



STOCK UP ON  
YOUR WINTER  
**POTATOES**  
at  
**SUPER-VALU**

No. 1  
**GOLD COINS**

**100** Lb. Sack **\$2.99**

You'll find these potatoes both excellent keepers and cookers



**HELP THE GYRO**  
with the  
**PLAYGROUNDS**

Buy Your Apples by the Box  
from Gyro Members

**SATURDAY IS APPLE DAY!**



- ★ **SALMON** SOCKEYE, NABOB, Fancy, 1/2-lb tin ..... **34c**
- ★ **SOUP** TOMATO, CAMPBELL'S 2 tins **25c**
- ★ **DUZ** Giant ..... **65c**
- ★ **BABY FOOD** HEINZ -- 3 tins **25c**

- No.1 TOKAY GRAPES ..... 2 Lbs. 27c
- No.1 OKANAGAN CELERY ..... Lb. 9 1/2c
- No.1 OKANAGAN ONIONS ..... Lb. 7c
- GENUINE HOLLAND BULBS ..... Pkt. 69c

NOW IS THE TIME FOR PLANTING BULBS

"OF SPECIAL INTEREST"—The Women's Co-ordinating Council will be holding a tea in the Civic Centre Thursday, October 22nd. All who can, please bring food donations to the home cooking stall. All proceeds to go for the annual Christmas "Over 70" banquet.

**MARGARENE** Burns Delmar ..... Lb. **31c**

WATCH OUR PRICES... OUR OPPOSITION DOES

**Meat dishes that Men like!**



THRIFTY CUTS THAT OFFER LOTS OF

GOOD MEAT FLAVOR AND NOURISHMENT

- PRIME RIB ROASTS** Pound ..... **60c**
- BEEF** SHORT RIBS, Pound ..... **30c**
- BOLOGNA** ALL BRANDS, Pound ..... **33c**
- BONELESS PICNICS** Pound ..... **59c**
- HAM** Boned and Rolled Gainers, Half or Whole, Pound ..... **98c**
- CHICKEN** SWIFTS PREMIUM Whole Canned, 3 lb.-4 oz. .... **\$1.99**

REMEMBER . . . All Meats Processed at SUPER-VALU Are Government Inspected — All Beef Is Branded — All Meats Are Cello Wrapped for Added Protection.

**NOW** you can grind your coffee the way you want it at SUPER-VALU . . . and you are sure it's fresh, too. Coffee grinder is located in centre of market.

**GLACE CHERRIES**

1/2-lb. pkt. **31c**

**JERGEN SOAP**

4 bars **25c**

Made by the makers of Jergen's Lotion

**Crisco** for cakes, pastry, frying

**TRY THIS RECIPE!**

GET TENDER, RICH, FULL-FLAVORED COOKIES WITH NEW, HOMOGENIZED CRISCO!

**SOFT MOLASSES COOKIES**  
(Makes 48 two-inch cookies)

1/2 cup CRISCO	1/2 teaspoon salt
1/2 cup sugar	1 teaspoon soda
1 egg	1 teaspoon ginger
1/2 cup molasses	1 teaspoon cinnamon
2 cups sifted flour	3/4 cup sour milk

All Measurements Level. Blend Crisco, sugar and egg with molasses. Add dry sifted ingredients alternately with sour milk to Crisco mixture. Drop from a teaspoon to a cookie sheet which has been rubbed with Crisco. Bake in moderate oven (375°F.) 8-10 mins.

**Crisco** 3 Lb. Tin **99c** 1 Lb. Carton **34c**

**Frozen Peas**

Regular Size **5** pkgs. **\$1.00**

See the SUPER-VALU Supplement Enclosed With This Paper For "This" and Many Other Terrific BUYS