WE WELCOME FEDERAL FOOD STAMPS

A&P WEO Where Economy Originates

THE AWARE SHOPPER

By Barbara Sullivan
A&P Director of Consumer Affairs

Smart Shopping Means Planning

Read the food ads in your local paper each week, taking note of the special prices.

Study cookbooks and magazines for new recipe ideas.

Plan your meals for a week or even two in advance, taking advantage of the "specials" advertised. Planning ahead allows you to ensure that a variety of foods are served, providing your family with balanced meals.

Make a list of everything you will need grouping similar food items to make shopping easier. Be sure to check supplies in your cupboards as you do this.

Arrange your list according to the layout of the store. Thorough planning can make you an AWARE shopper

A&P We Owe You More Than Just Food

A&P SUPER BUY — A REAL VALUE MIX OR MATCH!

CRISP WESTERN ICEBERG **LETTUCE** OR CELLO CARTON **TOMATOES** 3 for 1.00

A&P SUPER BUY — PRICE REDUCED SAVE 20c LB.

U.S.D.A. FRESH **CHICKEN LEGS** WHOLE WITH THIGHS 10-POUNDS & OVER lb. 59¢

NEW CROP FLORIDA GOLDEN **SWEET CORN** 8 ears 1.00 NONE PRICED HIGHER!

RED RIPE **WATERMELONS** lb. 10¢ NONE PRICED HIGHER!

GARDEN FRESH SUPER SELECT **CUCUMBERS, GREEN ONIONS** —OR— **RED RADISHES** 6-oz. bag YOUR CHOICE! 5 for 1.00 NONE PRICED HIGHER!

GARDEN FRESH **GREEN BEANS** lb. 39¢ NONE PRICED HIGHER!

ZESTY NEW CROP TEXAS **YELLOW ONIONS** 3 -lb. bag 69¢ NONE PRICED HIGHER!

— SUPER BUYS ON FROZEN FOOD FEATURES —

A&P GRADE 'A' CHOPPED OR LEAF **SPINACH** 6 10-oz. pkgs. 1.00 SAVE 35c

A&P GRADE 'A' CHOPPED **BROCCOLI** 4 10-oz. pkgs. 1.00 SAVE 10c

A&P GRADE A **BROCCOLI SPEARS, CAULIFLOWER or BABY LIMA BEANS** 3 10-oz. pkgs. 1.00

BIRDSEYE COOL-WHIP 9-oz. ctn. 79¢

A&P STRAWBERRIES 10-oz. pkg. 47¢

SUNNYFIELD WAFFLES 2 5-oz. pkgs. 43¢

WE HAVE A LARGE SELECTION OF **MUMS, ORCHIDS, GARDENIAS & ASSORTED HOUSE PLANTS**— ALL ATTRACTIVELY PRICED FOR "MOTHER'S DAY" AVAILABLE IN MOST A&P STORES!

MARVEL **ICE CREAM** ASST'D FLAVORS ½-gal. carton 99¢

A SUPERB BLEND, RICH IN BRAZILIAN COFFEES

EIGHT O'CLOCK COFFEE 1-lb. bag 89¢ 3 -lb. bag 2.59

CONTAINS RICH BRAZILIAN COFFEES

INSTANT COFFEE EIGHT O'CLOCK 10-oz. jar 1.59

A&P **CORNED BEEF** 12-oz. can 1.19 SAVE 20c

SUPERFINE GREEN & WHITE **LIMA BEANS** —OR— WHOLE KERNEL **SHOEPEG CORN** 3 16-oz. cans 1.00

— HEALTH & BEAUTY AIDS —

BRECK SHAMPOO DRY, OILY OR NORMAL 11-oz. btl. 89¢ SAVE 70c

ARRID ANTI-PERSPIRANT EXTRA-DRY UNSCENTED, SCENTED, LIGHT POWDER SCENTED OR UNSCENTED 9-oz. can 79¢ SAVE 80c

NEW FREEDOM PADS MAXI box of 30 1.49 SAVE 50c MINI box of 30 99¢ SAVE 36c

VO 5 HAIR SPRAY SUPER CONCENTRATE 8-oz. btl. 99¢

HAND LOTION TOUCH OF SWEDEN SAVE 80c 10-oz. btl. 59¢

VALUABLE COUPON

BALTO SAVE 25c — 100% COLOMBIAN REGULAR OR DRIP **A&P COFFEE** 1-lb. vacuum pack can 1.22

LIMIT ONE COUPON PER FAMILY VALID THRU MAY 11, 1975

THIS WEEK'S FEATURE VIENNA GOURMET COOKWARE **1½ QT. SAUCEPAN** $5.99

10¢ OFF **TIDE** LAUNDRY DETERGENT 49-oz. box 1.29

DUNCAN HINES **LAYER CAKE MIXES** ASST'D VARIETIES EXCEPT ANGEL FOOD 18-oz. pkg. 71¢ NEW! LOW RETAIL!

PENNSYLVANIA DUTCH **EGG NOODLES** FINE, MEDIUM OR BROAD 1-lb. pkg. 75¢

Items offered for sale are not available to other retail dealers or wholesalers! Prices effective thru Sat., May 10, 1975 in A&P WEO Stores in Baltimore including Annapolis, Aberdeen, Bel Air, Havre de Grace, Joppatowne and the Delmarva Peninsula!

A&P SUPER BUY — PRICE REDUCED SAVE 10¢ LB.

U.S.D.A. FRESH **CHICKEN BREASTS** WHOLE WITH RIBS 10-POUNDS & OVER lb. 79¢

A&P SUPER BUY — STOCK-UP ON THIS BIG VALUE!

SUPER-RIGHT QUALITY BONELESS **BOTTOM ROUND ROAST** lb. 1.29

STEAK lb. 1.49

EYE ROUND ROAST lb. 1.79

WE WELCOME FEDERAL FOOD STAMPS

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FOR YOUR SHOPPING CONVENIENCE **NOW OPEN 24 HOURS**

- 5101 EAST DRIVE (ARBUTUS, MD.)
- 903 TAYLOR AVE. (AT LOCH RAVEN BLVD.)
- OWINGS MILLS (IN THE GARRISON FOREST PLAZA)
- 344 HOSPITAL DRIVE (IN THE SOUTHGATE SHOPPING CENTER)

THANKS FOR SHOPPING A&P

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

OPEN SUNDAY 10 A.M. TO 6 P.M.

ALL A&P STORES IN THE BALTIMORE-METROPOLITAN AREA WILL BE: **OPEN SUNDAY 10 A.M. TO 6 P.M.**

EXCEPT THE FOLLOWING STORES:

- 309 EASTERN AVE., ESSEX
- 311 S. COLLINS AVE., BALTO.
- 910 FREDERICK RD., CATONSVILLE
- 7405 LIBERTY RD., BALTO.
- 139 CRAIN HIGHWAY, GLEN BURNIE
- 5305 BELAIR RD., BALTO.
- ENGLER RD. & RT. 140, WESTMINSTER
- 1765 JOPPA RD., BATTLEVILLE
- 3710 W. BELVEDERE AVE., BALTO.
- 3300 PARK CIRCLE, BALTO.
- 5430 YORK ROAD, BALTO.

SUPER-RIGHT QUALITY **PORK LOINS** WHOLE OR EITHER HALF QUARTERED SLICED 9 TO 11 CHOPS lb. 99¢

SUPER-RIGHT QUALITY **SMOKED PICNICS** WHOLE ONLY SAVE 20c lb. lb. 59¢ SLICED SAVE 24c lb. lb. 65¢

SUPER-RIGHT QUALITY TOP ROUND —OR— SIRLOIN TIP **STEAKS** lb. 1.59

SUPER-RIGHT QUALITY WHOLE **SIRLOIN TIPS** —CONSISTS OF— • TOP SIRLOIN ROAST • TOP SIRLOIN STEAK • GROUND BEEF • STEWING MEAT lb. 1.39 AVERAGE WEIGHT 8 to 13 POUNDS CAN BE CUT INTO THE SELECTION OF YOUR CHOICE

A&P REGULAR **Sliced Bologna** 1-lb. pkg. 99¢

A&P **Sausage Meat** 1-lb. pkg. 85¢ 2-lb. pkg. 1.69

SMITHFIELD **Sausage Meat** 1-lb. pkg. 99¢

GWALTNEY **Sliced Bacon** 1-lb. pkg. 1.49

SUPER-RIGHT QUALITY **Braunschweiger** BY-THE-PIECE lb. 59¢

PENN-DUTCH **Liverwurst** 8-oz. pkg. 45¢

TABLE TREAT PURE FROZEN **Beef Burgers** 40-oz. pkg. 2.99

BANQUET ASST'D VARIETIES EXCE **Cook-In Bags** A-RING 3 3-oz. pkgs. 79¢

SKINLESS MEAT **A&P FRANKS** 1-lb. pkg. 89¢ 2-lb. pkg. 1.75

HYGRADE **Knockwurst** 1-lb. pkg. 1.19

REGULAR OR ALL BEEF **Esskay Franks** 1-lb. pkg. 1.09

OSCAR MAYER WEINERS OR **All Beef Franks** 1-lb. pkg. 1.19

A&P ASST'D VARIETIES **Cheese Spread** 8-oz. pkg. 59¢

SUPER-RIGHT QUALITY FANCY FROZEN **GRADE 'A' DUCKS** lb. 79¢ SAVE 40c lb.

AVAILABLE IN STORES WITH DELI DEPT **Boiled Ham** ½-lb. 79¢

AVAILABLE IN STORES WITH DELI DEPT. **Smithfield Loaf** GWALTNEY ½-lb. 69¢

AVAILABLE IN STORES WITH DELI DEPT **Pickle Loaf** GOETZE ½-lb. 69¢

— DAIRY DEPARTMENT FEATURES —

NUTLEY MARGARINE IN ¼-LB. PRINTS 2 1-lb. pkgs. 79¢ SAVE 11¢

ORANGE JUICE MINUTE MAID CHILLED ½-gal. carton 87¢

"MAY IS EGG MONTH"

GRADE 'A' EGGS SUNNYBROOK MEDIUM SIZE dozen 59¢

— SEAFOOD FEATURES! —

FRESH PORGIES lb. 39¢

OCEAN PERCH FRESH lb. 1.19

AVAILABLE IN STORES WITH SEAFOOD DEPT. THRU FRIDAY!

A&P SUGAR GRANULATED 5 -lb. bag 1.69

— JANE PARKER BAKERY TREATS —

MARVEL ENRICHED **WHITE BREAD** 3 22-oz. loaves 1.00

CINNAMON BREAKFAST **SWEET ROLLS** 10-oz. pkg. 69¢ SAVE 20c

Lemon Pie SAVE 20c 24-oz. pkg. 89¢

Spanish Bar SAVE 10c 19-oz. pkg. 99¢

King Size Donuts PLAIN OR SUGAR 18-oz. pkg. of 12 89¢

SUNNYFIELD RICE PUFFS 8-oz. pkg. 49¢ WHEAT PUFFS 8-oz. pkg. 47¢

A&P NON-FAT **INSTANT DRY-MILK** 20-qt. size 3.49

CADILLAC CHICKEN & LIVER **Cat Food** 2 14½-oz. cans 55¢

PET EVAPORATED **Skimmed Milk** 2 14½-oz. cans 65¢

BUMBLE BEE **Chunk Light Tuna** 6½-oz. can 63¢

BUMBLE BEE **Chunk Light Tuna** 12½-oz. can 1.19

REGULAR OR ELECTRIC PERK **Max Pax Coffee** 12-oz. can 1.39

LUCK'S BEANS w/PORK PINTO, GREAT NORTHERN, CUT GREEN & SHELLED OR BLACKEYE PEA 16-oz. can 45¢

HUNT-WESSON SALE

WESSON OIL	48-oz. btl.	2.35
HUNT'S STEWED TOMATOES	16½-oz. can	41c
HUNT'S TOMATO SAUCE	15-oz. can	39c
HUNT'S TOMATO PASTE	2 6-oz. cans	55c
HUNT'S KETCHUP	24-oz. btl.	79c
HUNT'S SNACK PACKS	pkg. of 6—3-oz. cans	79c

SHAKE 'N BAKE

B.B.Q. CHICKEN	5⅝-oz. box	43c
B.B.Q. CHICKEN	10-oz. box	1.35
B.B.Q. PORK & RIBS	5⅝-oz. box	43c

REMEMBER MOM ON **"MOTHER'S DAY"** SHOP A&P FOR A LARGE SELECTION OF **PANTY HOSE**

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