

IT PAYS
TO SHOP
ROYALTY MALL
SHOPPING CENTRE
OR
Confederation
PLAZA
VERNON
RIVER
CO-OP
FOOD
STORES



FRESH SHOULDER
PORK ROAST Lb. **49^c**

All the traditional Thanksgiving "fixin's" that make your dinner complete are at CO-OP SUPER MARKET... and they're ALL LOW PRICED to give you COMPLETE MEAL SAVINGS on ALL your feasting favorites. No Ma'am—STOREWIDE LOW PRICES never take a holiday at CO-OP SUPER MARKET! You save ALL THE WAY from appetizers to desserts when you come to CO-OP SUPER MARKET for every holiday food need.

Fruits & Vegetables

SUNKIST
ORANGES 5 LB. BAG **79c**
KING OF THE SWEET POTATO
YAMS 2 LBS. **33c**
CAPE COD
CRANBERRIES 1 LB. PKG. **39c**
LOCAL GROWN
CABBAGE EACH **19c**
SNOW WHITE
PARSNIPS 2 LB. BAG **29c**

PLUMP, TENDER, GRADE "B" 6 TO 10 LB.—GRADE "A" 10 LBS. UP

TURKEYS Eviscerated Ready for the Oven LB. **49c**

GREEN GABLES SIDE BACON LB. 95c	FRESH PORK SIDE SPARE RIBS LB. 69c
SWIFT'S PREMIUM FLEX-PAK COOKED HAM 6 OZ. PACK 69c	CHICKEN BREASTS LB. 69c

ROUND STEAK OR ROAST LB. **89^c**

REYNOLD'S BIG 18" ROLL

FOIL WRAP **59^c**

OCTOBER CHEESE SPECIAL

KRAFT CANADIAN CHEESE SLICES	KRAFT For Spreads or Sauces CHEESE WHIZ
1 LB. PKG. 69^c	16 OZ. JAR 69^c

MONARCH POUCH PAK

CAKE MIXES 3 9 oz. pkgs. **49^c**

HEAD & SHOULDERS CREAM or LOTION SHAMPOO	THRIFT LIQUID DETERGENT
MED. SIZE 89^c	Regular 59c
TUBE REG. SIZE 69c	2 24 OZ. 99^c

E. D. SMITH
TOMATO KETCHUP 2 11 OZ. BOTTLES **39^c**

WOODBURY'S ASSORTED FACE SOAP	PILLSBURY'S PLAIN OR BUTTERMILK BISCUITS
4 Bar Bundle 49^c	4 8 oz. pkgs. 49^c

PEAK FRENCH

PLAIN
BISCUITS

Nice digestive, ginger-crisp, Carmel-Crunch, Short-cake, Golden Wheat or Small Rich Tea.

2 PKGS. **49^c**

CARNATION
EVAPORATED MILK 6 Tall Tins **95^c**

LIBBY'S CRINKLE CUT
SLICED BEETS 4 20 Oz. tins **49^c**

ENTER PURITY'S "TAKE A CHANCE" TV. SHOW WITH
PURITY FLOUR 25 lb. bag **2.19**

MAXWELL HOUSE
INSTANT COFFEE 6 OZ. JAR **99^c**

STAFFORD'S
CHERRY PIE 20 OZ. TIN **39^c**

OCEAN SPRAY
WHOLE OR JELLIED
CRANBERRY SAUCE 2 15 oz. tins **55^c**

PUREX
BATHROOM
TISSUE 4 ROLL PACK **49^c**

Frozen Foods
McCAIN'S FRENCH STYLE
GREEN BEANS 2 10 OZ. PKGS. **49c**
McCAIN'S—14 OZ. PKG.
POTATO GEMS . . . **35c**
McCAIN'S—2 LB. POLY BAG
GREEN PEAS **53c**
McCAIN'S DELICIOUS—20 OZ. PKG.
CHICKEN N' CHIPS **85c**
SNOWBIRD—1 LB. PKG.
HADDOCK FILLETS **49c**

CRISCO'S NEW
CENTENNIAL CANNISTER PACK

3 LB. TIN **1.17**
1 LB. PKG. **39c**

POST'S HONEY COMB
CEREAL 9 oz. **39^c**

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QUAKER CEREAL BUYS

QUICK OATS 5 LB. BAG **69^c**

QUAKER'S CRISP & DELICIOUS
CORN FLAKES 12 OZ. PKG. **29^c**