

January

ALL ITEMS ON THIS AD ON SALE AT NORTH RUSTICO



FROZEN FOOD

Carnival

DOWN GO PRICES



NEW TWIN-PACK PLAIN WHITE OR COLOURED

2 ROLLS FOR 47c

Look 'em over! Check the prices! See for yourself that the hottest values in frozen foods are at CO-OP SUPER MARKET! Not just a few specials—buy many of your favorite frozen foods which are sale-priced 'way down low to give you SUPER BUYS in super-good eating. Buy 'em by the dozen and save money by the pocketful. So fill your freezer with the foods you like best during CO-OP SUPER MARKET'S January Frozen Food Carnival.

LOIN ROAST PORK
FRESH BACON
PORK CHOPS
BACON
CHICKEN LIVERS
SALT COD

END CUTS LB. 59c
DELICIOUS TASTY LB. 47c
CENTRE CUT LB. 69c
P.E.I. RINDLESS FACTORY SLICED LB. 53c
TASTY FRIED LB. 19c
FOR FISH CAKES OR BOILING LB. 39c

YORK BRAND FRESH FROZEN GREEN PEAS
IN THE NEW SAVES YOU MONEY
CELLO BAG PACK
2 18 OZ. BAGS 39c

YORK BRAND FRESH FROZEN BLENDED JUICE
A COMBINATION OF ORANGE AND GRAPEFRUIT JUICE
2 TINS FOR 39c

ISLAND QUEEN FRESH FROZEN BLUEBERRIES
TREAT THE FAMILY TO A FRESH BLUEBERRY PIE PER CTN.
TASTY ISLAND FRUIT 29c

FROM NORTH RUSTICO FRESH FROZEN ISLAND SMELTS
ALL LARGE GRADED NO. 1 2 LBS. FOR 69c

BUY ISLAND PRODUCTS
SEA-LECT KIPPER SNACKS 3 5 oz. tins . . . 25c
SEA-LECT CHICKEN HADDIE 2 1/2 lb. tins . . . 25c

CHICKENS PICNIC HAMS RUMP ROASTS BUTTER FLOUR

NO. 1 CREAMERY ISLAND OR GARDEN CITY

1.33
1.79

ROBIN HOOD — 25 LB. BAG
WIN A TRIP TO NASSAU
SOME ISLANDER WILL

APPLE JUICE SCOTIA GOLD VITAMINIZED 2 20 OZ. TINS 29c
FAB TOILET SOAP THE NEW DETERGENT FOR FAB-ULOUS SUDS 2 LARGE SIZE 65c
CLEANSER NEW COLGATE BEAUTY SOAP 3 REG. SIZE 25c
LIQUID WAX NEW GREEN COMET FOR SINKS & TUBS 2 REG. TINS 39c
PORK & BEANS AERO FOR A HARD FINISH PT. TIN 2 20 OZ. TINS 39c
COOKIES YORK BRAND TOMATO SAUCE 2 20 OZ. TINS 39c
JIFFY WESTON'S CREAM FILLED CRISP TASTY FRESH LB. 39c
BAKER'S INSTANT CHOCOLATE DRINK. SAVE 5c ON LB. TIN ONLY 49c

FAMOUS FOR BETTER QUALITY

YOUR CHOICE
DEVIL'S FOOD CAKE MIX
WHITE CAKE MIX
HONEY SPICE CAKE MIX
SELECT ANY COMBINATION OF TWO 2 PKGS. ONLY 69c



It's always summer at our produce counters! Yes, the sun shines all year 'round—in the form of fresh fruits and vegetables that are rushed to our market daily from American sun-drenched farmlands . . . and put on sale immediately! This sunny-fresh produce is flavorfully-ood . . . and good for you, too. Spark your menus with your favorite fruits and vegetables . . . and save money at our low prices!

JUICY SUNKIST ORANGES 2 DOZ. BAG 69c
P.E.I. NO. 1 POTATOES 10 LB. BAG 29c
LARGE GREEN CABBAGE EACH 19c
JUICY SUNKIST LEMONS 6 FOR 29c
MAC'S—EAT OR COOK APPLES 5 LBS. 49c



BUTTERNUT SQUASH PER LB. 12c

FLORIDA GRAPEFRUIT
NOW AT THEIR VERY BEST
CHUCKED FULL OF GOODNESS 6 GOOD SIZE FOR 49c

LISTEN TO NEWS AND VIEWS ON GROCERIES — CFCY THURSDAY, 11 A. M.
THE FINEST MEATS IN TOWN
CO-OP SUPER MARKET
AN ISLAND STORE OWNED BY ISLAND PEOPLE
BIG ENOUGH TO SERVE YOU — NOT TOO BIG TO APPRECIATE YOU
FREE DELIVERY • PHONE 8557 • FREE CUSTOMER PARKING