

FROZEN FOODS

"WE SELL FOR LESS" SHOP CO-OP

ALL the marvelous makin's for easy-breezy summer meals are right in our FROZEN FOOD CASES. These wonderfully good, fast-fix foods are perfect for tasty "meal-a-minute" menus that get you out of the kitchen in a hurry. Some complete dinners even come in disposable dishes you throw away instead of washing. Step in and sock up with these terrific time-savers. You'll find that our low, low prices make them **BIG MONEY-SAVERS**, too!

POP "SAYS" SHOP CO-OP

For Tasty... "Meal-A-Minute" Menus!

IT'S TIME TO SAVE

TOURISTS
SHOP THE BIG SHOP IN THE CENTRE OF THE CITY
OPEN FRIDAY UNTIL 9:30 P.M.

DINNERS COMPLETE VARIETY FROZEN CHINESE FOODS
COMPLETE FROZEN BEEF - TURKEY - CHICKEN BY BIRDSEYE **79c**

P. E. I. FRESH CHILLED **COD FILLETS**
BUY OF THE WEEK **23c LB.**

CORNED BEEF

SWEET PICKLED A TREAT GOOD COLD SPECIAL

23c

new! **Scotties** facial tissues
HANKIE-PAK

REGULAR PRICE 2 - 43c
OUR PRICE **2 FOR 33c**

STRONGER - SAFER - BETTER

FOWL	GRADE "A" ISLAND NOT FROZEN LB.	29c
BACON	CANADA PACKERS DEVON RINDLESS LB.	59c
HAM LOAF	DELICIA 4 OZ. SLICED	29c
HAMBURG	FRESH LEAN LB.	49c

DUCKS	GRADE "A" Eviscerated 14 LBS. DELICIOUS LB.	59c
RIB ROAST	STANDING CUT BROWN BRAND LB.	69c
CHICKENS	BARBECUED READY TO EAT EA.	1.29
COOKED HAM	MAPLE LEAF SLICED 4 OZ. PKG.	45c

FRESH CONCENTRATED **ORANGE JUICE**
2 6 OZ. TINS **49c**
HORSEY BRAND

MOLASSES

SILVER LASSES 40 OZ. QTS. EXTRA SPECIAL STOCK UP!

2 QTS FOR 49c

BIRDSEYE LEMONADE
FROZEN - CONCENTRATE
2 4 OZ. TINS **29c**

ZERO-PACK FRESH FROZEN GREEN BEANS
2 PKGS. FOR **49c**

BIRDSEYE FRESH FROZEN VEGETABLES MIXED
29c BIG PKG.

P. E. I. - EAST PACK FRESH CHILLED HADDOCK FILLETS
39c 1 LB. PKG.

WHITE OR CHOCOLATE CHIP ANGEL FOOD CAKE
PER PKG. **59c**

SERVE WITH STRAWBERRIES

P. E. I. GROWN **ZERO-PACK FROZEN PEAS**
2 12 OZ. PKGS. **39c**

5 PIECE OF FISH - LOTS OF CHIPS
FISH & CHIPS
FAMILY PAK. LARGE 24 OZ. PKG. **69c**

Fruits & Vegetables

ORANGES	JUCY SUNKIST 2 DOZ.	79c
RADISHES	NEW LOCAL 2 BCH.	25c
CUCUMBERS	LONG GREEN 2 FOR	29c
LETTUCE	CRISP LOCAL 2 FOR	29c
CABBAGE	NEW LOCAL GREEN EA.	23c
BEETS	FRESH LOCAL GREEN TOPS 2 BCH.	25c

STUFFED OLIVES	Coronation 5 oz. Jar	29c
LOBSTER PASTE	Tasty In Hand 2 TINS	29c
DOG FOOD	Ken-L-Ration Extra Special 5 1/2 LBS.	59c
FAB	Full Weight - Giant Size With Colgate Tooth Paste FREE!	89c
TOILET SOAP	Colgate Beauty Special Deal 3 FOR	25c
KETCHUP	Voyager 11 oz. Size 2 FOR	33c
CO-OP TEA	Deluxe Pekoe	69c

SEVEN-UP	Your Choice Ctn. of 6 or 2 QTS. FOR	35c
PICKLES	Bread & Butter York 16 oz.	23c
SOUP by Heinz	2 Tins Veg. 6 FOR 2 Tins Tom.	59c
PING JUICE	Pineapple & Grapefruit Big 48 oz. Tin	43c
MARSHMALLOWS	Kraft - Pkg. Jet Puffed	33c
WAX BEANS	Graves 20 oz. 2 FOR	33c
Chicken Haddie	Star of Sea 2 14 OZ. TINS	43c

HIGH QUALITY
FAMOUS BIRDSEYE BRAND
BEEF - TURKEY - CHICKEN
MEAT PIES
2 FROZEN PIES **69c**

Fresh P.E.I. **Strawberries**

SERVE THEM OFTEN

PKG. OF 12 **FREE!!** ICE CREAM KUPS
WITH EVERY 1/2 GAL. ICE CREAM

ICE CREAM
PERFECTION HALF GAL. PKG. **89c** WITH FREE ICE CREAM KUPS

THIS PKG. FREE!

LISTEN TO NEWS AND VIEWS ON GROCERIES - CFCY THURSDAY, 11 A. M.

CO-OP SUPER MARKET
AN ISLAND STORE OWNED BY ISLAND PEOPLE

THE FINEST MEATS IN TOWN

SPECIALISTS IN FRESH FRUIT AND VEGETABLES

BIG ENOUGH TO SERVE YOU - NOT TOO BIG TO APPRECIATE YOU

FREE DELIVERY • PHONE 8551 • FREE CUSTOMER PARKING