

SHOP CO-OP SAVE

NEW! Fresh Milk Flavor Instantly

Save 1/2 on Milk Bills

Carnation INSTANT



16 OZ. **37c**

MAKES 4 QUARTS

**Better Meals
Build Better
Families**

Shop Our
**FALL
FOOD
Festival**



Good bye Summer — Hello Fall! CO-OP SUPER MARKET greets the new season with a store-wide festival of savings. Prices are down like leaves all over our market. So, come pack your pantry and fill your freezer with fine foods for better meals that build better families. You'll be surprised how much less a big cartful of your favorite foods costs during our great FALL FESTI-VALUE DAYS.

LANE'S TRULY FRESH

HAMBURG

BUNS 30c doz.



HAMBURG

FRESH LEAN TASTY **2 LBS. FOR 69c**

AN EXCLUSIVE FEATURE AT THE CO-OP

COUNTRY STYLE SAUSAGES

2 LBS. FOR 79

BROWN'S NEW STYLE GINGER COOKIES

39c PKG. OF 8 DOZ.

INSTANT COFFEE

NEW GIANT 10 OZ. **1.59**



SAVE IN THIS NEW MODERN THRIFTY WAY BUY A BOX AND A REFILL

BOTH ONLY 57c

WHY BUY A BOX TWICE

NEW DOMESTIC DOMESTIC

FOR FINER BAKING

2 LBS. FOR 59c

PLAY SAFE BUY QUALITY

FOWL

GRADE "A" AV. 3 1/2 TO 4 1/2 LBS.

29c LB.

PORK CHOPS

CENTRE CUT **59c LB.**

NECK RIBS

SWEET PICKLED **2 LBS. FOR 29c**

BEEF LIVER

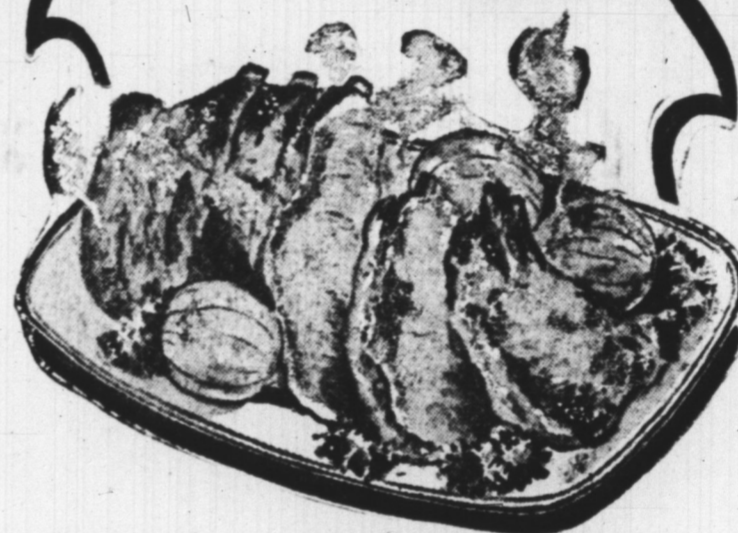
BEST QUALITY TRY A CHANGE **49c LB.**

BACON ENDS

FRESH SLICED SPECIAL **29c LB.**

EITHER END **PORK LOIN ROAST**

A REAL SUNDAY TREAT SWEET TASTY P.E.I. **53c LB.**



HEINZ SPAGHETTI

READY TO EAT

2 15 OZ. TINS 29c



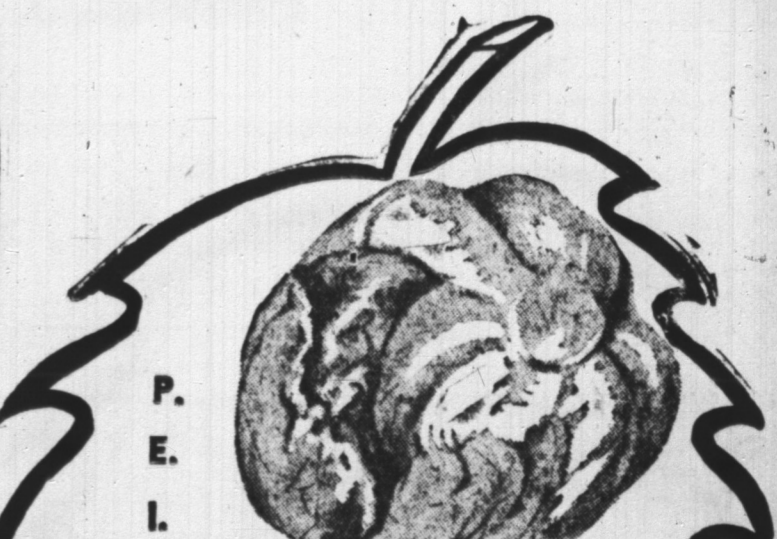
FLOUR

PURITY TOP QUALITY FOR BETTER BAKING EXTRA SPECIAL

\$1.69

Fruits & Vegetables

- Oranges JUICY SWEET **2 DOZ. FOR 79c**
- Apples MAKE A PIE COOKING **5 LBS. FOR 39c**
- Pears PRESERVING 6 QT. BASKET **1.29**
- Cucumbers LONG GREEN **4 FOR 25c**



LETUCE

TENDER **2 BIG HEADS 35c** CRISP

PANCAKE DAYS ARE HERE AGAIN OH BOY!

INTRODUCING **A BRAND NEW MIX**

NEW COUNTRY STYLE WHEATCAKE MIX

PLUS THESE FAVORITES

REG. PANCAKE MIX **2 OF YOUR CHOICE 45c**

BUCKWHEAT MIX

BUTTERMILK MIX

- TOILET TISSUE ROYAL ARMS **3 ROLLS FOR 25c**
- ALPHABITS NEW POSTS CEREAL - LARGE **33c**
- SALMON A.B.C. QUALITY PINK - HALVES **29c**
- PICKLES YORK 16 OZ. JAR BREAD 'N BUTTER **23c**
- JELL-O ALL FLAVORS A TASTY DESSERT **3 PKGS. 29c**
- VEL LIQUID LOTION MILD SAVE 5c TIN **39c**
- SPIC & SPAN NEW GREEN GIANT SIZE **89c**

- BABY FOODS ALL VARIETIES HEINZ **4 FOR 45c**
- FLAVOUR-PAK PEAS **2 20 OZ. TINS 33c**
- DEVILLED HAM CORDON BLUE BIG 7 OZ. TIN **33c**
- BUTTER NO. 1 CREAMERY GARDEN CITY **2 LBS. 1.27**
- TUNA FISH BLUE PACIFIC WHITE-7 OZ. **23c**
- FRENCH FRIES MCCAIN'S 2 LB. SERVES A FAMILY **59c**
- DO-NUTS DELICIOUS DOWNYFLAKE DOZ. IN CARTON **39c**

LISTEN TO NEWS AND VIEWS ON GROCERIES — CFCY THURSDAY, 11 A. M.

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

FREE INTRODUCTORY OFFER!

COLGAT

DENTAL CREAM - GARDOL

25c PALMOLIVE SOAP FREE!! WITH TOOTH PASTE **63c**

FAB

NON PREMIUM PACK FULL WEIGHT PLUS FREE

63c SIZE TOOTH PASTE

BOTH FOR ONLY **89c**

WILDROOT

CREAM-OIL

EXTRA SPECIAL

73c SIZE TUBE YOU PAY **49c**

43c SIZE TUBE YOU PAY **29c**