



INTERIOR PAINTING  
of this Beautiful  
Building Done By  
**PARKER  
BROS.**  
Halifax



EXTRA SPECIAL NET PRICE **3** LGE. PKGS. **79c**

**PEANUT BUTTER** NUTTY 16 OZ. JAR **31c**  
**PURE LARD** 1 LB. PRINT MAPLE LEAF **5 LBS. 97c**  
**PEACHES** STAFFORD'S CHOICE - 15 OZ. **2 TINS 45c**  
**GREEN BEANS** FLAVOUR PAK - 20 OZ. **2 TINS 35c**  
**APPLE JUICE** SCOTIA GOLD 20 OZ. TINS **2 FOR 25c**

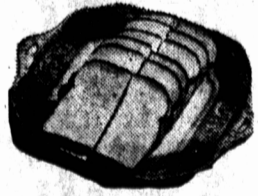
**SODA BISCUITS** N. B. C. 1 LB. PKG. **23c**  
**BUTTER** NO. 1 CREAMERY ALL BRANDS **2 LBS. 1.29**  
**DEVON PEAS** LARGE SIZE 29 OZ. TINS **2 FOR 29c**  
**Vegetable SOUP** CAMP-BELL'S **2 FOR 27c**  
**TOMATO JUICE** CO-OP GIANT 48 OZ. **29c**



EXTRA SPECIAL WITH 10c OFF NET PRICE  
**3** lge. pkgs. **79c**

**LOBSTER** FRESH PACK STAR OF SEA **Tin 69c**  
**TOMATOES** BEST QUALITY CO-OP - 28 OZ. **2 Tins 45c**  
**LOBSTER** FRESH FROZEN COLD-PAK **\$1.69**  
**PEAS** LYNN VALLEY 15 OZ. TINS **3 for 39c**  
**JELL-O** JELLY & PUDDINGS ALL FLAVOURS **3 For 25c**  
**BABY FOODS** ALL VARIETIES HEINZ BRAND **3 For 29c**

Now Delicious  
**Lane's**  
**BREAD**  
has EXTRA nutrition value



• Tempting Lane's Bread has always rated high as an energy and protein food. Today its nutritive value is higher than ever. For it's enriched with growth and protective elements: Thiamine, Niacin, and Riboflavin, plus Iron. As a result Lane's Enriched White Bread is tasty and light-textured as ever - and better for you than ever. Don't lose a day adding Lane's Enriched White Bread to your family's diet. Order some today.

Eat Plenty - it's BETTER for you!



CANADA'S FAMOUS CLEANSER



FOAMS AS IT CLEANS

**2** CANS FOR **31c**



The World's "FINEST" TOILET TISSUE  
**2** Rolls For **27c**

**FROZEN FOODS**  
THE LARGEST & MOST COMPLETE DISPLAY EAST OF MONTREAL

Brimful of BEST BUYS in



Here's the best case for savings you'll see wherever you look. It's our FROZEN FOOD CASE and it's brimful of the BEST BUYS in your favorite quality brands of your best-liked frozen foods... those simply wonderful... wonderfully simple-to-prepare taste treats for every meal. They're quality brands—and that means that every package contains the best of good eating. Every item is low-priced—and that means you get more of the best for less at CO-OP SUPER MARKET!

**FISH STICKS** PER PKG. **39c** | **RHUBARB** 16 OZ. PKG. **25c**  
**CHICKEN PIES**, each **35c** | **BLUEBERRIES**, pkg. **35c**  
**FRENCH FRIES**, pkg. **25c** | **BROCCOLI**, pkg. ... **37c**  
**GREEN PEAS**, pkg. **29c** | **SPINACH**, pkg. .... **29c**

**ORANGE JUICE** YORK BRAND 6 OZ. TINS **2 FOR 39c**

**FRYERS** NO. 1 GRADE CHICKEN NET WEIGHT 1 LB. 14 OZ. **1.89**

**STRAWBERRIES** GOLD PAK 15 OZ. **47c**

**ICE CREAM** ALL MAKES PER BRICK 29c PER HALF GALLON **89c**  
**SMELTS** DRESSED - CLEANED READY FOR FRYING PER PKG. .... **29c**  
**SCALLOPS** BOOTH'S FRESH FROZEN PER PKG. .... **71c**  
**LIMA BEANS** BABY FRESH ZERO-PACK PER PKG. .... **39c**  
**GREEN BEANS** AYLNER'S FRENCH STYLE PER PKG. .... **31c**  
**CORN-ON-COB** AYLNER BRAND FOUR LARGE COBS PER PKG. .... **49c**  
**CORN KERNELS** AYLNER'S FRESH FROZEN PER PKG. .... **29c**  
**T. V. DINNER** PEAS & CARROTS - POTATOES PLUS FRIED CHICKEN PER DINNER ... **97c**

**PALMOLIVE BEAUTY SOAP**



4 CAKE MONEY SAVING PACK

**SPECIAL 4 for 29c**

BE SURE TO INCLUDE A 5 LB. BAG OF QUAKER FLOUR



WITH YOUR ORDER Every Visitor to our QUAKER FLOUR DISPLAY will receive a FREE TICKET entitling him to participate in the draw on FEBRUARY 11th

5 Lb. Pkg. **37c**

SOMEONE WILL WIN THIS BEAUTIFUL PRIZE. 3-SPEED PORTABLE RECORD PLAYER—Plus 54 Top Tunes on Record Set.



SHROVE TUESDAY SPECIALS

**2 Pkgs. 43c**



SAVE HOCKEY TRADING CARDS IN QUAKER CEREALS And Win BICYCLE and SKATES.  
QUAKER OATS 5 Lb. Bags **57c** | QUAKER MUFFETS 2 For **37c**  
PUFFED WHEAT **17c** | PUFFED RICE **21c**

**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