



YOUR INDEPENDENT NEIGHBORHOOD FOOD STORES



Enquire About Our Credit Policy

Prices Effective February 29 to March 5

"The Homes of Friendly Service"

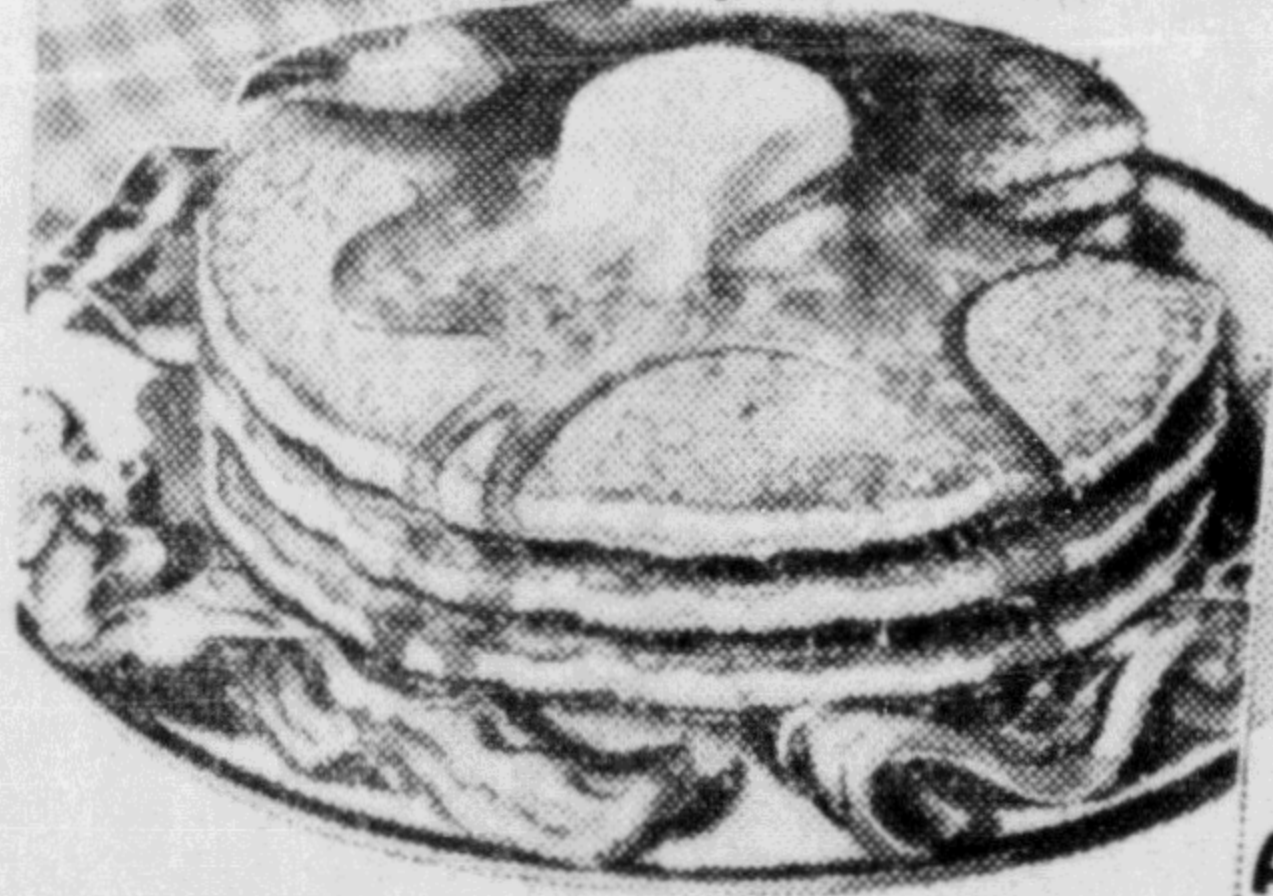
WE WELCOME YOU TO OUR STORES TO INSPECT QUALITY FOODS AT THESE SPECIAL PRICES
You CAN STILL SHOP at Your Neighborhood Stores and SAVE MONEY

LENTEN SPECIALS



SYRUP Nabab Waffle, 28 oz. **45c**

Get out the griddle mother, and be ready to treat your family to stacks and stacks of delicious syrupy smothered pancakes.



AUNT JEMIMA
READY-MIX for

PANCAKES 3 1/2 lbs. **57c**

SALMON Red Coho, Challenger Brand, 1/2 lb. tins **35c**

TUNA FISH Clover Leaf, Fancy White, 1/2 lb. tin **38c**

PICKLED HERRING Mensmack, 16-oz. jar **34c**



CHEESE Fully Matured Ontario, per lb. **60c**

CRACKERS Westons Saltines, 16 oz. **35c**

CREAM OF WHEAT Five-Minute, 28-oz. **28c**

CORN FLAKES Kellogg's Family size, 2 for **49c**

ALL BRAN (Kellogg's) Premium pack, with egg separator, 16-oz. **26c**

PEACHES, Halves, Lynn Valley, 15-oz. **2 for 39c**

PINEAPPLE, Sliced, Malayan, 15-oz. **27c**

FRUIT COCKTAIL, Doles, Fancy, 20-oz. **2 for 69c**

PEARS, Flemish Beauty, Ensign, Choice, 15-oz. **2 for 47c**

BING CHERRIES, Aylmer, Fancy, 15-oz. **34c**

PUMPKIN, Aylmer, 20-oz. **17c**

JAM, Raspberry, Pure, Malkin's Best, 24-oz. **51c**

PEANUT BUTTER, Malkin's Best, 16-oz. **33c**

BLENDED JUICE, Deep South, 48-oz. **31c**

JAM STRAWBERRY, PURE, MALKIN'S BEST, 41 oz. **1.09**



OLD DUTCH CLEANSER 2 for 25c

LYE, Gillett's, 18c

PERFEX BLEACH, half gallon, 55c

SUNLIGHT SOAP 2 for 21c

PUREX ... 3 for **39c**

RINSO LARGE **36c**



JUST RING AND WE'LL BRING NO EXTRA CHARGE FOR DELIVERY

Phones 581 - 582

The Skeena Grocery

Your guide to safe buying
MEATS - VEGETABLES - PROVISIONS
500--5th Ave E. Opp. General Hospital

D & S GROCERY

Corner 2nd and 3rd Avenue
Phone 656

LYONS

Fine Foods Ltd.

Phone 250 or Red 456
Corner 5th Avenue and McBride St.

Midway Grocery and Meat Market

We specially feature farm fresh eggs
Phone 659 6th and Ambrose

Rupert Butchers

Phone 21
Third Avenue Prince Rupert, B.C.

ASPARAGUS CUTTINGS Malkin's Best, Choice, 12-oz. **25c**

TOMATOES, Malkin's Best, Choice, 28-oz. **29c**

PEAS, Aylmer, Fancy No. 2's, 15-oz. **2 for 47c**

PEAS AND CARROTS, Royal City Choice, 15-oz. **2 for 33c**

WHOLE GREEN BEANS, Aylmer, Blue Lake, Choice, 15-oz. **21c**

TOMATO JUICE, Libby's, Fancy, 20-oz. **17c**

FRUITS AND FARM FRESH VEGETABLES

LETTUCE Crisp, Fresh, Solid Heads **2 for 25c**

CELERY Per Lb. **15c**

SPINACH Fresh, Pre-cleaned Per Lb. **25c**

TURNIPS Manitoba, Lb. **8c**

GRAPEFRUIT Sweet, juicy Arizona **3 for 19c**

ORANGES Sunkist, Juice 4 Dozen **99c**

COOKIES

DIGESTIVE, Peek Frean, Half Pounds **25c**

CHOCOLATE TABLE FINGERS, Weston, 12-oz. cello **37c**

OATMEAL COOKIES, Dad's, per pkg. **25c**

WESTON STREAMLINER, Cello **37c**

RAISINS Sunmaid Seedless, 15 oz. ... **25c**

CORN STARCH Canada ... **22c**

TEA Malkin's Best, Blue Label 1 lb. pkg. **85c**

BLACK PEPPER Malkin's Best, No. 3 dredge tin **35c**

COCOANUT Martin's, 8-oz. **31c**

H.P. SAUCE **31c**

BAKING POWDER Magic, 16-oz. **33c**

CHICKEN NOODLE SOUP Lipton's **2 for 23c**

CAMPBELL'S VEGETABLE SOUP **2 for 27c**

MEAT SPREAD, Puritan, 3-oz. **3 for 43c**

EXTRACTS, Malkin's Best, Vanilla **2 for 21c**

QUALITY MEATS

Enquire About Our Excellent Cuts of Fresh MEATS and Frozen FISH FILLETS