For The Pantry Pride Woman . . .

Pantry Pride

Basic Bargains

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

Come In And See Our Unadvertised Bargains

Unbelievable Low Prices Posted Only In The Store

Basic Bargain Coupon
SAVE 42¢
Heinz Ketchup
Rich Tomato Flavor 14-oz. bot. **9¢** LIMIT ONE 370 M38
WITHOUT COUPON ..... 51¢
REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS
THIS COUPON GOOD ONLY THRU SAT., NOV. 8, 1975. Pantry Pride

Basic Bargain Coupon
SAVE 30¢ ON TWO
Carrots
Tender 2 1-lb. bags **29¢** LIMIT TWO 374
WITHOUT COUPON .. 2 for 59¢
REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS
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Basic Bargain Coupon
SAVE 31¢
Clorox Bleach
5¢ Off Label gallon jug **39¢** LIMIT ONE 371 M31
WITHOUT COUPON ..... 70¢
REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS
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CONSUMER CORNER

NO ONE FOOD IS PERFECT

There is no such thing as a perfect food. That's one reason eating a variety of foods is vital. Vitamin pills and cereals fortified to read like pills may be useful. They are not substitutes for a balanced and varied diet which reduces the risk of deficiency of known as well as unknown nutrients.

Just as there is no perfect food, there is no perfect label. Nutrient labeling is a good but very abbreviated source of facts. I'm proud of our progress in getting those facts on the label but the handful of key nutrients listed there don't tell the whole story. More than 40 micro-nutrients are known to be vital to life and the eventual number may bew higher. Those 100% of everything' cereals only have 100% of what's on the list. They are not substitutes for a well balanced meal or a variety of foods. They don't justify a whole lot of extra expense either.

Mona Doyle
Director of Consumer Affairs

BARGAINS IN PRODUCE

Florida 100 Size **Oranges** 20 for **$1.00**

Crisp **Red Courtland Apples** .. 4 lb. bag **59¢**
Lincoln **Apple Drinks** · Apple · Apple Apricot · Apple Pineapple .... 46-oz bot **79¢**
Florida White Seedless **Grapefruit** 36 Size .....8 for $1.00
U.S. No. 1 Russett **Baking Potatoes** ..... 5 lb. bag **79¢**

BARGAINS IN DAIRY

Kraft Velveeta Cheese
SAVE 20¢ 2-lb. loaf **$1.69**
SAVE 10¢ Minute Maid **Orange Juice** ..... ½-gal ctn **79¢**
SAVE 6¢ Ballard Sweetmilk **Biscuits** ..... 4 8-oz cans **53¢**

BARGAINS IN GROCERY

Maxwell House Instant Coffee SAVE 30¢ 10-oz. jar **$2.29**
Stratford Farms Grape Jelly SAVE 20¢ 24-oz. jar **59¢**
Armour Treet SAVE 10¢ 12-oz. can **89¢**

SAVE 20¢ Stratford Farms **Strawberry Preserves** Or Black Bing Cherries .. 24-oz jar **69¢**
SAVE 20¢ Pillsbury **Fudge Brownie Mix** ..... 22½-oz pkg **89¢**
SAVE 20¢ Carnation **Cocoa Mix** Regular ..... pkg. or 12-1-oz. envelopes **89¢**
SAVE 10¢ Pantry Pride Regular **Beverages** No Deposit ..... 4 28-oz bots. **$1.00**
SAVE 19¢ Contadina **Tomato Paste** ..... 2 12-oz cans **79¢**
SAVE 17¢ Ring O'Noodle **Lipton Soup** ..... 2 pkgs of 2 **89¢**
SAVE 30¢ Purina **Puppy Chow** ..... 25 lb. bag **$6.99**
SAVE 20¢ Kwik Make Frozen **Pancake Mix** · Blueberry · Reg · Buttermilk ..... 16-oz pkg **49¢**

Fab Detergent 60¢ Off Label 171-oz. box **$3.99**
5¢ Off Label **Tide Detergent** SAVE 10¢ 20-oz box **49¢**

Pie Crust Mix Flako SAVE 12¢ 3 10-oz. pkgs. **$1.00**
Cookies Burry, Gaucho, Fudgetown Fuhlile, Fudgetown Chocolate SAVE 40¢ 13½-oz. pkg. **69¢**
Hawaiian Punch Fruit Juicy Red SAVE 10¢ 64-oz bot **79¢**

SAVE 20¢ **Pancake Syrup** Happy Jack ..... 24-oz bot **79¢**
SAVE 10¢ **Cookie Mixes** Nestle, Sugar or Chocolate Chip ..... 10-oz pkg **69¢**
SAVE 21¢ Banquet **Dinners** Frozen · Turkey · Salisbury Steak · Chopped Beef Meat Loaf · Chicken 2 11-oz pkgs **89¢**
Dial Gold Family Size Soap 5¢ OFF LABEL ... 7-oz bar **43¢**
Camay Bath Size Soap ..... 2 5-oz bars **63¢**
Yardley Oatmeal Soap ..... 4¼-oz bars **39¢**

BARGAINS IN DELI

Midget Salami Pantry Pride All Beef
SAVE 20¢ 12-oz. pkg. **99¢**
SAVE 10¢ Pantry Pride Sliced **Pork Roll** ..... 6-oz pkg **69¢**
SAVE 20¢ Oscar Mayer Sliced **Variety Pack** .... 12-oz pack **$1.59**

BARGAINS IN APPETIZER

SLICED TO ORDER AT STORES WITH APPETIZER DEPT.

Domestic **Swiss Cheese**
SAVE 29¢ ½-lb **89¢**
SAVE 21¢ Domestic **Boiled Ham** ..... ½-lb. **$1.09**
SAVE 8¢ Fresh **Salads** Potato or Cole Slaw ..... lb **49¢**

BARGAINS IN BAKERY

Pantry Pride Sliced **White Bread** .. 3 22-oz loaves **$1.00**
Peach or **Cherry Pie** Pantry Pride .... 22-oz pkg **79¢**

in basic foods

Pantry Pride

The Pantry Pride Woman Is Serious About Savings

She Plans Her Shopping Carefully. Takes Advantage of Our Bargains & Shops For Quality As Well As For Price. She Likes our Basic Bargain Coupons.

Basic Bargain Coupon
SAVE 90¢
Abbotts Ice Cream Assorted Flavors ½-gal. square ctn. **69¢** LIMIT ONE 373 M36
WITHOUT COUPON $1.59
REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS
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Basic Bargain Coupon
SAVE 40¢
Sliced Bologna Pantry Pride Meat Or Beef 1-lb. pkg. **79¢** LIMIT ONE 375 M40
WITHOUT COUPON $1.19
REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS
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Basic Bargain Coupon
SAVE 40¢
Crisco Shortening 3-lb. can **$1.49** LIMIT ONE 372 M39
WITHOUT COUPON $1.89
REDEEM THIS COUPON WITH ADDITIONAL PURCHASE OF $10.00 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS
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PRICES EFFECTIVE THRU SAT., NOV. 8, 1975. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

BARGAINS IN MEAT

Mash's Ham Fully Cooked Shank Portion lb. **99¢** Rump Portion lb. **$1.09**

Pantry Pride **Beef Patties** ..... 2½-lb. bag **$2.69**
Whole 3-lb. Pkg. & Over Fresh **Chicken Legs** ..... lb **79¢**
Whole 3-lb. Pkg. & Over Fresh **Chicken Breasts** ..... lb **89¢**
U.S. Gov't. Inspt. Corn Fed Beef **Eye Round Roast** .... lb **$1.99**
U.S. Gov't. Inspt. Corn Fed Beef Bottom Boneless **Round Roast** ..... lb **$1.49**
U.S. Gov't Inspt. Corn Fed Beef Bottom **Round Steak** ..... lb **$1.59**

Rib Roast U.S. Gov't. Insp. Corn Fed Beef Short Cut Large End lb. **$1.39**

New Zealand Lamb Sale!
Lamb Roast Genuine Spring Frozen New Zealand Whole Shoulder lb **69¢**

U.S. Gov't. Insp. Corn Fed **Beef Rib Roast** Short Cut Small End ... lb. **$1.69**
Fancy Pork **Spare Ribs** Over 3-lb. Average ..... lb. **$1.19**
Fyne Taste **Sliced Bacon** ..... 1-lb. pkg. **$1.39**
Mash's Beef **Corned Rounds** ..... lb **$1.19**
Genuine Spring — New Zealand Frozen **Lamb Roast** Sliced Shoulder ..... lb **79¢**
Genuine Spring New Zealand — Frozen **Leg O' Lamb Roast** whole 5 to 6-lbs. Avg. ..... lb **$1.29**
Genuine Spring New Zealand — Frozen **Leg O' Lamb Roast** Shank Half lb. **$1.39**
Genuine Spring Frozen New Zealand Shoulder **Blade Cut Chops** ..... lb. **$1.09**

3 stores open 24 hours

From Mon. 8 a.m. thru Sat. 11 p.m. Sun. 9 a.m. til 5 p.m.
· 7848 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, EUDOWOOD, HILLENDALE, TOWSON PLAZA, SEVERNA PARK, WESTMINSTER, FREDERICK, HAGERSTOWN & SALISBURY.

most stores open 9 a.m. til 10 p.m. Mon.–Sat. check your local store for store hours.

Anchor Hocking Monogrammed **Crystal Glassware** 11½-oz. Beverage Tumbler **49¢**

SAVE 10¢ CASH — PANTRY PRIDE **Keebler Club** Crackers 1-lb box **67¢** 456 BV10
WITHOUT COUPON 77¢
WITH THIS COUPON ONLY EFFECTIVE THRU SAT., NOV. 8, 1975. LIMIT ONE COUPON. Pantry Pride

SAVE 10¢ CASH — PANTRY PRIDE **Hurst Beans** Great Northern 20-oz pkg **77¢** 405 M10
WITHOUT COUPON 87¢
WITH THIS COUPON ONLY EFFECTIVE THRU SAT., NOV. 8, 1975. LIMIT ONE COUPON. Pantry Pride

SAVE 35¢ CASH — PANTRY PRIDE **Monster Vitamins** Regular bot. of 60 **99¢** 458 BV35
WITHOUT COUPON $1.34
WITH THIS COUPON ONLY EFFECTIVE THRU SAT., NOV. 8, 1975. LIMIT ONE COUPON. Pantry Pride

SAVE 10¢ CASH — PANTRY PRIDE **Olive Oil** Pompeian 8-oz bot. **99¢** 406 M15
WITHOUT COUPON $1.09
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SAVE 35¢ CASH — PANTRY PRIDE **Monster Vitamins** With Iron bot. of 60 **$1.29** 460 BV35
WITHOUT COUPON $1.64
WITH THIS COUPON ONLY EFFECTIVE THRU SAT., NOV. 8, 1975. LIMIT ONE COUPON. Pantry Pride

SAVE 30¢ CASH — PANTRY PRIDE **Cling Free** Fabric Softner 13-oz bot. **$1.89** 457 BV36
WITHOUT COUPON $2.19
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BARGAINS IN HEALTH & BEAUTY

Reg. or Mint Toothpaste **Crest** 7-oz tube **99¢**
SAVE 30¢ **Breck Shampoo** Oily · Dry · Normal ..... 15-oz. btl **$1.19**
SAVE 30¢ **Breck Cream Rinse** Regular or Extra Body ... 15-oz bot **$1.19**
SAVE 26¢ **Breck Hair Spray** Reg. Or Hard to Hold ..... 11-oz can **79¢**
SAVE 10¢ **Ultra Ban "5000"** Bonus Spray Can Reg. Or Unscented .... 7-oz can **99¢**

BARGAINS IN SEAFOOD

Fresh Spots Jumbo Norfolk lb. **49¢**
Fresh Steakfish Genuine Sliced Hake ..... lb **59¢**
Cooked Shrimp Jumbo Frozen (In The Shell) 1-lb bag **$1.89**

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

8 NOV 8