

GROCETERIA SUPER FOOD MARKETS

BREAD AND CAKES LIKE MOTHER MADE

Vegetables Spell HEALTH

Why Wait Till Spring For Both of Them



CARROTS



CABBAGE



RADISHES



BEANS



BEETS



SWISS-CHARD



KALE



ONIONS



BEETS



RADISHES



BEETS



LEEK



PEPPER



BEANS



BEANS



Mary: "Oh, Martha, I'm so worried. Bobby has another cold. You don't know how lucky you are to have such a healthy family. I'll be so glad when summer comes."

Martha: "No luck about it, Mary. See this basket. Fresh vegetables from the Super Food Market. We eat the same in winter as in summer—and get lots of fresh air."



Martha is right. Eat the right food, plenty of fresh air and many of the Winter ailments may be avoided.

With the advent of spring in the South mid-summer variety of fruits and vegetables are now at your Super Food Markets - Good health is yours for the taking.

Seasonal Food Savings In the Super Food Market A Dependable Source of Supply

Honey—	39c
5 lb. pail	
Chocolate Eclairs (marbles free)—	23c
Lb.	
Minc'd Clams—F. A. B. Brand—	10c
Flat can	
Ladino (Eagle Point) Cheese—	15c
Lb.	
Del Monte Coffee—	27c
1 lb. can	
K O Baking Powder—	29c
50 oz. can	
Amazo Golden Syrup—	29c
5 lb. can	
Mother's Oats—	21c
Choice	
Van Camp's Pork and Beans—	10c
No. 2 1/2 can	
Tender Sweet Corn—15 1/2 oz. can—	20c
3 for	
Del Monte Peas—	15c
No. 2 can	
Baker's Premium Chocolate—	20c
1/2 lb.	
Baker's Premium Coconut—	9c
1-4 lb.	
Grape Nuts—	16c
Pkg.	
Instant Postum—	39c
Large can	
Camay Toilet Soap—	17c
4 bars	
Dash White Granulated Soap—	19c
2 1/2 lb. pkg.	
Bob White Laundry Soap—	19c
10 bars	
P & G White Laundry Soap—	25c
10 bars	
Lion Flour—	\$1.43
49 lbs.	
Mapleleaf Flour—	\$1.63
49 lbs.	
White Rose Flour—	\$1.73
49 lbs.	
Flavor Foods Mayonnaise—(bulk)—	18c
Pint	

FOUNTAIN

Turkey dinner—
a dandy meal 25c

Steer beef pot roast
with egg noodles 25c

Biltmore Black
Bottom Pie, 10c

Fruits and Vegetables

Less than 50 years ago the wealth of a King could not provide the wide variety of fresh foods now within reach of any purse.

Modern refrigeration—fast transportation and scientific handling now brings the concentrated sunshine of summer to the frost-bound countries—Summer health is yours if you will.—The world contributes to your health and happiness.

Italian Squash (Calif.)	Dates (Mesopotamia)
Green Beans (Mexico)	Bananas (So. America)
Green Peas (Mexico)	Grape Fruit (Florida)
Radishes (local)	Grape Fruit (Arizona)
Rhubarb (Washington)	Oranges (California)
Sweet Anise (California)	Jap Oranges (Japan)
Artichokes (California)	Avacados (California)
Bell Peppers (Florida)	Spanish Dry Peppers (Spain)
Italian Broccoli (local)	Cocoanuts (Philippines)
Cabbage (local)	Lemons (California)
Red Cabbage (California)	Lettuce (Arizona)
Chinese Cabbage (California)	Yams (Louisiana)
Celery Root (Oregon)	Sweet Potatoes (California)
Celery (California)	Cauliflower (Oregon)
Celery Hearts (California)	Parsnips (local)
Chicory (California)	Spinach (local)
Cucumbers (Hot House)	Rutabagas (local)
Eggplant (Mexico)	Garlic (local)
Endive (local)	Cranberries (Ore. and N. J.)
Kohl Rabi (California)	Turnips (local)
Leeks (Oregon)	Beets (local)
Mint (Oregon)	Potatoes (Klamath)
Mustard Greens (California)	Squash (local)
Green Onions (local)	Delicious Apples (local)
Dry Onions (local)	Spitz Apples (local)
Oyster Plant (California)	Newtowns (local)
Parsley (local)	Figs (California)
Water Cress (local)	Brussels Sprouts (Oregon)
Cardoni (Calif.)	

Super Meat MARKET

Tender steaks and roasts from fancy steer beef are growing in popularity as folks find them cheaper in the end.—No waste from tough ends—Fancy steer beef is not only better for you but more economical.

Young Turkeys—6 lb to 9 lb average—	19c
quick roasters. Lb.	
Beef Roast—from young steers—	10c
Lb.	
Boneless Rolled Prime Rib Roast—	17 1/2c
Lb.	
Corn Belt Bacon—by the piece—	25c
17 1/2c to	
Sliced Corn Belt Bacon—(in cellophane)	25c
1/2 lb. 13c—	2 for
Country Style Sausage—still growing	25c
in popularity—	2 lbs.
Pure Lard—	33c
4 lbs.	
Pure 100% Vegetable Shortening—	33c
4 lbs.	
Mince Meat—old-time flavor	25c
2 lbs.	
Fancy Steer Short Ribs for baking—	10c
Lb.	
Colored Hens—for baking or boiling—	19c
Lb.	

BAKERY

Hot Bread Twice Daily
A service you will like

BREAD—1-lb. loaf 3 for 20c
1 1/2-lb. loaf 10c

CAKES — by Betty Crocker.
Real home quality cakes — for
much less than you can bake
them.

Betty Crocker 13-egg
angel cake 39c
Betty Crocker layer
cakes 25c to 49c
Hot Cross Buns—
fruit filled. Doz 18c

The Foods of the World at Your
SUPER FOOD MARKETS

GATES & LYDIARD

Delivery of \$1.00 Orders—Phones:
East Side 732; West Side 428

East Side Store—Sixth and Centra.
West Side Store—Sixth and Grape

