Pantry Pride

Your Basic Bargain Store

To Honor Our Founder We've Marked

Save $5.36 With Coupons On These 2 Pages Super

REDEEM 1 OR ALL 8 SUPER BASIC BARGAIN COUPONS WITH ADDITIONAL PURCHASE OF $10.00 OR MORE.

Down Prices Through The Store!

Basic Bargains

Pantry Pride

DON'T FORGET TO PICK UP OUR FANTASTIC IN-STORE CIRCULAR EVERY WEEK FOR ADDED UNADVERTISED BARGAINS AT THE STORE.

Super Basic Bargain Coupon 26¢ PRICE REDUCTION
Yellow Cling **Peaches** Fyne Taste Sliced 1-lb 13-oz. can **19¢**
WITHOUT COUPON ..... 45¢
LIMIT ONE COUPON PER SHOPPING FAMILY. REDEEM WITH ADDED PURCHASE OF $10.00 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS
THIS COUPON GOOD ONLY THRU SAT. FEB 28, 1976 Pantry Pride

Super Basic Bargain Coupon 26¢ PRICE REDUCTION
Clorox Bleach gal. ctn. **49¢**
WITHOUT COUPON ..... 75¢
LIMIT ONE COUPON PER SHOPPING FAMILY. REDEEM WITH ADDED PURCHASE OF $10.00 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS
THIS COUPON GOOD ONLY THRU SAT. FEB 28, 1976 Pantry Pride

Super Basic Bargain Coupon 36¢ PRICE REDUCTION
Potato Chips Pantry Pride 14-oz. bag **59¢**
WITHOUT COUPON ..... 95¢
LIMIT ONE COUPON PER SHOPPING FAMILY. REDEEM WITH ADDED PURCHASE OF $10.00 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS
THIS COUPON GOOD ONLY THRU SAT. FEB 28, 1976 Pantry Pride

Super Basic Bargain Coupon 29¢ PRICE REDUCTION
Florida Valencia **Oranges** 5-lb bag **69¢**
WITHOUT COUPON ..... 98¢
LIMIT ONE COUPON PER SHOPPING FAMILY. REDEEM WITH ADDED PURCHASE OF $10.00 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS
THIS COUPON GOOD ONLY THRU SAT. FEB 28, 1976 Pantry Pride

Super Basic Bargain Coupon 44¢ PRICE REDUCTION
Pantry Pride **Sugar** 5-lb. bag **75¢**
WITHOUT COUPON $1.19
LIMIT ONE COUPON PER SHOPPING FAMILY. REDEEM WITH ADDED PURCHASE OF $10.00 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS
THIS COUPON GOOD ONLY THRU SAT. FEB 28, 1976 Pantry Pride

Super Basic Bargain Coupon 60¢ PRICE REDUCTION
Pepsi Cola 6 16-oz. N.R. bots. **89¢**
WITHOUT COUPON ..... 6 for $1.49
not available in Dover and Salisbury
LIMIT ONE COUPON PER SHOPPING FAMILY. REDEEM WITH ADDED PURCHASE OF $10.00 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS
THIS COUPON GOOD ONLY THRU SAT. FEB 28, 1976 Pantry Pride

Super Basic Bargain Coupon 40¢ PRICE REDUCTION
Fresh Milk Pantry Pride Homogenized Vitamin D Twin Pack of 2 Half Gal. Ctns. (Full Gallon) **$1.19**
WITHOUT COUPON $1.59
LIMIT ONE COUPON PER SHOPPING FAMILY. REDEEM WITH ADDED PURCHASE OF $10.00 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS
THIS COUPON GOOD ONLY THRU SAT. FEB 28, 1976 Pantry Pride

Super Basic Bargain Coupon $1.00 PRICE REDUCTION
On Any 3-Lb. and over **Cooked Canned Ham**
LIMIT ONE COUPON PER SHOPPING FAMILY. REDEEM WITH ADDED PURCHASE OF $10.00 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS
THIS COUPON GOOD ONLY THRU SAT. Feb 28, 1976 Pantry Pride

PRICES EFFECTIVE THRU SAT., FEB. 28, 1976.
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

BARGAINS IN PRODUCE

Cucumbers, Peppers Radishes or Scallions Your Choice **5 for $1.00**

FRESH FAMILY PACKS
- Valencia Oranges Florida 100 Size . 24 in a Vexar bag $1.39
- Grapefruit White 48 Size Florida Seedless . . . . . 14 in a Vexar bag $1.49
- 113 Size Apples Red Delicious Washington State 16 in a Vexar bag $1.89

Sunkist Navels California Large 88 Size Pick Your Own **12 for $1.00**

Pascal Celery Extra Large Crisp Tender stalk **39¢**

Strawberries Fresh **2 pints $1.00**

Yellow Onions U.S. No. 1 Bulk Only Pick Your Own **5 lbs. 85¢**
- Large Firm **Slicing Tomatoes** Pick Your Own . . . . 2 lbs. 79¢
- Pick Your Own (Bulk Only) U.S. No 1 **Maine Potatoes** . . . . . 8 lbs $1.00
- Tender **Crisp Carrots** . . . . . 5 1-lb bags $1.00

BARGAINS IN BAKERY
- Blueberry or **Peach Pie** Pantry Pride . . . . 22-oz. pkg. **79¢**
- SAVE 6¢ **Fresh Donuts** Pantry Pride All Varieties . . 2 10-oz pkgs 99¢
- SAVE 6¢ **Chocolate Donuts** Pantry Pride 6-oz. pkg. 49¢
- SAVE 25¢ Brown n' Serve **Rolls** Gem · Clover · Twin 2 11-oz pkgs 89¢

BARGAINS IN DAIRY
- Kraft American Cheese Food **Slices** Individually Wrapped 12-oz. pkg. SAVE 26¢ **99¢**
- SAVE 20¢ Kraft Sliced **Swiss Cheese** 8-oz pkg 89¢
- SAVE 6¢ Seatest Cottage **Cheese** Large, Small, Curd, Or Tangy 12-oz cup 59¢
- SAVE 10¢ Weight Watchers Soft **Margarine** 2 8-oz cups 49¢

BARGAINS IN DELI
- Fyne Taste **Franks** SAVE 26¢ 2-lb. pkg. **$1.49**
- Pantry Pride (All Varieties) Thin **Sliced Meats** . . . 2 3-oz pkgs 79¢
- **Smithfield Bacon** SAVE 20¢ 1-lb pkg **$1.59**

BARGAINS IN APPETIZER
- **Bologna** Large Sandwich Sliced SAVE 39¢ lb. **99¢**
- Spiced **Lunch Meat** . . . . . ½ lb. 79¢
- Delicious **American Cheese** . ½ lb. 79¢

SLICED TO ORDER AT STORES WITH APPETIZER DEPT.

BARGAINS IN SEAFOOD
- **Fresh Croakers** Cleaned At No Extra Charge lb. **39¢**
- Cleaned At No Extra Charge **Fresh Sea Trout** . . lb 45¢
- Frozen-Skinless-Boneless **Turbot Fillet** . . . . . lb 99¢

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

HEALTH & BEAUTY AIDS
- **Tooth Brushes** Pepsodent Asst. Textures SAVE 16¢ each **39¢**
- SAVE 20¢ Baby **Talcum** Johnson & Johnson . . 14-oz ctn 99¢
- SAVE 20¢ Hair Color Shampoo **Nice & Easy** . pkg $1.79
- SAVE 20¢ Baby **Shampoo** Pantry Pride . 16-oz bot 59¢
- SAVE 28¢ Tablets **Excederin** bot. of 100 $1.17
- SAVE 20¢ Johnson & Johnson **Baby Oil** . . . . 4-oz bot 69¢

BARGAINS IN FROZEN FOOD
- **Meat Pies** Pantry Pride Beef, Chicken, or Turkey Frozen SAVE 11¢ 4 8-oz pkgs **89¢**
- SAVE 28¢ Snow Crop Frozen **Orange Juice** 3 6-oz cans 79¢
- SAVE 9¢ Pet Ritz Frozen **Pie Shells** . . 2 pkgs of 2 89¢
- SAVE 25¢ Pantry Pride French Or Cut Green Frozen **Beans** 4 9-oz pkgs $1.00
- SAVE 25¢ Pantry Pride FROZEN **Corn** . . . . 4 10-oz pkgs $1.00
- SAVE 20¢ Pantry Pride FROZEN **Peas** . . . . 4 10-oz pkgs $1.00

BARGAINS IN GROCERY
- **Purina Cat Food** Variety Menu SAVE 21¢ 4 6½-oz cans **89¢**
- Kraft **Macaroni Dinner** SAVE 21¢ **4 7¼-oz. pkgs. $1.00**
- **Cake Mixes** Washington · Yellow · Devils Food · Ginger bread · Fudge Brownie **4 pkgs. $1.00** SAVE 18¢
- Franco American **Raviolio's** . 2 15-oz cans 89¢
- SAVE 10¢ Lemon Or Clear Liquid Detergent **Octagon** . . . . 48-oz bot 89¢
- SAVE 4¢ Pantry Pride Chocolate Devils Food & Banana **Marshmallow Pies** 14-oz pkg 65¢
- SAVE 20¢ Vlasic Kosher Spear **Pickles** . . . . . 24-oz jar 69¢
- SAVE 12¢ Pantry Pride All Flavors **Sodas** . . 4 28-oz bots $1.00

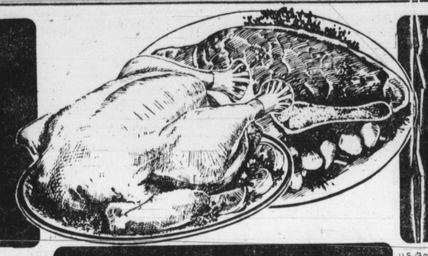
PANTRY PRIDE — 10¢ CASH REBATE — **Bake It Easy Rice** (Beef Or Chicken) 4¼-oz pkg **49¢** 453
WITHOUT COUPON ..... 59¢
WITH THIS COUPON ONLY. EFFECTIVE THRU SAT FEB 28 1976
LIMIT ONE COUPON — Pantry Pride

PANTRY PRIDE — 20¢ CASH REBATE — **Easy On Speed Starch** Lemon 22-oz can **63¢** 451 BV20
WITHOUT COUPON ..... 83¢
WITH THIS COUPON ONLY. EFFECTIVE THRU SAT FEB 28 1976
LIMIT ONE COUPON — Pantry Pride

10¢ PRICE REDUCTION Kidney Dinner **Kal Kan** 2 14-oz cans **63¢** 402 M10
WITHOUT COUPON . . 2 for 73¢
WITH THIS COUPON ONLY. EFFECTIVE THRU SAT FEB 28 1976
LIMIT ONE COUPON — Pantry Pride

10¢ PRICE REDUCTION Pompeian **Olive Oil** 8-oz bot **99¢** 401 M10
WITHOUT COUPON $1.09
WITH THIS COUPON ONLY. EFFECTIVE THRU SAT FEB 28 1976
LIMIT ONE COUPON — Pantry Pride

Round Roast
U.S. Gov't. Inspt. Corn Fed Beef **Boneless Bottom** As Featured On T.V.! **$1.38** lb.



Top Sirloin Steak
U.S. Gov't. Inspt. Corn Fed Beef Loin **$1.39** lb.

- U.S. Gov't. Inspt. Corn Fed Beef Chuck **Boneless Cross Rib Roast** . . . . $1.38 lb
- U.S. Gov't. Inspt. Corn Fed Beef Whole **Boneless Fresh Brisket** . . . . . $1.19 lb
- U.S. Gov't. Inspt. Corn Fed Beef California **Chuck Pot Roast** Under Blade . . . . . $1.19 lb
- U.S. Gov't. Inspt. Beef **Boneless Rib Eye Steak** . . . . . $2.39 lb
- Pantry Pride **Great Ground** 75% Ground Beef & 25% Hydrated Veg. Protein, 3-lb. Pkg. & Over . . . . 69¢ lb
- 3-lb. Pkg. & Over **Lean Ground Chuck** . . . . . 99¢ lb
- Beef **Corned Brisket** Kings Treat . . . . . $1.39 lb

Young Turkeys
U.S.D.A. Grade "A" 7 to 14 lb. Avg. As Featured On T.V! **48¢** lb. SAVE 17¢

- U.S. Gov't. Inspt. Corn Fed Beef Round **Boneless Rump Roast** . . . . . $1.69 lb
- U.S. Gov't. Inspt. Corn Fed Beef **Eye Round Roast** . . . . . $1.89 lb
- Sliced **Beef Liver** Skin Removed & Partially Deveined . . . . . 49¢ lb
- SAVE 20¢ Tender Pork **Fyne Taste Sliced Bacon** . $1.19
- Quarter red Loin **Assorted Pork Chops** $1.19
- Over 3-lb. Avg **Pork Spare Ribs** $1.19
- Swift's Premium Breakfast Shopper Special **Brown 'N Serve Sausage** . . . . . 8-oz pkg 99¢

Lamb Roast
Genuine Spring New Zealand Frozen **Shoulder** Whole lb. **79¢** Sliced lb. 89¢

Fresh Picnic
Whole Arm Pork Shoulder SAVE 20¢ lb. **79¢**

Fresh Lots O' Chicken
Contains: · 3 Leg Qtrs. · 3 Wings · 3 Breast Qtrs. · 3 Giblet Pkgs. **45¢** lb.

Veal Roast
Milk Fed Leg or Rump SAVE 20¢ lb. **$1.39**

- Genuine Spring New Zealand Frozen **Leg O' Lamb Roast** Whole $1.29 lb Shank Half $1.39
- Pork Meat **Gwaltney Sausage Meat** . . . . . 1-lb roll 89¢
- SAVE 17¢ Farmer Gray With Pop-Up Timer **Self-Basting Turkey** 10-14 lbs Avg . lb 58¢
- Frozen Frying **Chicken Livers** Sold in 5-Lb. Box . . . . . lb 49¢
- Greendell Frozen **Breaded Veal Steaks** . . . . . lb $1.09
- Greendell Frozen **Chuckwagon Steaks** . . . . . lb $1.09
- Greendell Frozen **Cubed Beef Steaks** . . . . . lb $1.19
- Greendell Frozen **Cubed Veal Steaks** . . . . . lb $1.29
- SAVE 30¢ Milk Fed Whole Or Half **Breast O' Veal** . . . . . 89¢
- SAVE 30¢ Milk Fed Blade Cut **Shoulder Veal Chops** . . . $1.39
- SAVE 100¢ Milk Fed **Tender Veal Cutlets** $2.99
- SAVE 100¢ Milk Fed **Veal Chops** . . Rib lb $1.59 Loin lb $1.79

Wesson Oil SAVE 10¢ 24-oz. bot. **89¢**

Ice Cream Novelties Abbotts Strawberry Shortcake Bar or Choc Malt N' Fudge SAVE 36¢ pkg. **99¢**

Creamora Bordens SAVE 26¢ 16-oz. jar **99¢**

Hawaiian Punch Low Sugar SAVE 18¢ **2 46-oz. cans $1.00**

- SAVE 17¢ Pantry Pride Stewed **Tomatoes** 3 16-oz cans $1.00
- SAVE 20¢ Pantry Pride **Peanut Butter** 48-oz jar $1.89
- SAVE 8¢ Jello Instant Pistachio **Pudding** Watergate Cake Pineapple In Store 2 3½-oz pkgs 49¢
- Chicken Noodle **Wylers Soup** . . . . . 4-oz pkg 43¢
- Wylers **Onion Soup** . . . . . 2-oz pkg 43¢

Chock Full O' Nuts **Coffee** SAVE 30¢ 1-lb. can **$1.59**

PANTRY PRIDE — 25¢ CASH REBATE — **Staley Syrup** 36-oz bot **$1.34** 434 BV25
WITHOUT COUPON $1.59
WITH THIS COUPON ONLY. EFFECTIVE THRU SAT FEB 28 1976
LIMIT ONE COUPON — Pantry Pride

$1.00 PRICE REDUCTION Fireplace Logs Case Of 6 1 Hour **$4.34** 403
WITHOUT COUPON $5.34
WITH THIS COUPON ONLY. EFFECTIVE THRU SAT FEB 28 1976
LIMIT ONE COUPON — Pantry Pride

Egg Prices Reduced!

CONSUMER CORNER

GETTING USED TO METRICS

Metric measures are slowly but surely coming into our consumer lives and some people are nervous about their ability to adapt.

Relax! Those of us who food shop will do most of our learning easily and gradually in the supermarket. Five or ten years hence, when our shopping lives will be based on 10's and so much easier, we'll wonder how we ever managed to deal with 16's (ounces), 12's (inches) and 4's (quarts).

Weights are already being shown in ounces and grams on Pantry Pride labels. That's unused background information now but it will help us adapt to the metric vocabulary. A good way to begin really thinking metric is your own weight. A kilogram (2.204 pounds) divide your pounds by 2.2 and feel lighter. If you weigh 132, think of yourself as weighing 60 kilos instead, and perhaps of how much better you might look at only 59.

Mona Doyle, Director of Consumer Affairs