



# SAVE on the COST

## of 21 Wonderful Meals

### this Week



IT'S A  
GOOD  
SLOGAN  
—  
SHOP  
CO-OP  
AND  
SAVE!  
—  
OPEN  
FRI. and  
SAT.  
NITES  
UNTIL  
9.30

SHOP CO-OP  
and  
SAVE !!

Breakfast - - - lunch - - - and dinner seven days a week—could you serve 21 appetizing, nutritious meals, not to mention in-between-snacks—with a few weekend specials? Of course you can't! You need a full variety of fine foods to keep your family well-fed and happy. And that's a mighty good reason for shopping at CO-OP SUPER MARKET. Our hundreds of low prices on hundreds of fine foods lower the cost of 21 wonderful meals a week. You get savings by the cartful—not by the handful when you shop here.

**SENSATIONAL**

**NEW! INSTANT Robin Hood Oats**

Cooks in a instant!  
Cleans from saucepan,  
in a jiffy!

**SPECIAL OFFER!**  
5-piece stainless steel  
flatware place setting  
by International Silver

\$3.00 value for only \$1.00\*  
and package top  
44 oz. 00¢ every 100¢

44 OZ. PACKAGE **43¢** ECONOMY **53¢** BIG BAG



DELICIOUS TASTY  
DOWNYFLAKE  
**DO-NUTS**  
PLAIN OR SUGARED  
per doz. **39¢**

**4 for 29¢**

CO-OP  
WHITE OR BROWN  
SLICED  
**BREAD**

PER LOAF **18c**



**5¢ off**

special price  
**FAB** **5¢ off**  
LARGE SIZE  
**2 for 69¢**

SAVE NOW!  
ALL FLAVOURS OF  
**JELL-O**  
JELLY POWDERS  
**3 PKGS. FOR 29¢**

**ROBIN HOOD BROWNIE MIX** PKG **33¢**  
EVERYBODY LOVES THEM

SPECIAL OFFER SAVES 5¢  
**LIPTON TEA BAGS** PKG. OF 30 **39¢**  
PKG. OF 30

# VEAL ROASTS

# CHUCK ROASTS

# SIRLOIN STEAK

**HAMBURG FRESH LEAN 2 LBS. FOR 59¢**

BONELESS & ROLLED  
SELECT YOUNG VEAL **39c**

GOVERNMENT GRADED  
YOUNG STEER BEEF **33c**

OR YOUR CHOICE OF  
T-BONE OR ROUND **59c**

MAKE A STEW  
**OX-TAILS** 2 lbs. **19¢**

DEVON QUALITY  
**SAUSAGES** lb. **49¢**

SLICED RINDLESS  
**BACON** lb. **89¢**

**NESCAFE** PERFECT COFFEE **\$1.49**  
ALWAYS - LGE 6 OZ.

**PEACHES** DUN-VALE QUALITY **2 BIG 49¢**  
20 OZ.

**Corn Flakes** CRISP QUAKER **2 PKGS. FOR 39¢**

FRESH BEEF  
**BRISKET** lb. **19¢**

FRESH BEEF  
**LIVER** lb. **35¢**

CHILLED FILLETS  
**HADDOCK** lb. **29¢**

# TOMATO JUICE

# STRAWBERRY JAM

CLARK'S FANCY QUALITY **2 20 OZ. TINS 29¢**

MOUNT STEWART NEW PACK LGE. 24 OZ. JARS **47¢**



**SPECIAL OFFER**  
SEND IN TWO BANDS FROM TINS AND GET  
**3 ALUMINUM SAUCE PANS FOR ONLY \$1.00**  
ALL OUR TINS HAVE BANDS  
**2 REG. SIZE TINS 29¢**

Listen to News and Views on Groceries — C F C Y TODAY AT 11.00 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

**CAULIFLOWER** LGE. WHITE SPECIAL EA. **25c**  
**CARROTS** NEW WASHED 1 LB. BAG EA. **19c**  
**Silverskin ONIONS** **2 lbs. 35c**  
**BANANAS** GOLDEN RIPE A TREAT LB. **19c**  
**ORANGES** SUNKIST FOR JUICE **2 DOZ. 69c**  
**APPLES** RED ASTRAKAN **5 LB. BAG 69c**