

That, we're afraid is a myth. However, many smart people eat a lot of fish... for a couple of very healthy reasons.

Fish is very good for you. It's an excellent source of high-quality protein. Flounder, Cod, Halibut, Haddock and Ocean Perch contain less than one percent fat. Fish provides a treasure chest of minerals and vitamins.

Fish is also highly recommended for people who are watching their weight. No other food provides so much protein with so few calories, yet is so satisfying.

Your A&P features a wide variety of fish. Our own CAP'N JOHN'S line of frozen fish and fish dinners is unsurpassed for quality, flavor and value.

Join the smart people who serve fish often. The smartest of the smart serve CAP'N JOHN'S... available only at A&P.

U. S. NO.-ONE ALL PURPOSE



WESTERN RED OR GOLDEN
DELICIOUS APPLES JUICY GRAPEFRUIT

29c Lb. 2 Med. 25c

Fresh Carrots 2 Boo

15c Fresh Celery

ALL PURPOSE, GOLDEN RIPE

Lbs.

OUR OWN BRAND INSTANT

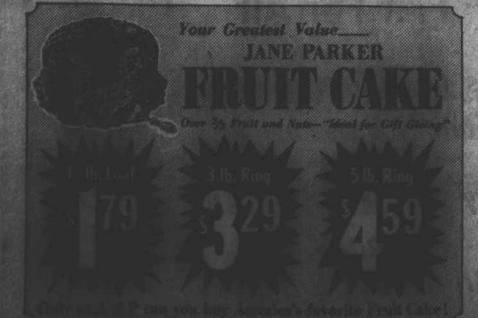
With Lemon And Sugar 24-Oz. Jar

JANE PARKER RYE, PUMPERNICKEL OR WHEAT

25-Oz. 55C

JANE PARKER CAKE 2 11-0z 49c JANE PARKER GOLDEN

Potato Chips 10.0x 45c JANE PARKER CARMEL Pecan Rolls 14-0z. 39c





DNELESS SHOULDER

STEW BEEF **ш. 75с**

SPECIAL VALUE! A&P BRAND

PACKER'S LABEL BRAND DRIED

Blackeye Peas

GOLDEN RISE BRAND

A&P'S OWN PURE

MEL - 0 - BIT PASTEURIZED, SLICED AMERICAN

Flaky Biscuits

8-Oz. Pkgs.

38-Oz, Bot,

SPECIAL LOW PRICE ON

46-Oz. Cans

DAILY DOG FOOD

49c 95c \$2.35 SHOP AHEAD FOR THE HOLIDAYS — BUY ENAMELED ROASTWELL ROASTERS 4 10 8 Lb. 89c

GE REGULAR OR WHITE 60-75 OR 100-WATT Light Bulbs eq. 25C WATCHES eq.

WATCHES eq. \$1 695 A&P PERSONAL

Welcome To

Warsaw

50th Veteran's Day Celebration

ANN PAGE EXTRACTS

DINNER PLATES



4 SOUP PLATES

