IT'S FOUNDER'S

Pantry Pride

YOU WIN
BECAUSE WE DON'T PLAY GAMES

"Your Baltimore League Is Your Crippled Children's Seals Society."

no rain check game here

If we're out of an advertised or couponed special, you can get a comparable substitute right on the spot. No need to take a Rain Check unless you prefer to.

CONSUMER CORNER

SOCK-IT-TO-YA-SHORTAGE

On T.V., scientists are usually witty and often handsome. In real life, few are charmers. Fewer still can 'sock-it-to-ya' or have the charisma that makes us believe. If these fasings aren't enough, most scientists don't even speak a language that works in the kitchen or supermarket.

Fad diets and their suitors get the talkshow action. They satisfy our hunger for definite answers and short cuts to health. They cater to our love for the latest 'fact' and our dislike for the if's and but's of scientific analysis. Since scientists tend to be exciting as lukewarm oatmeal, they tend to lose when they fight back. Sadly the real loser is the consumer. Happily nutritional labeling will give us a fighting chance to separate facts from charm.

If you've been sold on someones diet or the virtues of one food or vitamin, consider reading nutritional labels and blending your belief with a simple but scientific truth: variety is the Spice of Life. In the nutritional sciences, you could even change 'spice' to price.

Mona Doyle
Director of Consumer Affairs

P.S. Pick up this week's Pantry Planner.

SEAFOOD

fresh spanish mackerel DELICIOUS BAKED OR BROILED (WISE BUYS) lb. 55¢

WOODFIELD FISH & OYSTER CO. & MEREDITH & MEREDITH INC.
stewing oysters FRESHLY OPENED FRESH SALT WATER 8-oz. can $1.15
SEASTAR ICELANDIC FROZEN
fish sticks HEAT & SERVE 8-lb. box 69¢ 2-lb. box $1.35
SEASTAR ICELANDIC FROZEN
fish cakes HEAT & SERVE 6 in a 12-oz. pkg. 55¢
NATIONAL SEA PRODUCTS BREADED
round shrimp FROZEN HIGHLINER 1-lb. box $2.09 2-lb. box $4.15
CONTINENTAL SEAFOOD, JUMBOLINA BRAND FROZEN
cooked shrimp IN THE SHELL 1-lb. bag $1.59
MATLAWS — NEPTUNES NUGGETS NEW ENG. STYLE
stuffed clams FROZEN 11-oz. pkg. 6 on half shell 89¢
FROZEN SNO WHITE
halibut steaks lb. $1.59
WOODFIELD FISH & OYSTER CO. & MEREDITH & MEREDITH INC.
frying oysters FRESHLY OPENED FRESH SALT WATER 8-oz. can $1.25

fresh perch fillet OCEAN (WISE BUYS) lb. $1.09

DELI

pantry pride franks REGULAR OR BEEF (WISE BUYS) 1-lb. pkg. 89¢

PANTRY PRIDE
sauerkraut 1-lb. pkg. 29¢
IMPORTED
sandwich meat 1-lb. can 99¢
PANTRY PRIDE
sliced bacon 1-lb. pkg. $1.39

BAKERY

(WISE BUYS)

white bread SLICED VALU LOAF 3 22-oz. loaves $1.00

PRODUCE

strawberries FLORIDA SWEET LUSCIOUS (WISE BUYS) 2 dry pints 99¢

seedless grapefruit WHITE FLORIDA 8 lb. bag $1.19

stayman apples RED CRISP TANGY (WISE BUYS) 3-lb. bag 79¢

florida oranges SWEET JUICY 8 lb. bag $1.09

yellow onions U.S. NO. 1 BULK ONLY PICK YOUR OWN lb. 7¢

FLOWERS FOR YOUR VALENTINE

WITH RED HEART
mums 4" pot $1.39

azaleas HYBRID BUD 6½" pot $2.49
kalanchoe plants 4½" pot $1.79
blooming mums 6" pot $2.98

AN ASSORTMENT OF 4" TROPICAL PLANTS AND 8" HANGING BASKETS ALSO AVAILABLE.

APPETIZER

EVERYTHING SLICED TO ORDER AVAILABLE AT MOST STORES

chicken roll (WISE BUYS) ½-lb. 89¢

SLICED TO ORDER
virginia baked ham ½-lb. 69¢
GOETZE
bologna ½-lb. 59¢
GOETZE
cooked salami ½-lb. 69¢
FANCY DOMESTIC
swiss cheese ½-lb. 79¢

DAIRY

ALL EGG PRICES REDUCED!

swiss cheese DAIRE SLICED (WISE BUYS) 1-lb. pkg. $1.49

IN QUARTERS
mrs. filberts margarine lb. 69¢
SEALTEST
cottage cheese 12-oz. pkg. 53¢ 24-oz. pkg. 89¢
BREAKSTONES
sour cream pint 69¢
TIP TOP
citrus punch 8-qt. can 75¢

clorox bleach ½-gal. ctn. 55¢

palmolive liquid 10¢ OFF LABEL FOR DISHES 22-oz. bot. 73¢

open sunday 9 a.m. 'til 4 p.m. EXCEPT WHERE NOTED

- ARBUTUS SHOPPING CENTER MAIDEN CHOICE LANE
- FRANKFORD PLAZA SHOPPING CENTER 6025 MORAVIA RD.
- 7048 WISE AVE. – AT LYNCH RD.
- HARUNDALE MALL – GLEN BURNIE, MD.
- MONDAWMIN SHOPPING CENTER
- SEVERNA PARK – RITCHIE HWY. OLD ANNAPOLIS RD.
- 4210 FRANKFORD AVE. – AT BELAIR RD.
- PAROLE PLAZA – ANNAPOLIS, MD. 10 a.m. til 6 p.m.
- PERRING PKWY – AT McCLEAN BLVD. 10 a.m. til 6 p.m.
- CEDONIA MALL 10 a.m. til 6 p.m.
- PADONIA VILLAGE SHOP. CNTR. TIMONIUM 10 a.m. til 6 p.m.
- OAKLAND MILLS SHOP. CNTR. COLUMBIA 10 a.m. til 6 p.m.
- MIDDLESEX SHOPPING CENTER 10 a.m. til 6 p.m.
- HARFORD MALL, BELAIR RD. 10 a.m. til 5 p.m.
- SECURITY SHOPPING CENTER 10 a.m. til 5 p.m.
- WESTVIEW SHOPPING CENTER 10 a.m. til 5 p.m.
- ROUTE 40 — HAVRE DE GRACE 10 a.m. til 5 p.m.

PANTRY PRIDE VS. SKIPPY SMOOTH PEANUT BUTTER TASTE TEST RESULTS

	PANTRY PRIDE	NATIONAL BRAND
AVERAGE SCORE	4.56	4.10
% Preferred	68%	32%

Here's a sample of our official TASTE TEST BOOK showing just how one Pantry Pride brand product (peanut butter) scored in impartial customer taste tests against the best selling national brands. For complete test results on 128 Pantry Pride products, ask to see the TASTE TEST BOOK — now in your Store Manager's office.

MONTH...

Pantry Pride

PANTRY PRIDE
20¢ OFF THE PURCHASE OF
PANTRY PRIDE
ice cream ½-gal. ctn. 59¢
or ice milk
WITH THIS COUPON AND THE PURCHASE OF $7.50 OR MORE. VOID AFTER SAT., FEB. 15, 1975. NOT AVAILABLE TO EMPLOYEES OR THEIR FAMILIES. SM20
LIMIT ONE COUPON

PANTRY PRIDE
20¢ OFF
WITH THE PURCHASE OF ANY
10-lb. bag potatoes
WITH THIS COUPON VOID AFTER SAT., FEB. 15, 1975.
LIMIT ONE COUPON

PANTRY PRIDE
$1.00 OFF
WITH THE PURCHASE OF GOLDEN FLAME
fireplace logs
CASE OF SIX (IN PRODUCE DEPT.)
WITH THIS COUPON VOID AFTER SAT., FEB. 15, 1975.
LIMIT ONE COUPON

PRICES EFFECTIVE THRU SAT., FEB. 15, 1975. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

BEEF

sirloin steaks TOP NO TENDERLOIN BEEF LOIN (WISE BUYS) lb. $1.29

london broil SHOULDER CUT BEEF CHUCK lb. $1.59
boneless cross rib roast BEEF CHUCK lb. $1.29
porterhouse steak TAILLESS BEEF LOIN lb. $1.79

boneless roast BLADE BEEF CHUCK (WISE BUYS) lb. 89¢

boneless chuck fillet roast UNDER BLADE BEEF CHUCK lb. $1.19
rib eye steaks DELMONICO BEEF RIB lb. $2.39
corned beef brisket KINGS TREAT lb. $1.29

round roast BOTTOM BONELESS BEEF ROUND (WISE BUYS) lb. $1.39

fresh brisket BONELESS WHOLE lb. $1.09
great ground PANTRY PRIDE A BLEND OF 75% GROUND BEEF & 25% HYDRATED VEG. PROTEIN 3-lb. pkg. & OVER lb. 65¢

FROZEN

cherry pie PET RITZ FROZEN (WISE BUYS) 1-lb. 4-oz. pkg. 59¢

white bread dough NEW RICH'S PKG. of 5 loaves 1-lb. $1.29
broccoli spears PANTRY PRIDE 3 10-oz. pkgs. 95¢

julienne potatoes HANOVER SKILLET FRIES FROZEN (WISE BUYS) 2-lb. pkg. 69¢

10¢ OFF LABEL
fab detergent (WISE BUYS) 49-oz. box $1.22

POULTRY

SELF-BASTING
turkeys OUR PREMIUM BRAND FARMER GRAY WITH POP UP SELF TIMER 10-14-lb. SIZE lb. 59¢

SHENANDOAH BONELESS — LIGHT & DARK MEAT — ALL WHITE
turkey roast 2-lb. pan $2.39 2-lb. pan $2.89
WINGS OR
turkey drumsticks lb. 49¢
FRESH LEGS OR BREAST
chicken quarters lb. 53¢
FRESH
roasting chickens 3-3½-lb. AVERAGE lb. 59¢
OUR PREMIUM BRAND CHICKEN — LEGS OR BREAST
farmer gray quarters lb. 59¢
FRESH
chicken breast WHOLE OR SPLIT lb. 89¢

PORK

mash's ham FULLY COOKED SOME SLICES REMOVED — SHANK PORTION (WISE BUYS) lb. 79¢ — BUTT PORTION lb. 89¢

semi-boneless mash's ham (WISE BUYS) BUTT HALF lb. 99¢
whole mash's ham (WISE BUYS) 19 to 22 LBS. lb. 79¢
assorted pork chops (WISE BUYS) QUARTER LOIN lb. 99¢

FRESH AMERICAN LAMB

shoulder roast SQUARE CUT WHOLE lb. 99¢ SLICED lb. $1.09

BLADE CUT
shoulder chops lb. $1.29
ROUND BONE CUT
shoulder chops lb. $1.39
FOR STEW
necks & shanks lb. 59¢

no hidden bone game here

All our meat is packaged best side down so you see what you're getting. No sad surprises when you open the package.

GROCERY

pantry pride soups Your Choice • CHICKEN RICE • CREAM OF CHICKEN 5 10½-oz. cans 95¢

hillsdale pears 29-oz. can 65¢
sweet n' low SUGAR SUBSTITUTE pkg. of 50 49¢
diet beverages PANTRY PRIDE ALL FLAVORS 4 28-oz. bots. $1.00
pantry pride coffee ELECTRA PERK OR REGULAR 1-lb. bag 89¢

mayonnaise PANTRY PRIDE (WISE BUYS) qt. jar 98¢

codfish cakes GORTON 10½-oz. pkg. 39¢
chunk light tuna BUMBLE BEE 6½-oz. can 55¢
pantry pride spaghetti OR SPAGHETTINI 2 1-lb. pkgs. 85¢
vegetable shortening PANTRY PRIDE 3-lb. can $1.79

PANTRY PRIDE
10¢ OFF — WITH THE PURCHASE OF BROWN & SERVE • GEM • CLOVER • TWIN **rolls** pkg. of 12
WITH THIS COUPON ONLY. VOID AFTER SAT., FEB. 15, 1975.
LIMIT ONE COUPON

PANTRY PRIDE
10¢ CASH — WITH THE PURCHASE OF **gold medal flour** 5-lb. bag
WITH THIS COUPON ONLY. VOID AFTER SAT., FEB. 15, 1975.
LIMIT ONE COUPON

PANTRY PRIDE
37¢ CASH — WITH THE PURCHASE OF COFFEE **maxwell house** 2-lb. can
WITH THIS COUPON ONLY. VOID AFTER SAT., FEB. 15, 1975.
LIMIT ONE COUPON

PANTRY PRIDE
25¢ CASH — WITH THE PURCHASE OF ENRICHED **pillsbury flour** 10-lb. bag
WITH THIS COUPON ONLY. VOID AFTER SAT., FEB. 15, 1975.
LIMIT ONE COUPON

PANTRY PRIDE
12¢ CASH — WITH THE PURCHASE OF CEREAL **nature valley** SPECIAL FRUIT & NUT MIXTURE 15-OZ. BOX
WITH THIS COUPON ONLY. VOID AFTER SAT., FEB. 15, 1975.
LIMIT ONE COUPON

PANTRY PRIDE
25¢ CASH — WITH THE PURCHASE OF CORN OIL **mazola** 48-oz. bottle
WITH THIS COUPON ONLY. VOID AFTER SAT., FEB. 15, 1975.
LIMIT ONE COUPON