

**NOTICE**

TO  
Shareholders

Now is the time to turn in at the office your purchase slips for 1958. This is necessary in order that you share in the profits for 1958.

PLEASE  
TURN IN YOUR  
SLIPS PROMPTLY



# Get Your Hooks on these LENTEN FOODS SPECIALS

Serve marvelous meals on meatless days! Delicious Lenten dishes are easy and economical to prepare when you shop at your CO-OP SUPER MARKET for all the makings. We've oceans of specials for you to "SALE" through—scores of fine foods to highlight every meal with taste appeal. So, steer your menu course through CO-OP SUPER MARKET and get your hooks on our low-cost Lenten Values—the tastiest catch of the season.

**THE ATLANTIC ADVOCATE**  
ON SALE THIS WEEK  
WITH INTERESTING ARTICLES  
ABOUT  
THE MARITIME PROVINCES  
ESPECIALLY  
"SAGAS OF THE STRAIT"  
BY LORNE C. CALLBECK

- |                |                           |            |
|----------------|---------------------------|------------|
| <b>BACON</b>   | SPECIAL RINDLESS          | lb. 53c    |
| <b>WEINERS</b> | MAPLE LEAF CELLO SKINLESS | lb. 47c    |
| <b>HAMBURG</b> | FRESH GROUND              | 2 Lbs. 89c |

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|--|---|---------------|-----|
| <b>SALMON</b>                            | PARAMOUNT RED SOCKEYE                   | ¼ LB. TIN     | 49c |
| <b>TUNA</b>                              | PANTRY SHELF SOLID LIGHT MEAT           | 2 ¼ LB. TINS  | 47c |
| <b>SEA-LECT CLAM CHOWDER</b>             |   | 2 10 OZ. TINS | 39c |
| <b>SEA-LECT CHICKEN HADDIE</b>           |   | 2 ½ LB. TINS  | 25c |
| <b>OLIVES</b>                            | STUFFED MARGHERITA                      | 16 OZ. JAR    | 45c |
| <b>CHEESE</b>                            | SWIFTS BROOKFIELD HANDI-SNACK OR SLICES | ½ LB. PKG.    | 33c |
| <b>CHILLED BONELESS MACKEREL FILLETS</b> |   | LB.           | 39c |
| <b>SALT COD</b>                          | ISLAND                                  | LB.           | 39c |



- PRODUCE**  
With That Just-Picked Taste
- MAC'S—EATING OR COOKING
- |                               |        |     |
|-------------------------------|--------|-----|
| <b>APPLES</b>                 | 5 lbs. | 49c |
| <b>JUICY SEEDLESS ORANGES</b> | 2 doz. | 79c |
| <b>BREAKFAST GRAPEFRUIT</b>   | 5 for  | 45c |
| <b>SWEET TENDER BEETS</b>     | 2 lbs. | 19c |
| <b>CULTIVATED CRANBERRIES</b> | lb.    | 35c |
| <b>SWEET POTATOES</b>         | 2 lbs. | 25c |
| <b>NEW GREEN CABBAGE</b>      | lb.    | 10c |

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|-------------------|---------------|---------|-------------------|-----------------|---------|
| <b>ROAST PORK</b> | LOIN END CUTS | lb. 55c | <b>PORK CHOPS</b> | LOIN CENTRE CUT | lb. 59c |
|-------------------|---------------|---------|-------------------|-----------------|---------|

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|----------------------|---------------|---------|
| <b>CORNEDED PORK</b> | SWEET PICKLED | lb. 43c |
| <b>BROILERS</b>      | PICNIC HAM    | lb. 43c |



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|-----------------|---------------------|---------|
| <b>BROILERS</b> | GRADE "A"           | lb. 37c |
|                 | ROAST, FRY OR BROIL |         |



**Tide**  
Free Salad Serving Set  
WITH GIANT SIZE PKG.  
87c PKG.

**Camay**  
Free Plastic Rain Hood Reg. WITH FOUR REG. SIZE CAKES DEAL  
44c

**Plum Jam**  
WINOMA MAID  
3 24 OZ. JARS 1.00

- |   |                      |               |      |
|---|----------------------|---------------|------|
| <b>NESCAFE</b>                          | INSTANT COFFEE       | 6 OZ. JAR     | 1.19 |
| <b>JELLO</b>                            | AN ALL TIME FAVORITE | 3 PKG.        | 28c  |
| <b>LARD</b>                             | PURE MAPLE LEAF      | 2 LBS.        | 33c  |
| <b>COLORED FAMILY PAK BALLET TISSUE</b> |                      | 4 ROLLS       | 39c  |
| <b>SUCCESS HEAVY DUTY LIQUID WAX</b>    |                      | PT. TIN       | 59c  |
| <b>HEINZ TOMATO JUICE</b>               |                      | 2 20 OZ. TINS | 33c  |
| <b>HEINZ MUSTARD</b>                    |                      | 2 6 OZ. JARS  | 19c  |

- A NEW TASTE TREAT
- |  |               |                        |      |
|--|---------------|------------------------|------|
| <b>SPICED PEARS</b>                          | FANCY QUALITY | 28 OZ. JAR             | 39c  |
| <b>THRIFTY PAK WAX BEANS</b>                 |               | 2 20 OZ. TINS          | 39c  |
| <b>TWIN BAR PACK SUNLIGHT SOAP</b>           |               | 2 CAKE PACK            | 25c  |
| <b>SMARTS CHOICE QUALITY PEACHES</b>         |               | 2 20 OZ. TINS          | 45c  |
| <b>BROWN'S QUALITY COOKIES</b>               |               | 2 LB. CELLO ASST. PKG. | 59c  |
| <b>AYLMER FANCY QUALITY—CREAM STYLE CORN</b> |               | 6 15 OZ. TINS          | 1.00 |
| <b>FANCY SILVER LASSES MOLASSES</b>          |               | 3 QTS.                 | 89c  |



**Robin Hood QUICK OATS**  
GIANT CONCENTRATED  
5 lb. Bag 57c

LISTEN TO NEWS AND VIEWS ON GROCERIES — CFY 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 8557 • FREE CUSTOMER PARKING

ALWAYS BETTER QUALITY

**BETTY CROCKER**

CAKE MIXES  
BOSTON CREAM PIE  
CHOCOLATE AND WHITE

3 PKGS. 1.00