IT'S A MATTER OF SENSE AND DOLLARS TOO!

EVERYONE BENEFITS When You Shop At The CO-OP

Veal Roasts

Budgets are usually hard to meet at this time of year. The CO-OP Centre Meat Department is aware of this and presents this Thrifti-Valu Special!

Boneless and Rolled Veal Roasts ..... **59c lb.**

★ **Mazola Oil** 32-oz. bottle **89c**

★ **Spork** Burn's Luncheon Meat, 12 oz. tins ..... **2 FOR 79c**

★ **Porridge Oats** Robin Hood, 5 lb. bag **49c**

★ **Fruit Cocktail** Hunt's 15 oz. ..... **2 FOR 49c**

LIBBY'S 20 oz. tin
Tomato Juice 2 FOR 35c

WESTON'S Trio-Pak
Biscuits Pack of 3 FOR 1.00

McLAREN'S
Party Pak Pickles 49c

NIBLETS
Kernel Corn 14 oz. 2 FOR 45c

NESCAFE
Instant Coffee 6 oz. 99c

SILK
Toilet Tissue 4 roll pack 45c

SUNKIST
Orange Base 6 oz. 7 FOR 1.00

KING SIZE
Blue Surf 1.09

SMOKED
BLACK COD
Hy-Wave Quality
Rich and Truly Tasty! ..... 59c lb

PORK ROAST
Lean, meaty pork shoulders, a timely buy for Autumn Meals.
At the CO-OP Centre Only! ..... 45c lb

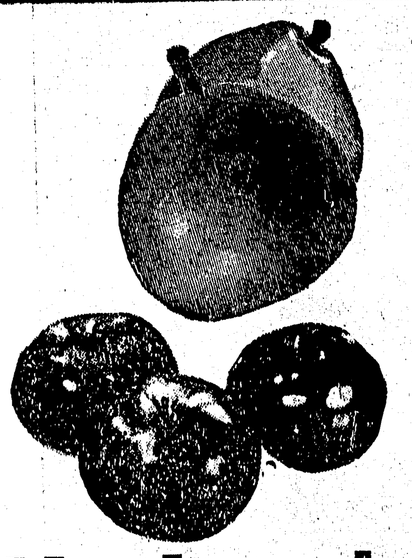
PORK STEAK
Tasty and Versatile
Enjoyed Braised or Fried
A CO-OP Thrifti-Valu! ..... 49c lb

Coffee Bar CO-OP
BURGER AND CHIPS 49c

FRESHLY BAKED, BAKERY SPECIALS

CO-OP Bakery **Coffee Rings** each 35c

CO-OP **Dinner Buns** doz. 29c



Bananas Golden Ripe ..... 2 LBS 39c

Pears BARTLETT Finest B.C. Grown ..... 2 LBS 35c

Grapefruit California White Size 48 2 FOR 29c

MacIntosh Apples Handi-Pac 2.49

THE EVENT OF THE YEAR! SEPT. 15th to 23rd

Watch For The GIGANTIC Fall Event Flyer To Be Delivered To Your Door On THURSDAY and FRIDAY

HARDWARE SPECIALS!

More Grocery Bargains!

THE CO-OP FALL EVENT

CO-OP Centre reserves the right to limit quantities. Specials available at Marine Food Section of Cow Bay Store. Supervised Parking Lot will be locked Fridays at 9:00 p.m.

SPECIALS GOOD SEPT. 13, 14, 15, 16