIVE THRU SAT JAN 24 1976 — LIMIT ONE COUPON — 467 BV20 — Pantry Pride

PANTRY PRIDE — SAVE 20¢ CASH — **Heinz Pickles** Kosher Dill 32-oz jar 69¢ — LIMIT ONE WITHOUT COUPON 89¢ — WITH THIS COUPON ONLY EFFECTIVE THRU SAT JAN 24 1976 — LIMIT ONE COUPON — 465 BV20 — Pantry Pride

PANTRY PRIDE — SAVE 7¢ CASH — **Bar-B-Que Sauce** Heinz 16-oz bot 72¢ — LIMIT ONE WITHOUT COUPON 79¢ — WITH THIS COUPON ONLY EFFECTIVE THRU SAT JAN 24 1976 — LIMIT ONE COUPON — 466 BV20 — Pantry Pride

# Woman . . . basic foods

Open 24 Hours
From Monday 8 a.m. til Sat. 11 p.m.
Sunday 9 a.m. til 5 p.m.
From Mon., 8 a.m. Thru Sat. 11 p.m.
· 7818 Wise & Lynch Avenue Baltimore, Md.
· Liberty Court Shop. Ctr. Randallstown, Md.
· Hollingswood Shop. Ctr. 2159 W. Patapsco Ave.

Open Sunday 9 a.m. til 5 p.m.
Closed Sunday: Westview, Gov. Ritchie Plaza, Eudowood, Hillendale, Severna Park, Westminster, Frederick, Hagerstown & Salisbury.

Most Stores Open 9 a.m. til 10 p.m.
Check Your Local Store For Hours

Pantry Pride

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

Basic Bargain Coupon — SAVE 46¢ — **Krispy Crackers** Sunshine KRISPY 1-lb box 19¢ — WITHOUT COUPON ..... 65¢ — 373 M20 — LIMIT ONE COUPON. REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE. EXCLUDING CIGARETTES & MILK PRODUCTS — THIS COUPON GOOD ONLY THRU SAT., JAN. 24, 1976. — Pantry Pride

Basic Bargain Coupon — SAVE 20¢ — **Palmolive** For Dishes Liquid Detergent 10¢ Off Label 22-oz bot 49¢ — WITHOUT COUPON ... 69¢ — 371 M20 — LIMIT ONE COUPON. REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE. EXCLUDING CIGARETTES & MILK PRODUCTS — THIS COUPON GOOD ONLY THRU SAT., JAN. 24, 1976. — Pantry Pride

Basic Bargain Coupon — SAVE 20¢ — **Florida Oranges** 5 -lb bag 69¢ — WITHOUT COUPON 89¢ — 374 — LIMIT ONE COUPON. REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE. EXCLUDING CIGARETTES & MILK PRODUCTS — THIS COUPON GOOD ONLY THRU SAT., JAN. 24, 1976. — Pantry Pride

Basic Bargain Coupon — SAVE 26¢ — **Glad Trash Bags** pkg. of 10 79¢ — WITHOUT COUPON ... $1.05 — 372 M26 — LIMIT ONE COUPON. REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE. EXCLUDING CIGARETTES & MILK PRODUCTS — THIS COUPON GOOD ONLY THRU SAT., JAN. 24, 1976. — Pantry Pride

Basic Bargain Coupon — SAVE 26¢ — **Crisco Shortening** 3 -lb. can $1.39 — WITHOUT COUPON ... $1.65 — 370 M26 — LIMIT ONE COUPON. REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE. EXCLUDING CIGARETTES & MILK PRODUCTS — THIS COUPON GOOD ONLY THRU SAT., JAN. 24, 1976. — Pantry Pride

Basic Bargain Coupon — SAVE 50¢ — On Any 3-lb. Pkg. & Over **Ground Chuck** — 381 — LIMIT ONE COUPON. REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE. EXCLUDING CIGARETTES & MILK PRODUCTS — THIS COUPON GOOD ONLY THRU SAT., JAN. 24, 1976. — Pantry Pride

**Spaghetti** Or Spaghettini Or Rigatoni San Giorgio — SAVE 6¢ — 1-lb. pkg. 49¢

**Staley Syrup** — SAVE 10¢ — 24-oz bot. 99¢

**Kleenex** Tissue — pkg. of 200 49¢

**Diet Sodas** Pantry Pride — SAVE 24¢ — 8 16-oz. bots. $1.00

## BARGAINS IN GROCERY

For Freshness **Glad Wrap** pkg. of 100 ft. 39¢

Duncan Hines-Layer **Cake Mixes** — SAVE 10¢ — 18½-oz box 59¢

SAVE 6¢ Tangy Spaghetti **Kraft Dinner** .... 8-oz pkg 39¢
Pure **Wesson Oil** ..... 48-oz bot. $1.79
Basin Tub & Tile **Lysol Cleaner** ..... 17-oz bot. 89¢
Lysol **Disinfectant Spray** 14-oz can $1.49
SAVE 10¢ Red **Hawaiian Punch** 64-oz bot. 79¢
Ocean Spray — In Bicentennial Decanter **Cranberry Cocktail** 32-oz bot. 69¢
All Purpose 15¢ Off Label **Ajax Cleaner** ..... 28-oz bot. 79¢
60¢ Off Label **Ajax Detergent** ... 10-lb. 11-oz box $3.49
Frozen Glazed Or Jelly **Morton Donuts** ..... SAVE 10¢ pkg. 79¢

## BARGAINS IN BAKERY

Pantry Pride Lemon or **Peach Pie** — SAVE 20¢ — 22-oz. pkg. 79¢

SAVE 10¢ Pantry Pride All Varieties **Donuts** ... 10-oz pkgs 55¢
SAVE 10¢ Brown N Serve Pantry Pride **Rolls** Gem · Clover · Twin 11-oz pkgs 2 89¢

## CONSUMER CORNER

**What About Dietary Supplement Foods?**

There's a tendency to make health claims for foods packed full of some nutrients. Before spending extra money for extra nutrients, note that no single food or pill will replace balanced meals, or food fiber, or the bits of some 50 nutrients we need regularly.

The words "dietary SUPPLEMENT" on a label tell you that "a lot" of one or more nutrients have been added. What we call a lot is officially defined as 50% or more of the U.S. Recommended Daily Allowance added to a one serving amount. In the case of iron, where the U.S. R.D.A. is 18 mg. "a lot" would be 9 mg. per serving.

By the way, foods naturally having over ¼ of any nutrient's U.S. R.D.A. per serving (like carrots and Vitamin "A") are not dietary supplements. And no single natural food can do the whole nutrition job alone either.

Mona Doyle
Director of Consumer Affairs

**Banquet** Dinners — Chicken or Turkey Frozen — SAVE 18¢ — 2 11-oz. pkgs. $1.00

**Corn** On The Cob — Green Giant Frozen — SAVE 14¢ — pkg. of 4 ears 69¢

**Tomato Paste** — Contadina — SAVE 23¢ — 2 12-oz cans 79¢

**Candy Bars** — Fun Size: Baby Ruth Or Butter-Finger — SAVE 40¢ — 10-oz bag 59¢

## FROM THE GREEN GIANT

- Niblets Corn Whole Kernel 12-oz can
- Green Beans French Style ... 16-oz can
- Green Beans Kitchen Sliced ... 16-oz can
- Sweet Peas ..... 17-oz can

SAVE 17¢ — Mix 'Em Or Match 'Em 3 for $1.00

## BARGAINS IN HEALTH & BEAUTY AIDS

**Gleem Toothpaste** — SAVE 10¢ — Bonus Size 8¼-oz tube 99¢

**Head & Shoulders Shampoo** — SAVE 30¢ — 11-oz. lotion or 7-oz. tube each $1.89

**Scope Mouthwash** 20¢ Off Label — SAVE 16¢ — 24-oz. bot. $1.27

PANTRY PRIDE — SAVE 10¢ CASH — **Pillsbury Flour** 5 -lb. bag 85¢ — WITHOUT COUPON ... 95¢ — LIMIT ONE — WITH THIS COUPON ONLY EFFECTIVE THRU SAT., JAN. 24, 1976 — LIMIT ONE COUPON — 468 BV10 — Pantry Pride

PANTRY PRIDE — SAVE 20¢ CASH — **Westinghouse T-Bulbs** Westinghouse 60, 75, or 100 Watt pkg. of 2 79¢ — WITHOUT COUPON ..... 99¢ — LIMIT TWO BULBS — WITH THIS COUPON ONLY EFFECTIVE THRU SAT., JAN. 24, 1976 — LIMIT ONE COUPON — 409 M20 ON 2 — Pantry Pride

PANTRY PRIDE — SAVE 25¢ CASH — **Sure Deodorant** Regular or Unscented Spray 14-oz can $1.64 — WITHOUT COUPON ... $1.89 — LIMIT ONE — WITH THIS COUPON ONLY EFFECTIVE THRU SAT., JAN. 24, 1976 — LIMIT ONE COUPON — 470 BV25 — Pantry Pride

PANTRY PRIDE — SAVE 20¢ CASH — **Maxwell House** Coffee 2 -lb. can $3.07 — WITHOUT COUPON ... $3.27 — LIMIT ONE — WITH THIS COUPON ONLY EFFECTIVE THRU SAT., JAN. 24, 1976 — LIMIT ONE COUPON — 469 BV20 — Pantry Pride

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