SPRING SAVINGS Sale

WAKE UP SPRING APPETITES with our selection of taste-tempting Top Quality Foods at Low, Low Prices!..Spring is just around the corner so serve your Family an early Spring treat!..Come! See! Shop! SAVE!

ROAST BEEF
Boneless Round or Rump 79c lb.

Veal Patties CO-OP quality 59c lb.

Cottage Rolls 2-3 lb. pieces 69c lb.

Weiners 1 lb. Cello packet 49c

CO-OP Coffee Bar

Relax at the CO-OP Coffee Bar

★ ROAST BEEF DINNER
★ SOUP or JUICE ★ Vegetables
★ TEA or COFFEE ★ DESSERT

89c

★ **CO-OP FLAKED TUNA** 6½ oz. tin ..... 3 FOR $1
★ **MEAT BALL STEW** Chef-Boy-R-Dee 30 oz. 59c
★ **CAKE MIX** Robin Hood Easimix ..... 3 FOR $1
★ **CO-OP BEANS & PORK** 15 oz. ..... 7 FOR $1
★ **FISH and CHIPS** Delnor 59c

CO-OP LIQUID DETERGENT	12 oz.	39¢
ZIP INSTANT CHOCOLATE	2 lb. bag	79¢
BLUE RIBBON COFFEE	1 lb.	65¢
CHICKEN & RICE SOUP	Stuart House	3 for 31¢
FRUIT COCKTAIL	Hunt's 15 oz.	2 for 53¢
KING SIZE BREEZE		1.49
CHEESE PRESTO	Swift's 10 oz.	59¢
CO-OP TEA BAGS	100's	69¢
ROBIN HOOD FLOUR	25 lb. bag	1.69
WESTON'S ASSORTED BISCUITS	Pkt.	39¢
CAT FOOD	Champion, Whole Fish, 8 oz. tin	3 for 29¢
FLUFFO SHORTENING	3 lb. canister	99¢
MIRACLE WHIP	Kraft 16 oz.	39¢

BANANAS 3 lbs. 39c
ONIONS New Zealand 2 lbs. 29c
APPLES Winesap, Snoboy 4 lb. cello 49c

Freshly baked JUST FOR YOU!

Apple
COFFEE CAKES 39c
CHERRY PIES 49c
FRUIT BARS pkt. of 8 45c
POLANAISI
Meringue shell filled with fruit, topped with whipped cream, each 1.49

A CO-OP Grocery Department Special!
Queen of the North
ICE CREAM ½ gal. 79c

SPECIALS GOOD WHILE STOCKS LAST

Co-Op Centre Reserves the Right to Limit Quantities. Supervised Parking Lot Will Be Locked Fridays at 9 p.m.