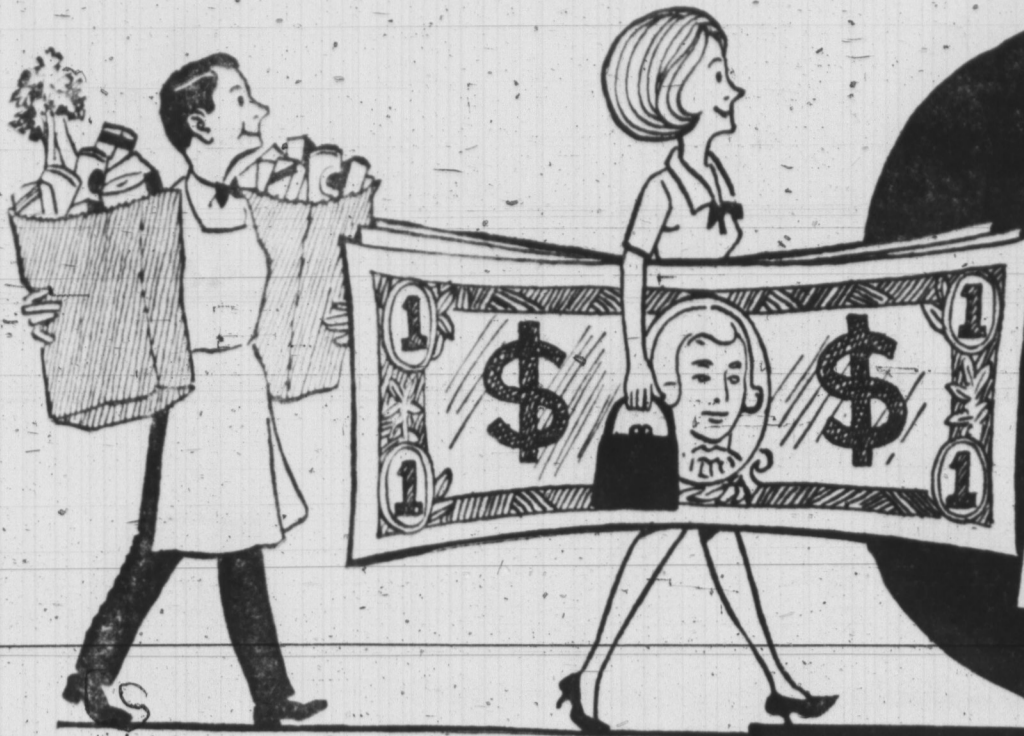


**ALLEN'S  
FRUIT  
DRINKS**

ORANGE,  
GRAPE,  
PINEAPPLE - GRAPEFRUIT,  
FRUIT-PUNCH,  
PINEAPPLE - ORANGE,  
ORANGE - APRICOT  
OR

**APPLE JUICE**  
**3 1.00**



**You Take Home  
MORE MONEY**

KING OF THE BEEF ROAST

**PRIME RIB** WELL TRIMMED, L.B. **75<sup>c</sup>**

FROM **CO-OP SUPER MARKETS**

QUEEN STREET, ROYALTY MALL and VERNON RIVER

SWIFT'S PREMIUM **WIENERS** L.B. **49<sup>c</sup>**

SWIFT'S BY THE PIECE **BOLOGNA** L.B. **39<sup>c</sup>**

ALPINE ALL BEEF **STEAKETTES** L.B. **59<sup>c</sup>**

GREEN GABLE **SIDE BACON** 1 L.B. PKG. **83<sup>c</sup>**

FRESH GRADE "A" EVisCERATED CHICKEN

**BROILERS** WHOLE OR CUT UP L.B. **39**

HEINZ **MUSHROOM** OR **CREAM OF CHICKEN** SOUP 10 OZ. TINS **6 1.00**

How much can you SAVE this week? The answer is PLENTY when you fill all your food needs at CO-OP SUPER MARKET... because our wall-to-wall VALUES let you take home more nourishing foods to keep your family in the pink — and our store-wide LOW PRICES let you take home MORE SAVINGS to keep your budget in the black. Prove it to yourself — today.



AYLMER MIX or MATCH  
BOSTON BROWN BEANS  
RADIO GREEN PEAS  
CREAM STYLE CORN

**5 20 OZ. TINS 1.00**

ROBIN HOOD **CELEBRATION CAKE MIXES**

**2 Pkgs. 75<sup>c</sup>**

GARDEN VALLEY **CHOICE QUALITY TOMATOES**

**2 28 Oz. Tins 59<sup>c</sup>**



FAMILY SIZE **HEINZ KETCHUP**

**3 15 OZ. JARS 1.00**

**KRAFT DRESSINGS**

CASINO, CATALINA, ITALIAN or COLE SLAW

**4 8 OZ. JARS 1.00**

MORSE'S OF COURSE

**TEA BAGS**

**2 CUP BAGS 83<sup>c</sup>**  
60's Gauze

LUCKY WHIP **TOPPING**

FOR ALL YOUR DESSERTS AND SO EASY TO PREPARE

**4 2 Oz. Pkgs. 1.00**

HEINZ **HOT DOG, HAMBURG, BARBECUE, PICALILLI OR SWEET RELISHES**

**4 12 Oz. Jars 1.00**

**FROZEN FOODS**

FRASERVALE REGULAR CUT **GREEN BEANS** 2 L.B. BAG **53<sup>c</sup>**

BIRDSEYE **GREEN PEAS** 2 12 OZ. PKGS. **45<sup>c</sup>**

FRASERVALE ISLAND **BLUEBERRIES** 11 OZ. PKG. **37<sup>c</sup>**

PRECOOKED AND BREADED **SMELTS** L.B. **49<sup>c</sup>**

PERFECTION ASSORTED FLAVOURS **ICE CREAM** 1/2 GAL. **89<sup>c</sup>**

**SWIFT'S** MEANS QUALITY AND SAVINGS

Swift's All Sweet **MARGARINE** 3 1 L.B. PKGS. **89<sup>c</sup>**

Swift's Jewel **SHORTENING** 8 L.B. TIN **1.00**

VACHON—24 OZ. JAR

**STRAWBERRY JAM** 2 FOR **89<sup>c</sup>**

SUNLIGHT **POWDERED DETERGENT**

GIANT SIZE **79<sup>c</sup>**

**LIFEBUOY SOAP**

**3 BAR BUNDLE 43<sup>c</sup>**

AYLMER FANCY QUALITY

**TOMATO JUICE** 3 48 OZ. TINS **1.00**



CORELESS **CARROTS** 2 L.B. BAG **33<sup>c</sup>**

FRESH CRISP **LETTUCE** EACH **23<sup>c</sup>**

COOKING **ONIONS** 2 L.B. BAG **25<sup>c</sup>**

ROME BEAUTY **APPLES** 8 L.B. BAG **49<sup>c</sup>**

SUNKIST **ORANGES** 5 L.B. BAG **75<sup>c</sup>**

Swift's Exeter **CORNED BEEF**

**2 12 OZ. TINS 1.00**

Swift's Prem **LUNCHEON MEAT**

**2 12 OZ. TINS 1.00**

Swift's Pard **DOG FOOD**

**7 15 OZ. TINS 1.00**

Swift's Pard **CAT FOOD**

**7 15 OZ. TINS 1.00**

SWIFT'S

**BEEF or IRISH STEW**

**2 24 OZ. TINS 1.00**

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