A VERY IMPORTANT QUESTION... WHY PAY MORE?

Prices Effective Thurs., Fri., and Sat. Jan. 17, 18, 19.

Yes, a very important question . . . Why Pay More? At SHOP-EASY you get the best of foods at the lowest prices. Stretch your food budget . . . shop at SHOP-EASY and pay less!

MALKIN'S Choice
PRUNE PLUMS 6 for $1
15-oz. Tins

MALKIN'S Choice
CARROTS and PEAS 6 for $1
15-oz. Tins

MALKIN'S Choice
Assorted PEAS 7 for $1
15-oz. Tins

MALKIN'S Choice
PEACHES 5 for $1
15-oz. Tins

BE WISE . . . ECONOMIZE!

"Save More at Your Shop-Easy Store"

FLOUR FIVE ROSES All purpose . . . . . 25 lb. bag **1.98**

Spaghetti HEINZ with cheese & tomato sauce . . . . . 15 oz. **6 for 1.00**

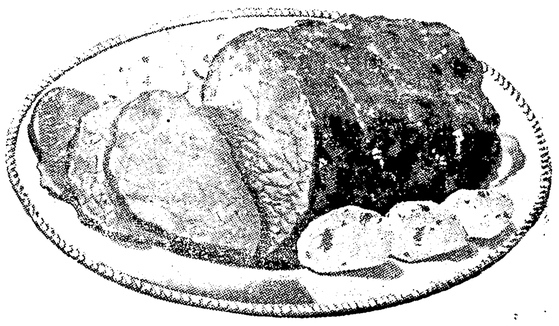
Meat Balls PURITAN . . . . . 1½ lb. tin **49c**

Cheez Whiz KRAFT . . . . . 16 oz. jar **65c**

You always get more at your SHOP-EASY store—more quality, more savings

McCORMICK'S
Shortbread Fingers 30 biscuits **29c**

HEINZ COUNTRY GOOD
Chicken Noodle
SOUP MIX Pkt. **10c**



BEEF *at its* **BEST!**

Pot Roast Round Bone or Blade **55c lb**

Brisket Roast Boneless **69c lb**
Blade Roast Boneless **75c lb**
Standing Rib Roast **79c lb**
Cross Rib Roast **69c lb**
Plate Boiling Beef **29c lb**
Country Style Picnics **45c lb**

FREE Dot West FOOD CONSULTING SERVICE BOX 4900, VANCOUVER 3
MENUS & RECIPES • FAMILY USE • ENTERTAINING • LOW CALORIE • QUANTITY COOKING • QUESTIONS & TRICKS ON COOKING • SPICE CHARTS

SCANDINAVIAN COOKS DO A POT ROAST THIS WAY:

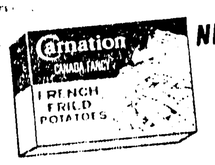
POT ROAST OF BEEF—SCANDINAVIAN

Season the meat for pot roasting on all sides with salt and MALKINS pepper. Brown slowly in hot fat on all sides. Add one can condensed tomato soup. Add one teaspoon dry mustard, ¼ teaspoon MALKINS thyme, 1 MALKINS bay leaf, ¼ cup MALKINS parsley, 1 large onion, minced. Cook covered at low heat until the meat is tender.

NALLEY'S
Chip Dips Assorted tubs, each **39c**

NEILSON'S
Chocolate BARS bundle of 5 bars **43c**

Weston's Whitecap
Marshmallows 16 oz. bag **35c**



NEW Carnation FROZEN **POTATOES**

FRENCH FRIES	9 oz. .25
CRINKLE CUTS	9 oz. .23
TATER GEMS	8 oz. .23
FRENCH FRIES	2 lb. .63
CRINKLE CUTS	2 lb. .63

LOW PRICES *Every Day*

Potato Sale!

B.C. Coast **GEMS** 50-lb. sack **1.69**

Anjou **Pears** **2 LBS 25c**

Green, tender stalks **Broccoli** **29c lb**

Apples Mix or Match
Stayman's McIntosh Delicious **2 LBS 29c**

SHOP-EASY STORES

Don't Pay More!

Make Shop-Easy Your Food Headquarters

We Reserve the Right to Limit Quantities

Always lots more non-advertised Specials at SHOP-EASY, each and every week!