



FOODS to Make Your Holiday A Wonderful PICNIC

Mom—treat yourself to a labor-less Labor Day weekend! Make the holiday one wonderful picnic for yourself and your family with fast-fix foods for outdoor fun feasts. We've everything you need—the pick of super values for thrilling picnic lunches . . . big bargains for barbecue treats . . . the best buys for delightful dinners at home. Our low, low prices give you a cartful of fine foods for less — much less!



CLOSED
ALL DAY
MONDAY
SEPTEMBER
FIRST

ENJOY A
SAFE
HOLIDAY
DRIVE
CAREFULLY

SEAMAN'S
ORANGE, LIME
& GINGER ALE
LARGE BOTTLES
2 FOR 39¢ PLUS DEPOSIT

FOR AROMA AND
FLAVOR THAT CAN'T
BE BEAT

6 OZ. JAR \$1.17

FOR A BETTER AND
LONGER LASTING
SHINE ON YOUR
FLOORS.

PT. TIN 65¢

FOWL	GRADE "A" ROASTING	LB.	33c
Hamburg	FRESH LEAN	2 LBS.	79c
Picnic HAM	ROAST OR BOIL	LB.	49c
KAM	FOR SANDWICH OR A QUICK MEAL	12 OZ. TIN	45c
CHICKEN	SWIFT'S IN TIN	4 LBS.	\$1.79
GRAPEFRUIT JUICE		48 OZ. TIN	35c
JAM	NATION'S BEST STRAWBERRY	24 OZ. BOT.	39c
PEANUT BUTTER	NUTTY BRAND	16 OZ. TIN	29c
SARDINES	SEASIDE, IN OIL KEY WRAPPED	2 FOR	23c
COOKIES	BROWN'S ASSORTED	2½ LB. BOX	79c
CHEEZ WHIZ	KRAFT CHEESE SPREAD	16 OZ. TIN	57c
SPAGETTI	IN PACKAGE CATELLI	2 1 LB. PKG.	35c
SPAGETTI	IN TOMATO & CHEESE SAUCE	2 15 OZ. TINS	33c
PEAS	YORK CHOICE QUALITY	2 20 OZ. TINS	33c

RINDLESS BACON	lb.	49c
FRESH PICNIC HAM ROASTING PORK	lb.	49c
A NATURAL BLOOD BUILDER LIVER	lb.	39c
SHOULDER ROAST BEEF	lb.	53c
FRESH CLEANED MACKEREL	ea.	29c
ISLAND LEGS O'LAMB	lb.	69c
FRONTS LAMB ROAST	lb.	49c
EAST PAK COD FILLETS	lb.	25c



100 FOOT ROLLS
WAX PAPER **29c**

NOOK-NAPS
SERVIETTES . . . 2 pkgs. **35c**



BUTTERED
PECAN
PERFECTION
ICE CREAM
PT. BRICK **29c**

 **GIANT SIZE 75c**
3 LARGE SIZE \$1.00

 **SALAD DRESSING**
A MUST WHEN
MAKING QUICK
MEALS
16 OZ. JAR 43c

Just Picked... Just Delivered... Just Wonderful

FARM-FRESH PRODUCE

Only a few hours before going on display our fresh fruits and vegetables were sun-ripened to flavor perfection on nearby farms. As far as possible, we buy the top-of-the-crop from local farmers and rush the fruits and vegetables to our market morning-fresh every day. You taste the difference—and the difference is that just picked . . . wonderful flavor freshness.

GOLDEN RIPE
BANANAS . . . 2 lbs. **39c**

RIPE EATING
PEARS 6 for **39c**

LARGE CRISP
CELERY . . . 2 stocks **29c**

RED RIPE
TOMATOES . . 2 lbs. **39c**

FRUIT IN BASKET
PEACHES, PEARS
& PLUMS
LOWEST PRICES

Listen to News and Views on Groceries — CFCY THURSDAY AT 11.00 A.M.

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

Royal Arms
TOILET
TISSUE
A Real Saving
12 Rolls
89c