

IT PAYS
TO SHOP
CONFEDERATION
PLAZA

ROYALTY X MALL
OR
VERNON
RIVER
CO-OP
FOOD
STORES

*Would You
Believe...*



**LOW
PRICES
Like these**

SWIFT'S ALL VEGETABLE ALLS WEET

MARGARINE 3 1 LB. PKGS. 99c

SWIFT'S
**PARD
CAT FOOD**
3 15 OZ. TINS **43c**

SWIFT'S
PREMIUM
**PICNIC
SHOULDER**
1 1/2 LB. TIN **1.49**

SWIFT'S
**PARD
DOG FOOD**
BEEF, LIVER, CHICKEN
3 15 OZ. TINS **43c**

SWIFT'S PREM
LUNCHEON MEAT 12 OZ. TIN **49c**

SWIFT'S
BEEF
OR
IRISH
STEW
24 OZ. **49c**

SWIFT'S
EXETER
**CORNED
BEEF**
12 OZ. TIN **59c**

SWIFT'S
Jewel
Jewel
SHORTENING
1 LB. PKGS. **69c**
3 Lb. Tin 99c

TENDER, JUICY AND WELL TRIMMED, RIB OR
T-BONE STEAKS Lb. **89c**

ALPINE ALL BEEF STEAKETTES Lb. **59c** | SWIFT'S PREMIUM HAM SLICES Lb. **79c**

SWIFT'S
PREMIUM
**SIDE
BACON**
1 LB. PICTURE PACK **99c**

SWIFT'S
PREMIUM
By the Piece
BOLOGNA
Lb. **39c**

SWIFT'S
Premium
WIENERS
1 LB. PKG. **55c**

SWIFT'S PREMIUM
REG. HAMS Whole or HALF Lb. **59c**

Garden-Fresh
PRODUCE
for Real Cool MEALS

GOLDEN YELLOW
BANANAS 5 LBS. **79c**

LOCAL GROWN
BROCCOLI Lb. **19c**

N. S. FANCY GRAVENSTIEN
APPLES 5 LB. BAG **49c**

NO. 1 COOKING
ONIONS 2 LB. BAG **23c**

CELERY EACH **19c**

VICEROY
RUBBER GLOVES
REG. PRICE 2 PRS. 1.98
2 Prs. in Pkg. **1.49**

BOYS'
PLAID SHIRTS
ASSORTED COLORS SIZES 3 TO 6X **1.29**



GARDEN CITY
ICE CREAM 1/2 GAL. **79c**

McCAIN'S MIXED
VEGETABLES 2 LB. POLY **49c**

McCAIN'S 10 OZ. PKG.
Brussel Sprouts **29c**

FRASERVALE HASH BROWN
POTATOES 4 12 OZ. PKGS. **49c**

FRASERVALE 12 OZ. PKG.
GREEN PEAS 2 FOR **45c**

OCTOBER CHEESE FEATURES

GARDEN CITY
MILD CHEDDAR
CHEESE
Lb. **65c**

DARIFARM
SKIM MILK
TASTY LOAF
2 Lb. Loaf **89c**

COTTAGE CHEESE 12 OZ. TUB **35c**

CRACKER BARREL
WHITE OR COLORED
OLD CHEESE 8 OZ. PKG. **45c**

SAVE 30c MACLEANS TOOTH PASTE SAVE 30c
REG. 1.19 FAM. SIZE **89c**

ROBIN HOOD
PACKET PAK
CAKE MIXES
3 9 Oz. Pkgs. **43c**

SWANETTE
FACIAL
TISSUES
2 400's Pack **59c**

GARDEN CITY CANADA FIRST GRADE
BUTTER 1 Lb. Print **65c**

MODESS
SANITARY
NAPKINS
CAREFREE PKG. OR REG. 12 **39c**

OGILVIE
MINUTE
OATS
5 Lb. Bag **67c**

OGILVIE'S FIVE ROSES
FLOUR 25 Lb. Bag **2.25**

CHRISTIE'S
PLAIN OR SALTED
**SODA
BISCUITS**
3 1 Lb. Pkgs. **99c**

AJAX
NEW, IMPROVED
CLEANSER
2 Giant Size Pkgs. **65c**

HALO
Dry or Regular
SHAMPOO
Fam. Size **99c**

FAB
KING
SIZE
FAB 40c OFF **89c**

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AN ISLAND STORE OWNED BY ISLAND PEOPLE

The Finest Meats In Town

CO-OP SUPER MARKET

Specialists In Fresh Fruits and Vegetables

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