



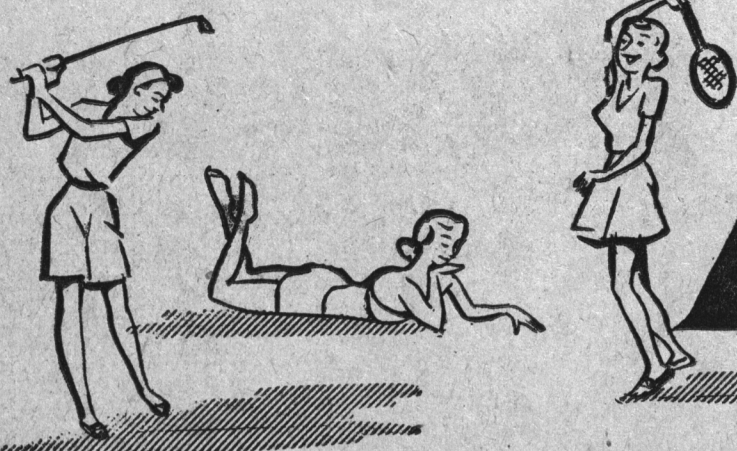
YOUR CHOICE OF

- MAC & CHEESE LOAF
- PICKLE & PIMENTO DELICIA LOAF
- MINCED HAM
- CHICKEN LOAF

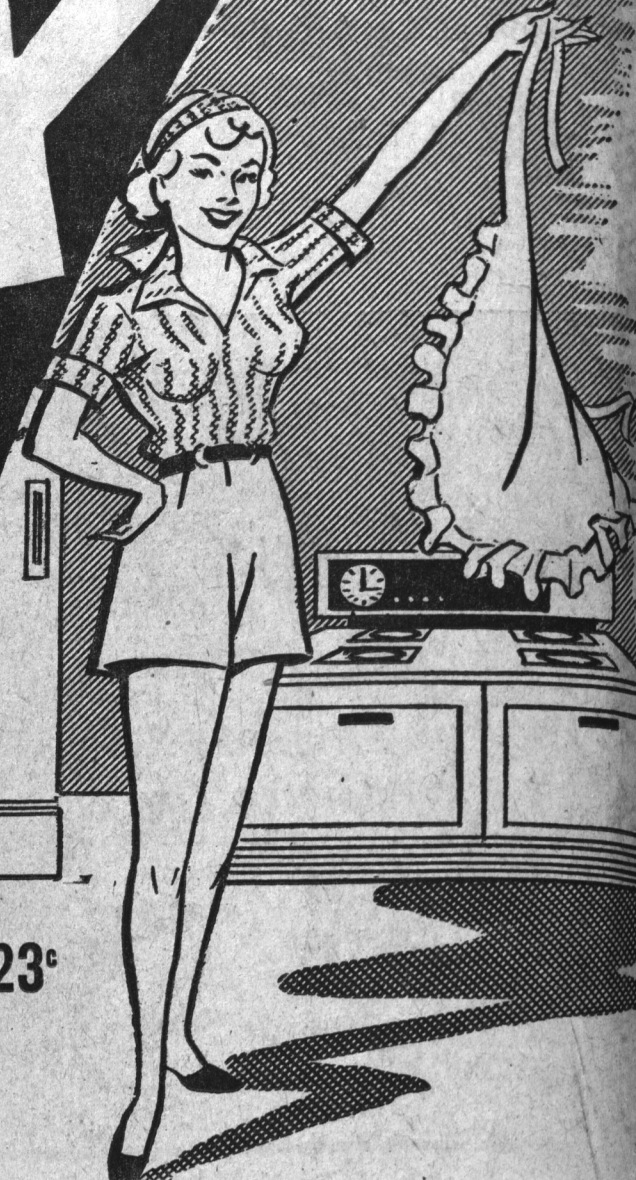
MAPLE LEAF SLICED MEATS

29¢ PKG.

More Time for Fun
When Cooking's Done with



EAST-FIX FOODS



Want to get away from it all—away from irksome cooking chores? You can—when your pantry and refrigerator are filled with fast-fix foods—meal-a-minute foods that get you out of the kitchen in a hurry! Almost before you can say "Dinner will be ready in a few minutes"—IT IS! And what marvelous meals . . . what wonderful taste surprises . . . to set before your family! Come—stock up with fast-fix foods . . . they're this week's SUPER VALUES.



LARGE 16 OZ. MUSTARD 23¢

RUMP ROAST JUICY TENDER LB. 69¢
WING STEAK GUARANTEED TENDER LB. 79¢

BACK BACON MAPLE LEAF SMOKED 1/2 LB. PKG. 39¢

COTTAGE ROLL MAPLE LEAF BONELESS LB. 73¢

LEG O' LAMB GUARANTEED P.E.I. SPRING LAMB LB. 79¢

SALMON BEST PINK SEAL SPECIAL 1/2 LB TINS 27¢
SOUP SEALARK — VEGETABLE 6 TINS FOR 49¢
SERVE SOUP AND A SANDWICH SAVES WORK BEATS THE HEAT

NEW SENSATION FLAVOUR Ice Cream
NEW CHIQUITA BANANA
SPECIAL
PINT BRICK . . .

NESTLE'S CHOCOLATE DRINK QUICK LB. TIN 59¢

SWEET MIXED OR MUSTARD PICKLES ZEST 16 OZ. 29¢

MAPLE LEAF—LGE. 16 OZ. JAR CHEESE SPREAD 53¢

LUNCHEON MEAT 12 OZ.—FOR SANDWICHES KAM TIN. 43¢

GRAVES VITAMINIZED—GIANT 48 OZ. APPLE JUICE TIN. 29¢

Put miles between you and thirst with Seven-Up
CARTON OF 6 PLUS DEPOSIT 39¢

CANADA DRY Ginger Ale
It's light, dry—a quick energy lift
2 LARGE SIZE 49¢

MAKE YOUR OWN DRINKS MIX-ADE or KOOL-ADE IN ALL FLAVORS
THE KIDDIES LOVE TO MAKE THEM 5 PKG FOR 29¢

PEANUT BUTTER TRUE "NUTTY" FLAVOUR KIDDIES LOVE IT 16 OZ. JAR 29¢
MIRACLE WHIP THE SALAD DRESSING WITH CHARACTER 16 OZ. JAR 43¢
INSTANT COFFEE CHASE & SANBORN'S LARGE 6 OZ. JAR \$1.19

400 PEAS 15 OZ. TINS 2 FOR 35¢
FAB FABULOUS SUDS FOR DISHES & DUDS 2 LGE. 59¢
AJAX CLEANSER 2 TINS 55¢
PALMOLIVE SOAP SAVE 5c BATH SIZE 2 FOR 27¢
JELL-O ALL FLAVOURS & REG. PUDDINGS 3 FOR 29¢
PEACHES VAN VALE 20 OZ TINS 2 FOR 49¢
BABY FOODS HEINZ ALL VARIETIES 3 FOR 32¢
CO-OP BREAD SLICED SAVE MONEY 18¢
MARMALADE PURE SEVILLE TROPICAL · 4 OZ TIN 69¢
YORK PEARS FAMOUS QUALITY LARGE 20 OZ. TINS 23¢

KING COLE "MEANS QUALITY TEA"
ORANGE PEKOE
TEA BAGS 79¢
PACKED IN GAUZE SAVE 10c—PKG. OF 60
KING COLE—OLD ENGLISH
TEA 47¢
1/2 LB. PKG. SAVE 5c
SERVE ICED

FRESH TODAY
...and SOLD THAT WAY

Yes—FRESH TODAY! We bring fruits and vegetables into our market bright and early every morning . . . rushing them to you from the sun-drenched farms of the South. They're fresh as they come—and fresh as they go to your table because we sell them the very day they arrive. For grand good eating at a real low cost—buy produce here daily to get it at its freshest best.

GARDEN FRESH GREEN BEANS . . . lb. 23¢
LONG GREEN SLICING CUCUMBERS . . . 2 for 29¢
BIG STICKS CELERY 2 for 29¢
NEW RED EATING GRAPES, a treat . . lb. 29¢

FAMOUS P.E.I. STRAWBERRIES
ARRIVING HOURLY
LOWEST MARKET PRICES

SEEDLESS SUNKIST ORANGES 2 DOZ FOR 79¢
SWEET JUICY GRAPEFRUIT 6 48 OZ. 49¢

NEW P. E. I. GARDEN FRESH LETTUCE
2 BIG HEADS 33¢

PICNIC SPECIALS
HEINZ JUST HEAT AND EAT SPAGHETTI
2 16 OZ. TINS 33¢

INDOOR OR OUTDOORS HEINZ PORK & BEANS
IN TOMATO SAUCE 2 15 OZ. TINS 37¢

Listen to News and Views on Groceries — CFCY THURSDAY AT 11.00 A.M.
THE FINEST MEATS IN TOWN
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

