

IT PAYS
TO SHOP

ROYALTY X MALL
SHOPPING CENTRE

Confederation
PLAZA

OR
VERNON
RIVER
CO-OP
FOOD
STORES

FUN-derful FOODS



for Your
LABOR DAY
Weekend

You'll pack more play into your holiday weekend when you plan your menus around these Labor-less Fun Foods from CO-OP SUPER MARKET! They're so easy to fix... so quick to cook... that picnic treats or delightful dinners are ready in jig-quick time and you've extra hours for fun in the sun. Stop in and stock up today for a long weekend of FUNderful Feasting. Our STOREWIDE LOW PRICES let you live it up for less —MUCH LESS!

FRESH GROUND

Hamburg 2 Lbs. **99c**

Frozen Foods

GARDEN CITY
ICE CREAM 1/2 GAL **79c**
McCain's 2-LB. POLY BAG
GREEN PEAS **53c**
McCain's 2 LB. POLY BAG
FRENCH FRIES **55c**
McCain's FRENCH STYLE
Green BEANS 2 10 OZ. PKGS. **49c**
EASTPAK 1-LB. PKG.
MACKEREL FILLETS **33c**

GARDEN CITY
CANADA FIRST GRADE

BUTTER
2 1 LB. PRINTS **1.25**

KON-TIKI
CRUSHED OR SLICED
PINEAPPLE
4 20 OZ. TINS **1.00**

MAPLE LEAF
PICNIC SHOULDERS
1 1/2 Lb. Tin **1.45**

FRESH GRADE "A" EVISCERATED

CHICKEN BROILERS **43c** LB.

BULK PACK SWIFT'S
Wieners LB. **55c** **Side Bacon** LB. **99c**

SWIFT'S BY THE PIECE ROUND
Bologna LB. **39c** **Steak** LB. **95c**

GREEN GABLES SMOKED
PICNICS LB. **49c**

Fruits & Vegetables

GOLDEN YELLOW
BANANAS 3 LBS. **49c**
LONG GREEN, LOCAL GROWN
CUCUMBERS 2 FOR **19c**
LOCAL GROWN
Corn on the Cob DOZ. **45c**
LOCAL GROWN
CARROTS 2 LB. BAG **23c**
LARGE CRISP
LETTUCE 2 FOR **45c**

CARNATION
EVAPORATED MILK
6 TALL TINS **\$1**

AYLMER
TOMATO JUICE
3 48 OZ. TINS **\$1**

CORDON BLEU
CHICKEN
3 7 OZ. TINS **\$1**

Reynolds
1001 USES
FOIL WRAP
25 FEET LONG
3 ROLLS 12 INCHES WIDE **\$1**

Aylmer
CREAM STYLE
CORN OR RADIO GREEN PEAS
5 20 OZ. TINS **\$1**

AYLMER
2 TOMATO SOUP
2 VEGETABLE SOUP
2 4 TINS IN A BAG **89c**

BOLD
POWDERED DETERGENT
GIANT SIZE **93c**

KILROY
SCRIBBLERS 5 IN PACK **59c**

IMPORTED LEAD
PENCILS 4 DOZ. **1.00**

BIG SAVINGS ON BALL
POINT PENS 12 FOR **49c**

CHILDREN'S METAL
LUNCH KITS With Thermos **3.29**

COMET
CLEANSER 2 REG. SIZE **43s**

WHITE SWAN PRODUCTS
BATHROOM TISSUE 2 4 ROLL PACK **99c**

WHITE SWAN PAPER
TOWELS 2 ROLL PACK **45c**
WHITE SWAN ASSORTED COLOURS
SERVIETTES 2 60 COUNT **35c**

McCREADY'S
SWEET MIXED PICKLES
SWEET MUSTARD PICKLES
CHOW CHOW PICKLE
2 24 Oz. Jars **89c**

PERSONAL SIZE
IVORY SOAP 5 Bar Bundle **43c**

Listen to News and Views on Groceries—CFY Thursday at 11 a.m.

AN ISLAND STORE OWNED BY ISLAND PEOPLE

The Finest Meats In Town
CO-OP SUPER MARKET
FREE DELIVERY
Specialists in Fresh Fruits and Vegetables
FREE CUSTOMER PARKING

2 Locations. QUEEN STREET · ROYALTY MALL

PHONE 524-2222 ENOUGH TO SERVE YOU...NOT TOO BIG TO APPRECIATE YOU!

GARDEN CITY COTTAGE
Cheese 12 OZ. TUB **35c**
THE ONCE OVER CLEANER
Spic & Span REG. SIZE **43c**
GARDEN CITY
Mild Cheese LB. **59c**

YORK
PEANUT BUTTER
2 Lb. Jar **79c**

MOIR'S
SCOTCH or PASTEL
MINTS
1 Lb. Bag **39c**

HUMPTY - DUMPTY
POTATO CHIPS
Reg. Price 49c
3 8 Oz. Pkgs. **1.00**