

ALL ITEMS ON THIS AD ON SALE AT NORTH RUSTICO



When Your List is **LONG**
and Your Budget's
SHORT...

SHOP HERE... AND SAVE



SAY
SCHWARTZ
AND BE SURE

SCHWARTZ
PURE BLACK
PEPPER
4 oz. pkg. 23c

SCHWARTZ
PEANUT
BUTTER
16 oz. jar 39c

Here's fast aid for a pinched budget—shop CO-OP SUPER MARKET regularly. It's the best balm to ease the squeeze. We've a storeful of saving prices—super values in super-good foods—to lower the cost of a cartful of your favorite foods and household supplies. Fine foods at fair prices is a combination that's mighty hard to beat—but mighty easy to "come buy" at CO-OP SUPER MARKET.

TASTY FRESH
PORK LIVER
SWEET PICKLED
PORK HOCKS

MAPLE LEAF
BOLOGNA
CHILLED FILLETS
MACKEREL

COTTAGE GOOD QUALITY
TOILET TISSUE
6 ROLLS FOR **49c**

Fruits & Vegetables

- COOKING & EATING
APPLES 5 lbs. 49c
SEEDLESS SUNKIST
ORANGES 5 lbs. 69c
BREAKFAST
GRAPEFRUIT 6 for 49c
EXTRA LARGE
CABBAGE each 19c
ISLAND
CARROTS 3 lbs. 23c
TASTY LOCAL
PARSNIPS 2 lbs. 23c

Frozen Foods

- BIRDSEYE
BEEF PIES 2 pkgs. 65c
BIRDSEYE
FRENCH FRIES 2 pkgs. 39c
YORK
ORANGE JUICE 2 tins 49c
ZERO PAK
PEAS 2 pkgs. 39c
FRESH FROZEN—KOLD PAC
STRAWBERRIES tub 39c
FROZEN—FRESH
BLUEBERRIES tub 35c
MAKE A BLUEBERRY PIE TODAY!

CHICKENS
PORK ROASTS

GRADE "A"
5 TO 7 LB. EACH
SPECIAL PER LB. **39c**
FRESH P.E.I.
PICNIC HAMS
SPECIAL PER LB. **37c**

BACON

FACTORY SLICED
RINDLESS
SPECIAL PER LB.

LIPSTICK STAINS
DISAPPEAR from ANY SURFACE with **LESTOIL**

LARD

MAPLE LEAF
PURE
2 LBS. FOR

39c

EGGS

MAPLE LEAF
GRADE "A"
LARGE
Doz.

47c

- SUCCESS WAX** LIQUID PINT TIN 59c
CHOW CHOW HABITANT 16 OZ. JAR 33c
JIFFY BAKER'S INSTANT CHOCOLATE DRINK LB. TIN 53c
MARMALADE PURE SEVILLE TROPICAL 24 OZ. TIN 43c

- COOKIES** WESTON'S CREAM FILLED LB. 39c
DOG FOOD KEN-L-RATION SAVE 2c TIN 2 tins 23c
ISLAND CHEESE SPECIAL PER LB. 39c
VEL LIQUID LARGE TIN SAVE 5c 39c

FOR A MEAL OR A LUNCH IT IS GOOD ANYTIME
49c

START THE DAY RIGHT, WITH A GLASS OF HEINZ FANCY QUALITY TOMATO JUICE
BIG 48 OZ. TIN 39c

FOR THAT ADDED ZEST ONLY HEINZ CAN GIVE
2 REG. SIZE BOTTLES 47c

GUARANTEED SATISFACTION FOR BREAD, CAKES AND PASTRY
25 LB BAG \$1.59

OGILVIE CAKE MIX BUY 2 GET 1 FREE
A REAL SUPER VALUE ALL
THREE FOR ONLY **69c**

LISTEN TO NEWS AND VIEWS ON GROCERIES — CFCY THURSDAY, 11 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 3557 • FREE CUSTOMER PARKING

DO-NUTS doz. 39c