



What Wonderful Meals These LOW COST FOODS Suggest...



PARAMOUNT FANCY PINK SALMON PERFECT FOR SANDWICHES

2 7 OZ. TINS 57c

BARBOUR'S PEANUT BUTTER 16 OZ. ICE BOX JAR 37c

TASTY AND NUTRITIOUS

PORK LIVER lb. 29c

A REAL LOW PRICE

MINUTE STEAKS lb. 69c

ALWAYS A FAVORITE

SALT COD lb. 39c

Looking for menu ideas to help you banquet on your budget every day of the week? Then take a look at these food values! See how many delightfully different meals these low-cost, highly-nutritious foods suggest to you. And imagine what menu-magic you can work when you shop at CO-OP SUPER MARKET where you have a marketful of best food buys to choose from. Yes indeed—you'll eat better . . . save more shopping at this fine food store!



WHITE-WALL TRES WHITER—AUTOMOBILES BRIGHTER Wash your car with LESTOIL.

Rump Roast GOVT. BRANDED BEEF lb. 69c

ROAST BEEF BONELESS ROLLED RIB lb. 79c

16 OZ. BOTTLE 45c

Frozen Foods

MACKEREL FILLETS lb. 39c

FILLETS OR SOLE lb. 45c

OCEAN PERCH lb. 39c

SCALLOPS lb. 69c

BIRDSEYE ORANGE JUICE 2 6 OZ. TINS 59c

ZERO-PAK PEAS 2 PKGS. 41c

KOLD-PAK STRAWBERRIES tub 39c

PERFECTION—NEW BUTTER CARAMEL ICE CREAM PINT-PLASTIC 37c

OX-TAILS BROILERS PICNIC HAMS

FOR REAL LOW COST MEALS DELICIOUS FOR SOUP OR STEW

LB. 15c

GRADE "A" ROAST, FRY OR BROIL

LB. 37c

CANADA PACKERS

LB. 47c

new! **Scotties** facial tissues

FAMILY SIZE PKG. 37c

Fruits & Vegetables

- MacINTOSH APPLES 5 lbs. 49c
- SUNKIST ORANGES . . . 2 doz. 79c
- PINK OR WHITE GRAPEFRUIT . . . 5 for 45c
- CULTIVATED CRANBERRIES . . . lb. 35c
- WASHED SPINACH lb. 29c
- TABLESTOCK POTATOES . . . 10 lbs. 29c
- FRESH FIRM RADISH 2 pkgs. 25c
- SWEET, TENDER BEETS 2 lbs. 19c

- HUNT'S FANCY QUALITY TOMATO JUICE 3 48 OZ. TINS 1.00
- OLD ENGLISH KING COLE TEA 1/2 LB. 49c
- SHIRRIFF'S BUD PUDDINGS 4 PKGS. 29c
- PEAS ISLAND TASTY PAK 4 30 OZ. TINS 49c
- McCOY MUSTARD PICKLES 2 16 OZ. JARS 49c
- PANTRY SHELF SW. MIXED PICKLES 2 16 OZ. JARS 49c
- TUNA JELLED SEA BELLE 2 7 OZ. TINS 39c
- A MUST FOR HOUSE CLEANING SUNLIGHT SOAP TWIN BAR 25c
- OLYMPIC STEAK AND GRAVY 15 OZ. TIN 49c
- TROPICAL PRIDE MARMALADE 4 LB. TIN 69c

- LARD MAPLE LEAF 6 LBS. 1.00
- PEP DOG FOOD 4 15 OZ. TINS 43c
- SCOTIAN GOLD PIE APPLE 2 28 OZ. TINS 47c
- WOODBURY BEAUTY TOILET SOAP 4 REG. SIZE 37c
- LARGE SEVEN COIL SPRING CLOTHES PINS 5 DOZ. BAG 39c
- MENNEN'S BABY POWDER 2 LARGE TINS 99c
- MARGHERATA STUFFED OLIVES 16 OZ. JAR 43c
- SWIFT'S BROOKFIELD CHEESE SLICES 1 OZ. PKG. 33c
- PANTRY SHELF WHOLE CHICKEN EACH 1.19
- HEINZ BABY FOOD 3 tins 32c

KRAFT'S MIRACLE WHIP SANDWICH SPREAD 16 OZ. JAR 43c

HEINZ Condensed VEGETABLE SOUP 7 TINS \$1.00

HEINZ HOT KETCHUP TO LIVEN UP ANY MEAL 2 11 oz. bottles 53c

SEA-LECT KIPPER SNACKS 3 TINS 25c

SEA-LECT CLAM CHOWDER 2 TINS 39c

EXTRA FANCY MOLASSES 3 QTS. 89c

MONARCH FOR TOP QUALITY

SELF SAUCING Monarch SPONGE PUDDINGS 6 pkgs. \$1

ALWAYS TENDER AND FLAKY Monarch PIE CRUST 2 pkgs. 49c

NEW FAMILY SIZE Monarch CAKE MIXES 2 TWIN PACK 59c

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

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