Pantry Pride

For The Pantry Pride Woman . . .

Basic Bargains

Don't Forget to Pick Up Our Fantastic In-Store Circular Every Week for Added Unadvertised Bargains Only in the Store!

REDEEM ONE OR ALL FOUR BASIC BARGAIN COUPONS WITH AN ADDITIONAL PURCHASE OF $7.50 OR MORE.

in Basic Foods

SAVE $3.52 WITH COUPONS in THESE 2 PAGES

Pantry Pride

The Pantry Pride Woman Is Serious About Savings!

She plans her shopping carefully, takes advantage of specials and shops for quality as well as for price. She likes our Basic Bargains!

BASIC BARGAIN COUPONS EFFECTIVE FROM SUN., MARCH 14, THRU SAT., MARCH 20, 1976.

Basic Bargain Coupon — **70¢ PRICE REDUCTION**

Pantry Pride **Beef Patties** 2½-lb. bag **$1.99**

WITHOUT COUPON . . . $2.69

LIMIT ONE COUPON PER SHOPPING FAMILY. REDEEM WITH AN ADDITIONAL PURCHASE OF $7.50 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS.

378 Pantry Pride

THIS COUPON GOOD FROM MARCH 14th THRU MARCH 20th 1976

Basic Bargain Coupon — **30¢ PRICE REDUCTION**

Duncan Hines **Cake Mixes** All Layer Varieties 18½-oz. box **39¢**

WITHOUT COUPON . . . 69¢

LIMIT ONE COUPON PER SHOPPING FAMILY. REDEEM WITH AN ADDITIONAL PURCHASE OF $7.50 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS.

377 Pantry Pride

THIS COUPON GOOD FROM MARCH 14th THRU MARCH 20 1976

Basic Bargain Coupon — **34¢ PRICE REDUCTION**

Tomato Juice Libby's 46-oz. can **29¢**

WITHOUT COUPON . . . 63¢

LIMIT ONE COUPON PER SHOPPING FAMILY. REDEEM WITH AN ADDITIONAL PURCHASE OF $7.50 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS.

376 M34 Pantry Pride

THIS COUPON GOOD FROM MARCH 14 THRU MARCH 20, 1976.

Basic Bargain Coupon — **25¢ PRICE REDUCTION ON TWO**

Jello Gelatin Assorted Flavors 3-oz. pkg. **9¢** LIMIT TWO

WITHOUT COUPON . . . . . 2 For 43¢

LIMIT ONE COUPON PER SHOPPING FAMILY. REDEEM WITH AN ADDITIONAL PURCHASE OF $7.50 OR MORE EXCLUDING CIGARETTES & MILK PRODUCTS.

175 M25 Pantry Pride

THIS COUPON GOOD FROM MARCH 14 THRU MARCH 20, 1976.

Prices Effective Thru Saturday, March 20th, 1976. We Reserve The Right To Limit Quantities.

BARGAINS IN PRODUCE

Yellow Onions U.S. No. 1 Bulk Only Pick Your Own 5-lbs. **59¢**

Strawberries Fresh — Florida pint **59¢**

Navel Oranges Sunkist California Seedless Large 88 Size Pick Your Own 12 for **$1.00** Extra Large 36 Size 72 for $1.00

Cabbage A Great St. Patrick's Day Treat New Tender Pick Your Own lb. **9¢**

Carrots Crisp Sweet 4 1-lb. bags **99¢**

BARGAINS IN BAKERY

Cherry Grill or **Peach Pie** SAVE 30¢ Pantry Pride 22-oz. pkg. **79¢**

SAVE 6¢ Pantry Pride All Varieties **Fresh Donuts** . . . . 10-oz. bag **59¢**

Pantry Pride Hot Dog Or **Hamburger Rolls** . . . . . 10-oz. pkg. **39¢**

"CATCH OF THE SEA" LENTEN VALUES

Fresh Bluefish Cleaned or Filleted At No Extra Charge lb. **59¢**

Fish Sticks Sea Star Icelandic Frozen 1-lb. pkg. **79¢** 2-lb. pkg. $1.55

Breaded Shrimp El Dorado Frozen Heat & Serve Mini Round 1-lb. pkg. **$1.69**

Freshly Opened Saltwater **Oysters** 8-oz. Standard **$1.29** 8-oz. Select **$1.39**

Crab & Shrimp Wakefield Frozen Cooked Ready To Eat Alaska 6-oz. pkg. **$1.59**

Fresh Fish Prices Do Not Apply In Our Liberty Court Seafood Dept. Where Fresh Fish Are Cleaned, Packaged & Dated Daily.

BARGAINS IN DELI

Esskay Franks All Varieties SAVE 20¢ 1-lb. pkg. **$1.09**

SAVE 30¢ Smithfield **Sliced Bacon** . . . 1-lb. pkg. **$1.49**

Pantry Pride Thin **Sliced Meats** . . . 2 3-oz. pkgs. **79¢**

BARGAINS IN APPETIZER

Freshly Sliced To Your Order At Stores With Appetizer Dept.

Turkey Roll White Meat SAVE 27¢ ½-lb. **99¢**

SAVE 9¢ Deluxe **Esskay Loaf** ½-lb **89¢**

SAVE 19¢ Domestic **Swiss Cheese** ½-lb **99¢**

BARGAINS IN DAIRY

Margarine Pantry Pride In Quarters SAVE 13¢ 3-lbs. **$1.00**

SAVE 6¢ Ballard Sweetmilk **Biscuits** . . . 4 8-oz. cans **53¢**

SAVE 10¢ Tropicana **Orange Juice** ½-gal. ctn **79¢**

SAVE 8¢ 1% Low Fat **Les Cal Milk** ½-gal. ctn **69¢**

BARGAINS IN HEALTH & BEAUTY AIDS

Secret Deodorant Roll-On SAVE 40¢ 3-oz. btl. **$1.39**

Prell Shampoo • Concentrate 7-oz. tube • Liquid 16-oz. bot SAVE 60¢ each **$1.59**

Secret Deodorant 12-oz. Spray Or 13 oz. Anti-perspirant Spray SAVE 50¢ each **$1.69**

BARGAINS IN FROZEN FOODS

Banquet Dinners Frozen • Salisbury • Chopped Beef • Meat Loaf 2 11-oz. pkgs. **85¢**

SAVE 20¢ Chef Boy-Ar-Dee Frozen **Cheese Pizza** 13-oz pkg **89¢**

SAVE 30¢ Rich's Frozen **Bread Dough** 1-lb. pkg **$1.29**

Rich's Frozen **Coffee Rich** . . . . qt. cont. **49¢**

SAVE 20¢ Pantry Pride Chopped or Leaf **Spinach** 6 10-oz. pkgs **$1.00**

Potato Chips Pantry Pride SAVE 20¢ 16-oz. box **99¢**

Joy Liquid Detergent SAVE 34¢ 32-oz. bot. **99¢**

SAVE 6¢ Pampers Overnight Disposable **Diapers** . . . box of 12 **$1.19**

SAVE 60¢ Liquid Detergent **Wisk** . . . . . gallon ctn **$4.69**

SAVE 30¢ Detergent 30¢ Off Label **All Condensed** . . 8-lb. 13-oz. box **$3.69**

67¢ PRICE REDUCTION

Westinghouse T-Bulbs 3-Way Light Bulbs 50-100-150 Watts each **49¢**

WITHOUT COUPON $1.16

WITH THIS COUPON ONLY EFFECTIVE FROM MON. MAR 15 THRU SAT. MAR 20 1976

LIMIT ONE COUPON

406 M26 Pantry Pride

PANTRY PRIDE — 8¢ CASH REBATE — **Total Cereal** 8-oz. box **57¢**

WITHOUT COUPON . . . . . 65¢

WITH THIS COUPON ONLY EFFECTIVE FROM MON. MAR 15 THRU SAT. MAR 20 1976

LIMIT ONE COUPON

451 BV40 Pantry Pride

PANTRY PRIDE — 40¢ CASH REBATE — **Flintstone Vitamins** Regular or W/Iron bot. of 60 **$1.59**

WITHOUT COUPON $1.99

WITH THIS COUPON ONLY EFFECTIVE FROM MON. MAR 15 THRU SAT. MAR 20 1976

LIMIT ONE COUPON

455 BV40 Pantry Pride

PANTRY PRIDE — 20¢ CASH REBATE — **Right Guard** Gillette Deodorant 7-oz. can **99¢**

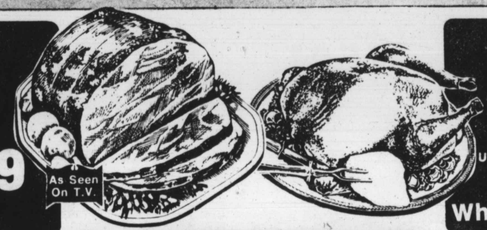
WITHOUT COUPON $1.19

WITH THIS COUPON ONLY EFFECTIVE FROM MON. MAR 15 THRU SAT. MAR 20 1976

LIMIT ONE COUPON

456 BV20 Pantry Pride

Round Roast Boneless Bottom U.S. Gov't. Inspt. Corn Fed Beef lb. **$1.29**



As Seen On T.V.

Fresh Fryers U.S. Gov't. Inspt. Whole lb. **45¢** Cut-Up lb. **49¢**

Beef Rib Roast U.S. Gov't. Insp. Corn Fed Oven Ready Large End lb. **$1.09** Oven Ready Small End lb. **$1.39**

Kings Treat **Corned Beef Brisket** . . . . . lb. **$1.19**

U.S. Gov't. Insp. Corn Fed (Rib Eye Steaks lb. $2.39) **Beef Rib Eye Roast** . . . . . lb. **$2.29**

Pantry Pride Oven Stuffer **Roasting Chicken** 4½ lbs. and Up . . . . . lb. **79¢**

U.S. Gov't. Insp. Corn Fed Beef **Boneless Rump Roast** **$1.59**

Top Sirloin Steak As Seen On T.V. U.S. Gov't. Inspected Corn Fed Beef lb. **$1.29**

Fresh Brisket Boneless U.S. Gov't. Insp. Corn Fed Beef Whole lb. **99¢**

Our Premium Brand **Farmer Gray Fryers** Whole . . . . . lb **49¢**

Quartered Loin **Assorted Pork Chops** . . . . . **99¢**

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

Hormel's **Cure "81" Ham** . . . . . lb **$2.59**

Breaded Veal Steaks Pantry Pride lb. **99¢**

Smoked Ham Fully Cooked . . Shank Portion lb. **78¢** Rump Portion lb. **88¢**

BARGAINS IN GROCERY

Strawberry Preserves SAVE 6¢ 12-oz. jar **59¢**

Mandarin Oranges Three Diamond SAVE 17¢ 3 11-oz. cans **$1.00**

Tide Detergent 10¢ Off Label SAVE 12¢ 3-lb box **$1.29**

SAVE 16¢ Pantry Pride **Fabric Softner** . . . . . gal. con **79¢**

Spaghetti Sauce Ragu • Mushroom • Plain • Marinara • Meat SAVE 20¢ 32-oz. jar **99¢**

Muellers Noodles • Wide • Medium • Fine SAVE 14¢ 1-lb. pkg. **55¢**

Sweet Relish Pantry Pride 2 16-oz. jars SAVE 18¢ **$1.00**

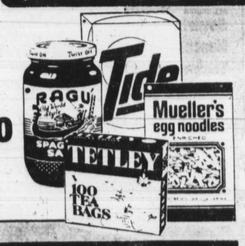
Dill Chips Pantry Pride Hamburger Pickles 2 16-oz. jars SAVE 10¢ **$1.00**

Seneca Apple Juice SAVE 20¢ 48-oz. bot. **59¢**

Pantry Pride Beverages Cola • Orange Root Beer Ginger Ale SAVE 26¢ 2 ½-gal. jugs **$1.00**

SAVE 10¢ Pantry Pride Dry Blanched **Peanuts** . . . . . 7 oz cont **79¢**

Burry Cookies **Mr. Chips** . . . . 12½-oz pkg **69¢**



CONSUMER CORNER

CHOWDER - THE 40¢ COMPLIMENT

This Quick 'N Easy Fish Chowder (Great for Lent) recipe was one of the best tasting AND cheapest main dishes discovered in our Dinner winner contest last year. Mrs. Karr's chowder is a nutrient packed cross between soup and stew that costs less than 40¢ a serving.

½ C chopped onion
½ C chopped celery
½ C chopped green pepper
2 T. Margarine
2 C. boiling water
1 package (16-oz.) frozen fish fillets cut into inch cubes
1 C. frozen mixed vegetables
½ tsp. salt
dash pepper
2 C. Milk
1 Can (8-oz.) cream
2 T. dried parsley

Saute onion, celery and pepper in margarine in 3-qt. saucepan until tender-crisp. Stir in water, fish, mixed vegetables, salt, pepper, parsley. Bring to boil. Reduce heat, cover and cook over low heat until vegetables are tender, stirring occasionally. Add remaining ingredients and heat to serving temperature.

Moira Doyle
Director of Consumer Affairs

PANTRY PRIDE — 20¢ CASH REBATE — **Fit N' Frosty** Alba 77 Chocolate Vanilla 7½-oz pkg **99¢**

WITHOUT COUPON $1.19

WITH THIS COUPON ONLY EFFECTIVE FROM MON. MAR 15 THRU SAT. MAR 20 1976

LIMIT ONE COUPON

457 BV20 Pantry Pride

PANTRY PRIDE — 12¢ CASH REBATE — **Woolite Liquid** 16-oz bot **$1.27**

WITHOUT COUPON $1.39

WITH THIS COUPON ONLY EFFECTIVE FROM MON. MAR 15 THRU SAT. MAR 20 1976

LIMIT ONE COUPON

453 BV12 Pantry Pride

10¢ PRICE REDUCTION — **Tetley Tea Bags** box of 100 **$1.43**

WITHOUT COUPON $1.53

WITH THIS COUPON ONLY EFFECTIVE FROM MON. MAR 15 THRU SAT. MAR 20 1976

LIMIT ONE COUPON

401 M26 Pantry Pride

PANTRY PRIDE — 16¢ CASH REBATE — **Maxwell House Coffee** 1-lb can **$1.59**

WITHOUT COUPON $1.75

WITH THIS COUPON ONLY EFFECTIVE FROM MON. MAR 15 THRU SAT. MAR 20 1976

LIMIT ONE COUPON

452 BV16 Pantry Pride

We Reserve The Right To Limit Quantities.

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