

BARBECUE
CHICKENS
COOKED TO
PERFECTION

1.39 EA.



BACK-TO-SCHOOL FOOD SALE!



A HIGH MARK in SAVINGS!



We've scores of bright ideas for school day meals 'n' snacks—all the nutritious, delicious foods your children need for back-to-school pep 'n' energy! Come shop our massive displays of super food values... you'll find that CO-SUPER MARKET'S especially-low prices will help you hit a HIGH MARK in SAVINGS! Play it smart—step in and stock up this week, for sure!

MAPLE LEAF TENDERSWEET

HAM WHOLE OR HALF **55^c** Lb.

BROILERS

GRADE "A" EVISCERATED ROAST, FRY OR BROIL **43^c** Lb.

ROASTING PORK LOIN ENDS P.E.L. HOGS lb. **59c**

PORK CHOPS LOIN CENTRE CUT lb. **63c**

COOKED HAM MAPLE LEAF VAC PACKED pkg. **49c**

FRESH BRISKET BOILING BEEF lb. **23c**

SAUSAGES CANADA PACKERS 2 lbs. **69c**

RUMP BROWN BRAND ROAST BEEF BEST FOR SLICING lb. **69c**

SPARE RIBS SHORTENING

SWEET PICKLED

7 lbs. 1.00

NECK RIBS

DOMESTIC FOR BETTER BAKING IN DECORATED COOKIE TIN

3 lbs. 79^c

KRAFT SANDWICH SPREAD
FOR TASTY SANDWICHES
16 oz. JAR 47^c

NUTTY PEANUT BUTTER
CHILDREN'S FAVORITE
16 oz. JAR 29^c

PURITAN MEAT SPREADS
DELICIOUS WITH MUSTARD
2 REG. TINS 29^c

- STAR OF THE SEA LOBSTER SPREAD 2 TINS 29c
- QUAKER-SHREDDED WHEAT BISCUIT MUFFETS 2 PKGS. 29c
- QUAKER FREE YO-YO CORN FLAKES 12 OZ. PKG. 29c
- ISLAND FLAVOR-PAK - CHOICE QUALITY PEAS 6 20 OZ. TINS 99c
- OLD HOMESTEAD STRAWBERRY JAM 24 OZ. JAR 49c
- SCOTIAN GOLD MARITIME MADE RASPBERRY JAM 24 OZ. JAR 49c
- YORK BREAD N' BUTTER PICKLES 16 OZ. JAR 23c
- SCOTIAN GOLD WITH VITAMIN "C" APPLE JUICE 2 20 OZ. TINS 29c
- ASSORTED FLAVORS-DELICIOUS DESSERT JELLO 3 for 31c
- HEINZ QUALITY BABY FOODS 4 for 45c

GUARANTEED DEPENDABLE
PURITY FLOUR
ONE TRY WILL CONVINCING YOU

100 lb. BAG **\$6.79**
25 lb. BAG **\$1.79**

- NOOK NAPS TABLE NAPKINS 2 PKGS. 35c
- COLGATE BEAUTY TOILET SOAP 3 CAKES 25c
- HEINZ FAMILY SIZE TOMATO KETCHUP 20 OZ. BOTTLE 37c
- HEINZ FANCY QUALITY TOMATO JUICE 2 20 OZ. TINS 33c

WHITE CROSS QUALITY TISSUE
4 ROLL PACK 49^c

- FRESH DAILY CO-OP BREAD 19c ea.
- STAR OF THE SEA CHICKEN HADDIE 2 14 OZ. TINS 45c
- AUSTRALIAN FREE-O-SEED SEEDED RAISINS 2 16 OZ. PKGS. 69c
- BOWNEY FLAKE-SUGARED OR PLAIN DOUGHNUTS 39c doz.
- KELLOGG'S-HIGH IN PROTEIN SPECIAL K REG. 45c 39c
- THRIFTY PAK-MARITIME PRODUCT WAX BEANS 2 20 OZ. TINS 33c

- Fruits & Vegetables**
- GOLDEN RIPE BANANAS lb. 19c
 - JUICY SUNKIST ORANGES 2 doz. 79c
 - EATING AND COOKING APPLES 5 lbs. 49c
 - LARGE CRISP ISLAND CELERY 2 for 35c
 - LARGE FIRM HEADS CABBAGE ea. 15c

NEW CROP CALIFORNIA
GRAPES
2 LBS. 45^c

LIGHT BULBS
AT A REAL SAVING
25's, 40's & 60's **4 for 69^c**
100's **4 for 83^c**

CUT-RITE CUT-RITE
100 FT. ROLL CUT-RITE WAX PAPER **29^c**

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

LOTION MILD PINK LIQUID
VEL
REG. PRICE 1.19
SPECIAL PRICE **87^c**

PLYMOUTH BONELESS CHICKEN
FOR SANDWICHES FOR A SUBSTANTIAL EATER
7 OZ. TIN 39^c