

**we care**



why does the fish in Cap'n John's frozen fish dinners taste fresh-cooked?

Because you cook the fish. It takes no longer than heating pre-cooked frozen fish...only 20 minutes. You see, we're sort of fanatics about fresh fish flavor. So we refuse to pre-cook the fish.

Here's what we do:

- We dip the fillet in milk batter.
- Bread it. Top it with butter.
- We blanch the peas.
- Partly cook the potatoes.
- So everything's done at once (in only 20 minutes) when you cook it.

The result. A fish dinner that tastes like the fish is fresh-cooked. It should. Because it is. One important tip. Be sure the oven is really pre-heated to 400° F. Are our Cap'n John's Frozen Fish Dinners a good reason for shopping A&P? They're one of many.

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**Fresh Produce Buys!**

NEW YORK STATE—U.S. NO. 1, 2 1/4 INCH & UP  
**Wealthy Apples** 3 lb. bag **39¢**  
Do Not Confuse With Orchard Run Apples Which Are Not Graded or Inspected!

Home Grown Prunes 2 lb. 29¢ Home Grown Tomatoes A Must for 1 lb. 19¢  
Bartlett Pears Washington State 5 for 39¢ Virginia Sweet Potatoes New Crop 2 lb. 29¢

**Jane Parker Baked Foods!**

**Rye Bread** 2 1-lb. loaves **49¢**  
Lemon Pie Jane Parker Oven-Fresh Save 10¢ 1-lb. 8-oz. pie **49¢**  
Angel Food Cake Jane Parker Save 4¢ 1-lb. 1-oz. pkg. **45¢**  
Dinner Rolls Jane Parker Bake & Serve 2 pkgs. **39¢**  
Italian Bread Jane Parker Sliced—Save 9¢ 2 1-lb. 4-oz. loaves **49¢**  
Pecan Cookies Jane Parker 14-oz. box **39¢**

**Frozen Food Variety!**

**Strawberries** 4 10-oz. pkgs. **95¢** SAVE 21¢  
A&P Grade 'A' Broccoli Spears Save 10¢ 4 10-oz. pkgs. **95¢**  
A&P Grade 'A' Brussel Sprouts Save 10¢ 3 10-oz. pkgs. **95¢**  
A&P Grade 'A' Asparagus Spears Save 10¢ 2 10-oz. pkgs. **95¢**  
A&P Grade 'A' Cauliflower Save 10¢ 4 10-oz. pkgs. **95¢**  
A&P Florida Frozen Orange Juice The Real Thing! 3 6-oz. cans **49¢**

**Dairy Foods**

Wisconsin, Nut Sweet **Swiss Cheese** Save 16¢ 1-lb. **79¢**  
Sunnybrook Medium **White Eggs** Fresh Grade 'A' Doz. **39¢**  
PASTEURIZED CREAMED—SMALL OR LARGE CURD  
**A&P Cottage Cheese** 2-lb. cup 57¢ 1-lb. cup **29¢**

**Pillsbury Best Flour** 5 lb. bag **59¢**—25 lb. bag **\$2.39**  
**Pillsbury Self-Rising Flour** 5 lb. bag **69¢**  
**Snowy Bleach** 1-lb. 8-oz. 48¢ 2-lb. 8-oz. **78¢** 3-lb. 8-oz. **\$1.18**  
**Keobler Cinnamon Crisp** 14 1/2-oz. 39¢  
**B. O. Drinks** Breakfast Cocktail All Flavors 1-qt. 14-fl. oz. can **39¢**  
**La Choy Soy Sauce** 5-oz. 23¢  
**Kleenex Towels** Designer Line pkg. of 2 rolls of 72 Sheets ea. 11 1/2" x 10 1/2" **43¢**  
**Coronet Bathroom Tissue** Decorated 2 rolls of 2 rolls of 30 Tablets **23¢**  
**Anacin** 30 Tablets **89¢**

SAVE ON A&P'S OWN HEALTH & BEAUTY AIDS!

**A&P Fluoride Toothpaste** 3.4-oz. tube **29¢**  
**A&P Cotton Swabs** pkg. of 65 **39¢**  
**Boness Shampoo** A&P's Own Liquid Shampoo 8-oz. **49¢**

**A&P Multiple Vitamins** 100 **89¢**  
**A&P Mouthwash** AND GARGLE 14-fl. oz. **49¢**  
**A&P Aspirin** 5 grain U.S.P. tablets **49¢**

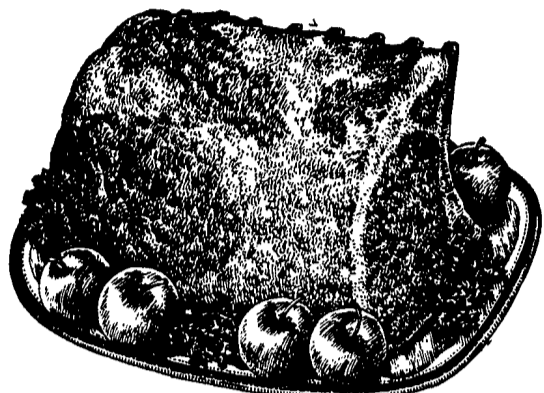
All Prices In This Ad Effective At Your A&P Food Stores Thru Sat., Sept. 16th

**Dole's Pineapple Juice** Regular 1-qt. 14-fl. oz. can **39¢**  
**Oxydol Detergent** 1-lb. 4-oz. box **39¢**  
**Scotties Facial Tissue** 2 pkgs. of 200 2-ply **49¢**  
**Magic Spray Sizing** 1-lb. 4-oz. ctn. **69¢**  
**Maxwell House Instant Coffee** 10-oz. jar **\$1.39**  
**Robin Hood Flour** 5 lb. bag **54¢**  
**Hunt's Tomato Sauce** 2 15-oz. cans **45¢**  
**Hunt's Tomato Sauce** 3 8-oz. cans **43¢**  
**Hunt's Tomato Paste** 2 6-oz. cans **29¢**  
**Scot Towels** Regular Roll pkg. of 2 Rolls of 120 Sheets ea. 9 1/2" x 11" **45¢**

Choose "Super-Right" Quality Meats!

"SUPER-RIGHT" QUALITY, U.S. GOV'T. INSPECTED

**Pork Sale!**



**7-Rib End Roast** — **49¢** lb.  
**Loin End Roast** — **63¢** lb.  
**Center Cut Roast** — **85¢** lb.  
**Rib Half Roast** — lb. **63¢**  
**Center Cut Rib Chops** — lb. **89¢**  
**Loin Half Roast** — lb. **73¢**  
**Pork Chops** Sliced, Quarter Pork Loin — lb. **69¢**

**Boneless Chuck Roast** "Super-Right" Quality U.S. Gov't. Inspected **69¢** lb.

**Braunschweiger** — **SMOKED LIVER SAUSAGE** "Super-Right" Quality By The Piece — **39¢** lb.

**3-Logged Fryers** U.S. Gov't. Inspected — lb. **37¢**  
**Sliced Bacon** All Good Brand 1-lb. **69¢**  
**Ground Chuck** 2-lb. pkg., \$1.35 Lean & Savory — lb. **69¢**  
**Beef Stewing Strips** U.S. Gov't. Inspected — lb. **89¢**  
**Banquet Meats** Boil-In-The-Bag Beef, Turkey or Chicken ala King 5-oz. bag **29¢**  
**Cap'n. John's Oyster Stew** — 9-oz. **49¢**  
**Cap'n. John's Clam Chowder** — 9-oz. **75¢**  
**Cap'n. John's Cream Shrimp Soup** — 9-oz. **69¢**  
**Haddock Dinners** Cap'n. John's — 9-oz. **49¢**  
**Ocean Perch Dinners** Cap'n. John's — 9-oz. **75¢**  
**Fresh Haddock Fillets** — lb. **69¢**  
**Fresh Shrimp** Frozen 36 to 42 Count — lb. **99¢**  
**Fresh Clams** Serve Fresh or Steamed — doz. **59¢**  
**Your Choice** 10-oz. Cans **\$1.00**

**Appetizingly-Good Groceries!**

**Iona Sweet Peas** SAVE 16¢ 6 1-lb. 1-oz. cans **89¢**

**A&P French Green Beans** SAVE 19¢ 5 1 1/2-oz. cans **89¢**

**Iona Tomatoes** Taste Satisfying SAVE 9¢ 5 1-lb. cans **89¢**

**Potato Sticks** Scudder's Shoestring 1 1/2-oz. can **10¢**

**Paper Napkins** Pert Brand Assorted Colors 13"x13" Napkins pkg. of 200 **19¢**

**Sail Detergent** Regular or Blue Compare This Price! 2-lb. 15-oz. Box **49¢**

**Salad Dressing** Sultana Brand quart jar **39¢**  
**Sultana Small Stuffed Olives** 6-oz. jar **59¢**  
**Elbow Macaroni** Ann Page Save 5¢ 2 1-lb. pkgs. **45¢**  
**Spaghetti** Ann Page Regular or Thin 2 1-lb. pkgs. **45¢**  
**Ann Page CAKE MIXES** Weights Range from 13.5-oz. to 1-lb. 4-oz. per Package 2 pkgs. **49¢**

**Our Own TEA BAGS** BUY 10¢ GET 25 FREE pkg. of 125 **\$1.09** deal pack  
**Ann Page Tomato Soup** SAVE 5¢ 8 10 1/2-oz. cans **89¢**

**Head & Shoulders**

**SHAMPOO** 4.3-oz. Tube **\$1.09** SAVE 30¢

**Scope Mouthwash**

**Secret Deodorant**

**SPRAY** 7-oz. btl. **99¢** Check & Compare

8¢ off label 12-fl. oz. btl. deal pack **90¢**

**COFFEE SALE!**

Fresh Ground For Your Coffee Maker...  
**MILD & MELLOW**  
**Eight O'Clock Coffee**  
**\$1.69** 3-lb. Bag **20¢ SAVE**

LIKE GOOD COFFEE? A&P whole bean Coffee gives you all the flavor you pay for, because it isn't ground until you buy. Only takes fifteen seconds. And you save money. You can't get that fresh-ground Coffee Mill Flavor in a can... not at any price.

Milky Way, Snicker, 3 Musketeer, M&M's, Zagnut, Clark and O'Henry Bars pkg. of 10 5¢ Bars **39¢**  
**Candy Bars** Seneca Brand 2-lb. 3-oz. **35¢**  
**Applesauce** McIntosh 13-fl. oz. cans **65¢**  
**Evaporated Milk** A&P Brand Formerly White House 4 12-fl. oz. cans **65¢**  
**Gelatin Desserts** Ann Page Regular 6-oz. pkg. **15¢**

**GET PLAID STAMPS**

GET REAL VALUES, TOO... WHEN YOU SHOP A&P!