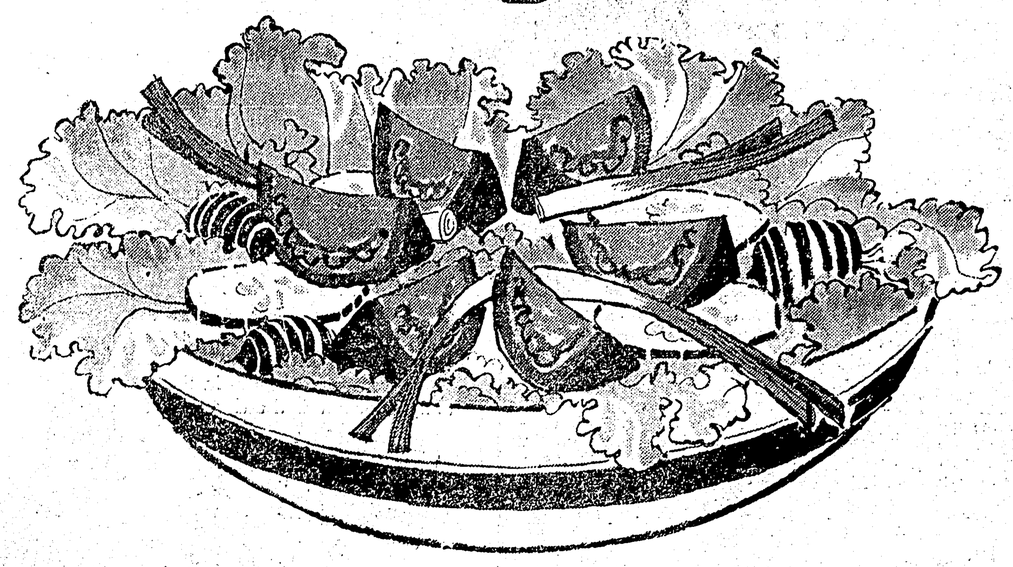
Shopping CO-OP Centre

SALADS



LETTUCE	Each	
CELERY	per bunch	
TOMATOES	Per lb.	
CUCUMBERS	Each	
APPLES	Transparents lb.	

ANY OF THESE FINE SALAD VEGETABLES FOR A FINE CO-OP SALAD. YOUR CHOICE AS MARKED.

19c

Visit the Produce Dept. of your Co-Op Centre. See for yourself all of the finest fruits and vegetables obtainable! All seasonal items arriving dewy fresh! Truly value and quality worthy of the discriminating housewife!

★MAZOLA OIL	32 oz. bottle	79c
★APPLE JUICE	SUNRYPE, 48 oz., clear or vitaminized	2 FOR 69c
★STRAWBERRY JAM	NABOB, 48 oz. tin	1.19
★CORN FLAKES	KELLOGG'S, 12 oz. pkt.	2 FOR 53c
★SALAD DRESSING	MIRACLE WHIP, 32 oz.	65c

SHRIMPS

49th STATE, 5 oz. tin a seafood salad must! **39c**

Crabmeat

"CHALLENGER" BRAND

½ lb. tin. For salad or cocktail, per tin **63c**

SALMON

CO-OP OR CHALLENGER, SOCKEYE, ½'s

for a real Co-op salad, per tin **53c**

VINEGAR

HEINZ, WHITE

no salad can be without **29c**

Pineapple

Q.T.F., CRUSHED, 15 OZ. TIN

2 for 43c

SERVE WITH COTTAGE CHEESE

Asparagus

NABOB, FANCY TIPS

10 oz. tin **39c**

OLIVES

NABOB, MEDIUM, RIPE

16 oz. tin **33c**

MARGARINE

ROSE BRAND,

3 lb. pkt. **69c**

Prices Effective July 21, 22 and 23
Specials also available at the Marine Foods Section of Cow Bay Store
We reserve the right to limit quantities

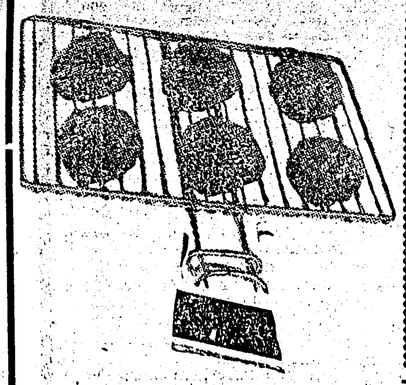
Everyone shares in CO-OP BENEFITS

Queen of the North—½ gallons

ICE CREAM 75c

Fitting Companion to a Fruit Salad

COTTAGE CHEESE 12 oz. pkt. 25c



SANDWICH MEATS

5 oz. pkts., SWIFTS PREMIUM, assorted ..... **2 FOR 49c**

BACON

BURNS CAMPFIRE, ½ lb. pkt. **29c**

Lean, Freshly Minced

GROUND BEEF 3 lbs. for $1.00

MONARCH Pouch pak.

CAKE MIX 9½ oz. ..... 2 FOR 31c

Plates, Napkins, Utensils

PICNIC KITS Duchess 29c

Jolly Time, 1 lb. bag

Popping Corn 23c

CO-OP RED LABEL COFFEE

... For Enjoyment

Rich, flavorful and satisfying, CO-OP Red Label Coffee provides a full measure of enjoyment with every cup. Made in your own quality-controlled CO-OP Food Plant, it's roasted, packed, and shipped the same day to ensure freshness.

FREE PARKING