

Food Bills Higher?



IT'S TIME YOU TURNED

TO YOUR CO-OP SUPERMARKET

FAB FABULOUS FLIGHT CONTEST

1st prize AROUND the WORLD for 2 plus \$1,000
2nd prize AFRICA for 2 plus \$600
3rd prize MIDDLE EAST for 2 plus \$600
4th prize EUROPE for 2 plus \$250
5th prize LONDON for 2 plus \$250
6th to 10th BERMUDA for 2 plus \$150

KING SIZE



\$1.19

Rather switch than fight high prices? Then switch to CO-OP SUPER MARKET and do your budget a good turn. We're holding the line on **LOW PRICES**... In fact, many are **LOWER** than they were last week or last month. Come in today and see how your **SAVINGS** take a turn for the better as our **STORE-WIDE LOW PRICES** lower the total cost of a big cartful of your favorite foods.

VISIT QUEEN ST. ROYALTY MALL. NORTH RUSTICO or VERNON RIVER CO-OP STORES FOR FOOD SAVINGS.

SCHWARTZ		
PURE VANILLA	1 1/4 OZ. SIZE	19c
CAKE Decorations	2 OZ. SIZE	23c
FRESH PACK CURRANTS	15 OZ. BAG	33c
FRESH SEEDLESS RAISINS	2 LB. BAG	59c

NO PEANUTS ADDED MIXED NUTS	1/4 LB.	79c
BONNAR BLEACHED RAISINS	15 OZ. PKG.	35c
CRISCO 5c OFF PACK COOKING OIL	24 OZ. JAR	59c
HEAD & SHOULDERS LOTION	84 OZ.	\$1.19

FRESH PRODUCE		
FLORIDA FULL OF JUICE ORANGES	5 LB. BAG	59c
FLORIDA PINK OR WHITE GRAPEFRUIT	6 FOR	49c
ISLAND GROWN PARSNIPS	2 LB. BAG	25c
ROSY RED RADISHES	2 PKGS.	23c
SUNKIST LEMONS	6 FOR	35c

CUT FROM ISLAND HOGS
PORK LOIN ROAST LB. **73c**

PINEAPPLE-GRAPEFRUIT Drink	2 1/2 OZ. TINS	89c
WHOLE KERNEL Corn	2 1/4 OZ. TINS	39c
DELICIOUS STEWED Tomatoes	30 OZ. TIN	33c
TOMATO Catsup	2 11 OZ. BTL.	39c
GREEN or WAX Beans	2 15 OZ. TINS	39c

GREEN GABLES SIDE BACON	12 OZ. TUB	79c
FRESH LEAN HAMBURG	2 LBS.	89c
MAPLE LEAF Potted Meat	12 OZ. TUB	33c
MAPLE LEAF By the Piece Bologna	1 LB.	29c

ISLAND STEER BEEF—BONELESS ROUND
STEAK OR ROAST LB. **75c**

FOR BEST SELECTION ORDER YOUR **CHRISTMAS POULTRY** NOW

We will be glad to discuss your firm's requirements of poultry for Christmas giving.

NESSCAFE Instant COFFEE 10 OZ. Jar **1.33**

BROWN'S FESTIVAL MIX BISCUITS	84 COUNT BOX	79c
DUNCAN HINES Cake Mixes	2 19 OZ. PKGS.	89c

CONCENTRATED—REG. PRICE 79c Mix-O-Bleach	128 OZ. SIZE	59c
PURITY Quick Oats	5 LB. BAG	63c

OCEAN SPRAY WHOLE OR JELLIED CRANBERRY Sauce	15 OZ. TIN	29c
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STUART HOUSE FOIL WRAP	The Large 18" Roll	63c
THE BEST SIZE FOR YOUR COOKING.		

OCEAN SPRAY CRANBERRY COCKTAIL	24 OZ. JAR	45c
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Evaporated MILK	6 TALL TINS	95c
COLGATES 100 ORAL ANTISEPTIC	3 OZ. JAR	33c
PALMOLIVE FACE SOAP	5 BAR BUNDLE	55c
Buy 4 Bars get 1 FREE		

KING COLE GAUZE TEA BAGS	60's TWO CUP SIZE	75c
ROBIN HOOD ALL PURPOSE FLOUR	25 LB. BAG	1.89

CLARK FOODS	
OLD LONDON TOWN Mincemeat	2 28 OZ. 89c
STEW	2 28 OZ. TINS 89c
BEANS with PORK in TOMATO SAUCE	5 20 OZ. TINS \$1.

POT OF GOLD CHOCOLATES	1 LB. BOX	1.39
BARLEY TOYS CANDY	1 LB. BAG	45c
SELECTION—2 1/2 LB. BOX FAMILY ASS'TD.		1.49
RIBBON CANDY	1 LB. BAG	45c
SELECTION—2 1/2 LB. BOX CHOCOLATES		1.59
CUT ROCK CANDY		45c
SELECTION FAMILY ASSORTED OR CHOCOLATES	14 OZ. BOX	69c
CHRISTMAS MIX CANDY	2 1/2 LB. BAG	89c

FROZEN FOODS		
SEABROOK FARMS GREEN Peas	2 12 OZ. PKGS.	39c
MORTON'S MEAT PIES	2 FOR	49c
BIRDSEYE ORANGE—6 OZ. TIN Juice	2 FOR	49c
FRASERVALE—2 LB. POLY French Fries		43c
SNOWBIRD—1 LB. PKG. Cod Fillets		39c