

# GROCETERIA SUPER FOOD MARKETS

BREAD AND CAKES LIKE MOTHER MADE

## Here Is What You Pay for the BEST

**W**HILE thrift in buying foods is essential to financial independence quality is the paramount factor for food means good or bad health—Without good health thrift is impossible.

That is why we offer only these time-tried and tested foods—ones you have used and know—ones we are sure are conducive to good health.

That is why we have ultra-sanitary facilities for handling meat—why we handle only the finest steer beef—why our bakery products contain no harmful chemical substitutes.

Best of all this health insurance costs you nothing for it actually costs no more to be sure of this fine quality.

For quality—for health—for sensible economy shop the Groceteria Way.

### Home Purity Bakery

To attain home purity—only home ingredients can be used—That is why we omit all but pure home ingredients—why our bread has the real home flavor—why it is your most healthful food.

**WRAPPED—**

- 1-lb. loaf ..... 8c
- 1½-lb. loaf ..... 12c

**WRAPPED AND SLICED—**

- 1-lb. loaf ..... 9c
- 1½-lb. loaf ..... 13c

Hawaiian Delight Angel Cake. A very popular favorite.

- Large Cake 49c
- ½ Cake 25c

### Fruits and Vegetables

- Cocoanuts ..... Each 10c
- Fresh Pineapples ..... Each 25c
- Persimmons ..... 2 for 5c
- Cranberries ..... 2 lbs. 29c
- Brussels Sprouts ..... 3 lbs. 25c
- Red Peppers ..... 4 lbs. 25c
- Large Artichokes ..... 2 for 15c
- Cauliflower, large head ..... 15c
- Large Calavo ..... Each 20c
- Dry Onions ..... 5 lbs. 8c
- Sweet Potatoes ..... 3 lbs. 10c
- Egg Plant ..... 2 for 15c
- Large Cucumbers ..... 2 for 5c
- Green Peas ..... 2 lbs. 19c
- Large Rose City Celery ..... 2 for 13c

### Super Meat Market ONE YEAR AGO TODAY

Just a year ago marked a new era in the meat business for quality and economy were then combined in our Ultra Sanitary Meat Markets.—With every contribution of science to proper handling applied to the better quality meats—the best that money can buy comes to you at popular prices.

Join the ever increasing throng who are enjoying the most sensible economy by saving without denying themselves the best quality.

- Steer Steaks—Round—Sirloin or Rib—Lb. .... 15c
- Tender Steer Roasts—Lb. .... 9c
- Steer Boiling Beef—Lb. .... 6c
- Fancy Steer Short Ribs for baking—Lb. .... 10c
- Rolled Prime Roast of Steer Beef—Lb. .... 17½c
- Colored Fryers—dry picked—Lb. .... 25c
- Real Corn Belt Bacon—½ lb. sliced in cello. .... 18c
- Leg of Spring Lamb—Lb. .... 17c
- Vegetable Base Shortening—4 lbs. .... 45c
- Huber's Metwurst—Lb. .... 25c

**Are They Popular?**

**SAUSAGE PATTTETS**—Our real Country-Style Sausage marked for cutting into 9 patties—no handling—no patting. Each — 20c

*These Prices Effective:*

**SATURDAY  
MONDAY  
TUESDAY  
WEDNESDAY**

### A Testimonial to Z-MOR-U Coffee

September 25, 1934.

Gates & Lydiard, Medford, Oregon.

Dear Sirs:

Have been using your Z-Mor-U coffee for over a year, and I am wondering whether it will be possible for me to get it direct from you.

I would like to have two three-pound packages every two weeks.

Kindly let me know if you will oblige me. Thanking you in advance, I am

Yours truly,

Martha S. Cross (Mrs. L. P. Cross)  
Brookings, Oregon.

- Z-MOR-U Coffee . . 1 lb. 27c
- Z-MOR-U Coffee . . 3 lbs. 79c

## Super Food Market Savings

Universally Popular

### Del Monte Food Products

- Del Monte Fruit Cocktail—8 oz. can—3 for ..... 25c
- Del Monte Fruit Cocktail—No. 1 tall can ..... 15c
- Del Monte Peaches—halves or sliced—No. 2½ can—2 for .... 33c
- Del Monte Sliced Peaches—8 oz. can—3 for ..... 20c
- Del Monte Sliced Peaches—No. 1 tall can—2 for ..... 25c
- Del Monte De Luxe Plums—No. 2½ can ..... 15c
- Del Monte Earl Garden Asparagus—No. 2 can—2 for ... 39c
- Del Monte Mary Washington all green Asparagus. No. 1 can ..... 15c
- Del Monte Spinach—No. 1 can ..... 9c
- Del Monte Spinach—No. 2½ can ..... 13c
- Del Monte Sardines—large oval cans—3 for ..... 25c
- Del Monte Pure Fruit Jams—1 lb. jars ..... 20c
- Del Monte Pineapple Tid-bits. 8 oz. can—2 for ..... 13c
- Del Monte Sliced Pineapple—No. 2 can ..... 15c
- Del Monte Sliced Pineapple—No. 2½ can ..... 18c
- Del Monte Whole Ripe Figs—No. 1 can ..... 15c
- Mission Catsup (made by Del Monte)—14 oz. bottle ..... 11c
- Del Monte Pumpkin—No. 2 can ..... 10c
- Del Monte Pumpkin—No. 2½ can ..... 12c
- Del Monte Corn, white or Golden Bantam. No. 2 can—2 for .. 25c
- Del Monte Early Garden Peas. No. 1 tall can—2 for ..... 25c
- Del Monte Early Garden Peas. No. 2 can ..... 15c
- Goody Goody Peas—No. 1 can ..... 10c
- Goody Goody Peas—No. 2 can—2 for ..... 25c
- Del Monte Sockeye Salmon—No. 1 tall can ..... 19c

### S. & W. Quality Foods

- S & W Pineapple—12 slices—No. 2½ can ..... 23c
- S & W Grapefruit—No. 2 can ..... 16c
- S & W Asparagus—No. 2 can ..... 21c
- S & W Artichoke Hearts—No. 2 can ..... 21c
- S & W Baby Kernel Corn—No. 2 can ..... 15c
- S & W Large Hominy—No. 2½ can ..... 12c
- S & W Telephone Peas—No. 2 can ..... 18c
- S & W Oven-baked Beans—16 oz. can ..... 12c
- S & W Oven-baked Beans—8 oz. can ..... 8c
- S & W Red Kidney Beans—No. 2 can ..... 12c
- S & W Minced Clams—No. ½ flat can ..... 15c

- S & W Red Salmon—No. 1 tall can ..... 23c
- S & W Fancy Large Shrimp—Can ..... 16c
- S & W Pineapple Juice—No. 2 can ..... 14c
- S & W Salad Vegetables—No. 1 tall can ..... 25c
- S & W Baby Green Lima Beans—No. 2 can ..... 23c

### New Pack Del Rogue

AND OTHER SAVINGS

- Del Rogue Tomato Juice—No. 1 can—2 for ..... 15c
- Del Rogue Tomato Juice—No. 1 can—6 for ..... 43c
- Del Rogue Tomato Juice—No. 1 can—12 for ..... 83c
- Del Rogue Tomato Juice—No. 2 can—3 for ..... 25c
- Del Rogue Tomato Juice—No. 2 can—6 for ..... 49c
- Del Rogue Tomato Juice—No. 2 can—12 for ..... 95c
- Del Rogue Fancy Solid Pack Tomatoes—No. 1 can—3 for .. 29c
- Del Rogue Fancy Solid Pack Tomatoes—No. 1 can—6 for .. 57c
- Del Rogue Fancy Solid Pack Tomatoes—No. 1 can—12 for .. \$1 13
- Del Rogue Solid Pack Tomatoes—No. 2 can—2 for .. 25c
- Del Rogue Solid Pack Tomatoes—No. 2 can—6 for .. 69c
- Del Rogue Solid Pack Tomatoes—No. 2 can—12 for .. \$1 35
- Del Rogue Solid Pack Tomatoes—No. 2½ can—2 for 29c
- Del Rogue Solid Pack Tomatoes—No. 2½ can—6 for 85c
- Del Rogue Solid Pack Tomatoes—No. 2½ can—12 for \$1 65
- Merrimac Peas—No. 2 can—2 for ..... 25c
- Flawless Apricots (Oregon)—No. 2½ can ..... 19c
- Celilo Columbia River Salmon. No. 1 can—2 for ..... 25c
- Belle Isle Fancy Tuna—No. ½ can—2 for ..... 25c
- Everyday Tuna Flakes—No. ½ can ..... 10c
- Van Camp's or Ascot Mackerel—No. 1 tall can ..... 10c
- Wason Brand Smoked Salmon. No. 1 can ..... 25c
- Instant Postum—8 oz. can ..... 39c
- Baker's Breakfast Cocoa—½ lb. can ..... 10c
- Sanka Coffee—(caffeine removed)—1 lb. can ..... 44c
- P & G White Laundry Soap—8 oz. bar—10 for ..... 25c
- O. K. Old Fashioned Yellow Soap—1 lb. bar ..... 4c
- Guest Ivory Soap—3 bars ..... 11c
- Ivory Flakes—Large pkg. .... 21c
- Woodbury's Facial Soap—3 bars ..... 25c
- Lucky Sail Crab Meat—No. ½ can ..... 14c
- Namco Baby Clams—No. 1 oyster can ..... 10c

6th at Central  
6th at Grape  
Saving Without Self-Denial

# GATES & LYDIARD

Delivery of \$1.00 Orders  
Phone:  
East Side 752  
West Side 428