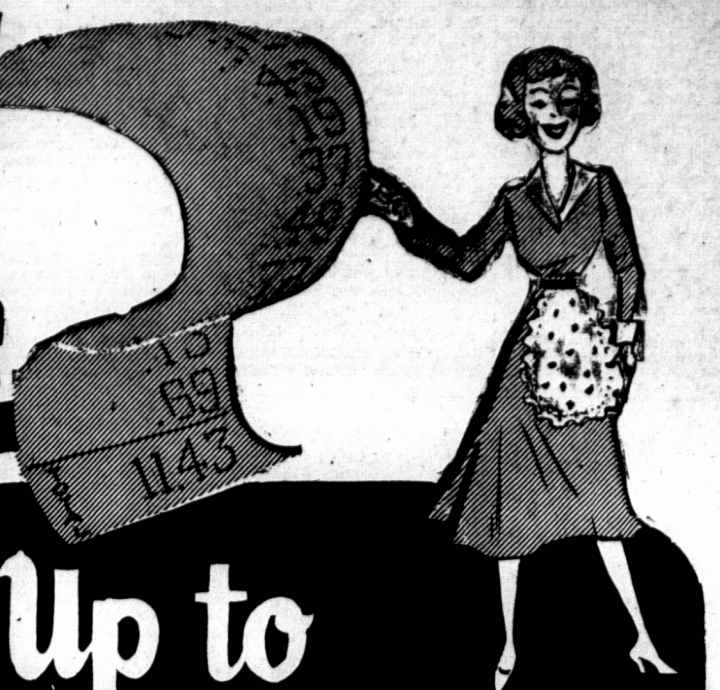


IT'S A
GOOD
SLOGAN
—
SHOP
CO-OP
AND
SAVE!
—
OPEN
FRI. & SAT.
NITES
UNTIL
9.30



LOW PRICE
after
LOW PRICE



**Add Up to
LOWER FOOD BILLS**

COD FILLETS FRESH CHILLED LB. **19c**
HADDOCK FILLETS FRESH CHILLED LB. **29c**
SALMON STEAKS TASTY TRIMMED LB. **79c**
LOBSTER MEAT KOLD PAK BIG LB. TIN **\$1.69**

You can't live on advertised specials alone — no matter how many markets you went to for them. Serving 21 delicious, nutritious meals a week requires a big variety of fine foods, many of which you never see advertised. Therefore, the sure way to cut food bills down to budget size is to shop at the CO-OP SUPER MARKET where you get low price after low price up and down every aisle . . . up and down the checkout tape. No wonder a cartful of fine foods adds up to a lower total cost when you shop here.

CORNER BEEF OUR CURE SWEET PICKLED LB. **19c**
HAMBURG FRESH LEAN YOUNG STEER **2** LBS. FOR **59c**
CHICKENS GRADE "A" 5-6 LB. AV. LB. **49c**

BLADE ROAST JUICY TENDER YOUNG STEER — LB. **39c**
BRAISING RIBS FULL OF FLAVOR MAKE A STEW — LB. **29c**
ROUND STEAK YOUNG STEER TENDER & JUICY — LB. **59c**

RIB ROASTS

STANDING CUT FROM CHOICE YOUNG STEER **43c** LB.

SAVE HERE
ECONOMY PLUS
SHORTENING
2 LB. PKGS. **47c**

TASTY-PAK PEAS P.E.I. GROWN 4 20 OZ. TINS **49c**
WAX BEANS CHOICE FLAVOR - PAK 2 20 OZ. TINS **37c**
COFFEE MAXWELL HOUSE ONE POUND BAGS — EA. **93c**
COOKIES WESTON'S ASSORTED CREAM FILLED — LB. BAG **39c**
COTTAGE CHEESE IDEAL FOR DIETS & SALADS **30c**

A QUICKIE FOR SCHOOL-DAY LUNCHES A COMPLETE DINNER IN EVERY TIN
YORK IRISH STEW
2 15 OZ. TINS **59c**

PEANUT BUTTER NUTTY — 16 OZ. OLD FASHIONED **29c**
TABLE SYRUP McLEAN'S — 16 OZ. A REAL TREAT **25c**
TOILET SOAP PALMOLIVE 5 REG. 1c SALE 5 Cakes **43c**

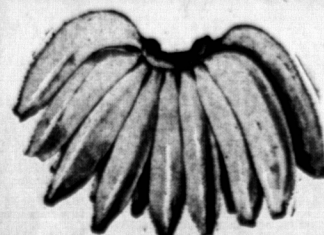
SHOP CO-OP and SAVE



Enjoy that GARDEN-GOOD FLAVOR!

Come to our Produce Counters—the "garden spot" in town—and pick your fruits and vegetables as fresh as though you gathered them in your own back yard. Yes—you'd have to grow some to get produce as fresh as ours because it's rushed to our market daily from nearby farms and orchards . . . placed on sale immediately. For freshness you can count on . . . and prices you can save on—pick your produce garden-fresh at the CO-OP SUPER MARKET!

FOR JUICE
ORANGES 2 doz. 69c
EATING APPLES . . 5 lbs. 59c
CAPE COD CRANBERRIES lb. 39c
TABLE COOKING ONIONS 2 lbs. 19c
LOCAL CORN ON COB . . doz. 39c
LOCAL WASHED CARROTS 3 lbs. 25c
SUMMER SAVOURY bch. 15c



GOLDEN RIPE BANANAS lb. 21c

KIDDIES LOVE THEM
SERVE OFTEN FOR SCHOOL-DAY LUNCHES
Wieners
SPECIALLY PRICED AT **39c** LB.

KERNEL CORN YORK BRAND 14 OZ. TINS 2 TINS FOR **29c**
TOILET TISSUE DEPENDABLE ROYAL ARMS 5 ROLLS FOR **39c**
VEGETABLE SOUP HEINZ FAMOUS QUALITY 2 TINS FOR **27c**
APPLE JUICE SCOTIA GOLD DRINK FOR HEALTH GIANT 48 OZ. **25c**
DOWNYFLAKE DO-NUTS PLAIN OR SUGARED—DOZ. **39c**

TWIN BARGAINS

WIN A NEW CAR!
LISTEN TO "IT'S MY LIVING" MON. - WED. - FRI. - 11 A.M.
SERVE IN SANDWICHES — FOR A COLD PLATE — OR FRY!
TASTES LIKE REAL HAM!
KAM **KLIK**
SPECIALLY PRICED **47c** BARGAIN PRICED **49c**
12 OZ. TIN 12 OZ. TIN

Listen to News and Views on Groceries — C F C Y TODAY AT 11.00 A. M.

THE FINEST MEATS IN TOWN **CO-OP SUPER MARKET** SPECIALISTS IN FRESH FRUIT AND VEGETABLES
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