CO-OP CENTRE

FOOD SALE

mid-summer

Shop here for the best in

FOOD VALUE SERVICE

SPECIAL DISPLAY OF MEAT CUTTING ON FRIDAY AT 7 P.M.

A 4 H Club Show Beef from Alberta will be on show in the meat cutting room, showing meat cuts available. It will be taken down at 7 p.m. and cut-up into the various selection cuts, of your choice

WINNING WAYS WITH BEEF

Beef is one of the most popular meats in this country. There are more cuts of beef, more ways of cooking beef, and a greater range in quality (and price) than in any other kind of meat. There are roasts, steaks, stews, and ground beef; there are long-cooking and quick-cooking. There are easy-to-cook beef cuts and elaborate combination dishes; there are typically American recipes and favorites from every country in the world; there are cuts of beef for live-aloners and other cuts for big company gatherings. In fact, beef cookery includes all methods of meat cookery. If you learn to cook beef, cookery of any other meat cut will be like one of the methods used for beef.

BLADE ROAST	per lb.	59c
POT ROAST	per lb.	59c
CROSS RIB ROAST	per lb.	67c
RIB ROAST	per lb.	77c
RUMP ROAST	per lb.	89c
SIRLOIN STEAK	per lb.	$1.05
T-BONE STEAK	per lb.	$1.05
RIB STEAK	per lb.	79c
ROUND STEAK	per lb.	89c
FLANK STEAK	per lb.	79c
STEW BEEF	per lb.	59c
HAMBURGER	per lb.	47c
SHORT RIBS	per lb.	39c

PRICES EFFECTIVE AUG. 7th, 8th and 9th

★ PEARS	Columbia 20 oz.	2 for 51c
★ PLUMS	Columbia 20 oz.	3 for 51c
★ PEAS	Nabob Size 2 Fancy	2 for 41c
★ BEETS	SLICED Chelsea 15 oz.	2 for 31c

EGGS Grade "A" 63c

SOAP POWDER Cheer Giant size 69c

DOG FOOD Rover 4 for 41c

INSTANT SWEET MILK 3 lb. Pkg. $1.15

RICE Delta Long Grain 2 lb. 41c

APPLE JUICE Sunrype 48 oz. Tin still available for 33c

STRAWBERRY JAM Nabob 4 lb. Tin $1.15

VINEGAR Co-op or Western Gallon 95c ½ Gal. 55c

PICKLING SPICE Nabob 3 oz. 2 for 25c

BAY LEAVES Nabob 1 oz. 2 for 19c

WHEN THINKING OF THAT BIRTHDAY OR WEDDING GIFT
SEE OUR COUNTER OF: *VENETIAN COPPER*
IN OUR HARDWARE DEPT.

POTATOES	B.C. Whites	10 lbs.	39c
CARROTS	(bunch)	2 bunches	19c
CELERY	Tender Crisp	2 lbs.	15c
CORN on COB	Dozen		79c
CUCUMBER	from Terrace	lb.	11c

"REMEMBER OUR COFFEE SHOP IS TOPS FOR HAMBURGERS – FISH AND CHIPS – SHORT ORDERS"

FOR FREE PARKING, PARCEL PICK-UP and AIR CONDITIONED GROCETERIA SHOP MODERN AT YOUR

CO-OP CENTRE