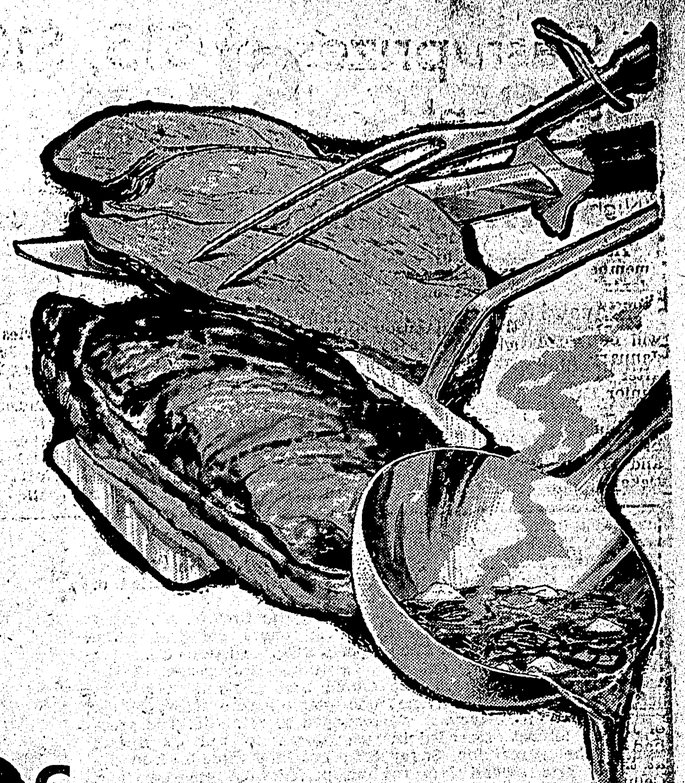
Shopping CO-OP Centre

Housewives who are really concerned about spending their food dollars always shop where genuine value is offered. They take advantage of low prices and top quality in a store where everyone wins. Have you compared prices lately? If you have you will join the many satisfied customers who shop at the Co-Op.

BOILING CHICKEN

Just fine for the real family dinner. Chicken and dumplings or chicken and spaghetti. Really a Co-Op Thrifti-Value Special! **49c lb**

LAMB IN A BASKET



3 meals in one: Roast for the week-end, Chops for lunch, Stew for any man's Dinner . . . . . **39c lb.**

A Co-Op Thrifi-Value!

Hy-Wave Locally Produced
SMOKED
BLACK COD
Per lb. **59c**

Hy-Wave Support Local Production
TRUE
COD FILLETS
1-lb. pkt. **29c**

★ **HEINZ KETCHUP** 15 oz. ..... 3 FOR **$1.00**

★ **Liptons Chicken Noodle SOUP** 4 FOR **49c**

★ **WRITING PADS** Super Valu Jumbo Pad. Each **49c**

★ **PACIFIC MILK** Talls. Per Case **$7.69**

★ **CO-OP BUTTER** **68c lb**

PEAS Assorted Libby's 15 oz. ..... 2 for 39¢
CHICKEN NOODLE SOUP Heinz 10 oz. ..... 2 for 35¢
BEANS In Tomato Sauce Heinz 15 oz. ..... 2 for 37¢
SPAGHETTI Heinz 15 oz. tin ..... 2 for 35¢
COFFEE Instant, Chase and Sandborn 10 oz. jar 1.39
POTATOES Shirriff's Instant 12 oz. ..... 55¢

BEANS Brentwood Cut Wax 15 oz. ..... 2 for 29¢
BEANS Cut Green Chelsea 15 oz. ..... 2 for 39¢
PUDDINGS Instant Royal ..... 2 for 29¢
ROBIN HOOD CAKE MIX New envelope pack 15 oz family size 2 for 39¢
SQUIRREL 16 OZ. PEANUT BUTTER 43c

SOAP POWDER
BLUE BREEZE
GIANT SIZE PKT. **79c**

Childrens Wet Weather
MITTENS
ASSTD. SIZES. PLASTIC COATED. Pr. **59c**

Childrens Lined
BOXER JEANS
ALL COLORS 3 to 6x Pair **$1.59**

BAKERY COUNTER

BANANA CAKE
Made With Fresh Bananas
39c EACH

OLD FASHIONED APPLE CAKES
49c EACH
Just Like Mother Makes

FISHERMEN!

CLEARANCE SALE ON COMMERCIAL FISHING SUPPLIES SAVINGS UP TO 75%

SALE NOW IN EFFECT AT COW BAY STORE

FRIDAY NIGHT SPECIAL! ON HARDWARE FLOOR!

Everything but the Fish!

Fibreglass Trolling Rod	14.50
Penn Trolling Reel	9.50
100 yds. 20 lb. test line	1.25
4-oz. Trolling lead	.25
Trolling Plug	2.85
Total Value	28.35

ALL FOR **$22.50**

For the convenience of the Home Handyman, the Co-Op Centre now has plywoods of all kinds. Floor tiles, insulation, building paper. Drop in and see our selection. Compare and be convinced "the trend is toward Co-Op Shopping!"

LETTUCE 2 FOR 29c
CUCUMBERS each 11c
TOMATOES 25c lb
APPLES ROME BEAUTY 4 LBS 55c

Specials good Wed., Jan. 25 to Sat., Jan. 28 inclusive. We reserve the right to limit quantities. Specials available in the Cow Bay Store.