

STOCK-UP for Easy-Breezy Meals



How easy it is to breeze through the cooking when you use wonderfully good frozen foods in thrilling and filling meals. Just warm 'em up and your family will gobble them down. Some even come in their own throw-away plates, eliminating dishwashing. And frozen foods — the famous brands preferred for uniformly top quality and finer flavor — are sale-priced way down low at CO-OP SUPER MARKET! Stock up! Fill your freezer with fine frozen foods for easy-breezy summer meals.

VEGETABLES

ASPARAGUS	ZERO PACK	57c
PEAS & CARROTS	ZERO PACK	25c
CAULIFLOWER	ZERO PACK	29c

MEAT PIES

BEEF PIES	SWAN-SON'S	29c
TURKEY PIES	BIRDS-EYE	35c

FRUITS

RHUBARB	ISLAND PACK	29c
BLUEBERRIES	ISLAND QUEEN	35c
RASPBERRIES	YORK 15 OZ.	39c

DINNER IN A DISH

TV DINNERS — COMPLETE ON A PLATE —

YOUR CHOICE OF — BEEF, TURKEY or CHICKEN. **89c** Ea.

ORANGE JUICE YORK BRAND 2 TINS FOR **39c**

PINEAPPLE JUICE	FROZEN DOLE	27c
LEMONADE	MINUTE MAID FROZEN CONCENTRATE	25c
GRAPEFRUIT JUICE	MINUTE MAID	21c

FRYERS



CUT UP SECTION OF LEGS—THIGHS—BREASTS—

ALL PRICED AT **79c**

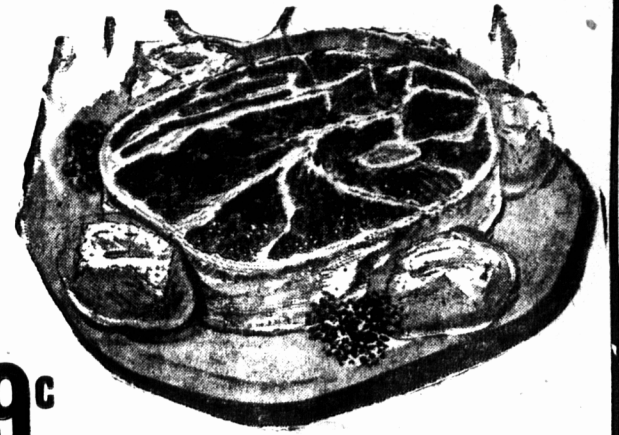
WHOLE FRYERS, Lb. . 88c

DESSERTS

APPLE PIE	MORTON'S SPECIAL	Ea. 31c
ICE CREAM	PERFECTION HALF GALLON	89c

WE HAE MEAT! THAT YE CAN EAT!

GOVERNMENT INSPECTED YOUNG STEER BEEF



HAMBURG STEAKS CHOICE L.B. BEEF 2 LBS. FOR **59c**

YOUNG STEER BEEF YOUR CHOICE ROUND - SIRLOIN - T-BONE. LB. **59c**

CHUCK ROASTS CORNED BEEF

YOUNG STEER BEEF LEAN TRIMMED BARGAIN OF THE WEEK. LB. **29c**

RIB ROASTS	STADNING CUT	LB. 39c
BLADE ROASTS	CHOICE CUT	LB. 33c
BRISKET OF BEEF		LB. 19c
BRAISING RIBS	YOUNG STEER	LB. 23c

BACON	EMPIRE SLICED	LB. 49c
PORK ROASTS	SHOULDER CUT	LB. 45c
LOBSTER MEAT	CHILLED BIG TIN	1.59
COD FILLETS	FRESH CHILLED	LB. 23c

KEEP COOL — Serve LUSHUS. 'n

ICE CREAM * Polar Parfaits * FREE RECIPES AT YOUR GROCERS. LUSHUS JELLY POWDER 3 PKGS. **29c**

BETTER AT ANY PRICE!



FOR CAKES PASTRIES COOKIES FRYING **29c**

YORK BRAND PEANUT BUTTER

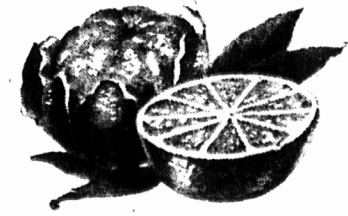
16 OZ. ICE BOX JAR **39c**

SPECIAL 10c OFF DEAL CRISCO

3 LB. TINS ONLY **99c**

Fresh Fruits and Vegetables

ORANGES



CALIFORNIA 3 DOZ. IN BAG **98c**

CAULIFLOWER	Large White	23c
NEW BEETS	GREEN TOPS	2 bun. 25c
CABBAGES	NEW ISLAND	Ea. 19c
LETTUCE	LARGE ISLAND	Ea. 19c
CUCUMBERS	LONG GREEN	2 for 29c

NEW ISLAND POTATOES

A REAL TREAT 5 Lbs. **43c**

STRAWBERRIES QUART BOXES 2 for **45c**

MAC-O-ROONS	COOKIES PKG. 4 DOZ.	45c
JUICE	SCOTIAN GOLD 48 OZ. TINS	27c
JAM	STRAWBERRY & APPLE CHAMPLAIN — 4 LB. TIN	63c
BUTTER	YORK — 16 OZ. ICE BOX JAR	39c
PICKLES	ROSE - MUSTARD OR SWT. MIXED—16 OZ.	37c
SAUCE	SCOTIAN 20 OZ. TINS	2 For 33c

BREAD	CO-OP SLICED WHITE or BROWN	16c
MILK	CARNATION or PERFECTION	6 For 79c
TEA	LIPTON'S RED LABEL 1/4 LB	49c
RICE	BEST QUALITY LONG GRAIN	2 Lbs. 29c
TEA BAGS	LIPTON'S PKG. OF 60 WITH FREE KNIFE	89c
PEAS	RADIO BRAND CHOICE QUALITY	2 For 35c

NESCAFE	PERFECT COFFEE 1 OZ. SIZE	69c
SPICED BEEF	MAYFAIR 14 OZ. TINS	29c
QUICK	NESTLE'S — 16 OZ. CHOCOLATE DRINK	63c
BEAUTY SOAP	COLGATE SPECIAL	4 For 29c
DO-NUTS	DELICIOUS DOWNYFLAKE DOZ.	39c
FREEZING MIX	JUNKET ALL FLAVOURS	2 For 19c

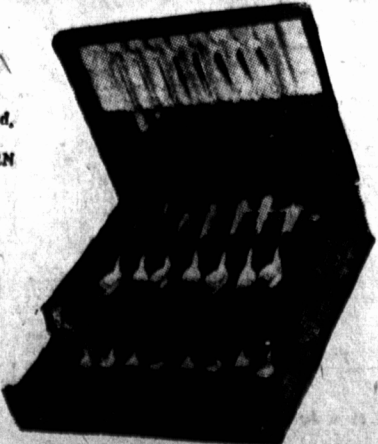
WORLD FAMOUS ROGERS

As Suggested By Oneida Ltd. In The Beautiful, Exquisite "PRINCESS ROSE" PATTERN

NOTHING TO BUY As Many Pieces As You Want. Complete A Set In 6 Weeks.

PER PIECE **25c**

With or Without An Order.



NEWS AND VIEWS ON GROCERIES — CFCY TODAY — 10:30 a.m. MONTAGUE — SOURIS — VERNON RIVER — TRACADIE and MORELL

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

BUYS OF THE WEEK

CO-OP QUALITY RUBBER JAR RINGS	2 PACKAGES 12 IN EACH 15c	THE PERFECT POLISH LIQUID VENEER	LARGE SIZE BOTTLE 23c
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