

GROCETERIA SUPER FOOD MARKETS

BREAD AND CAKES LIKE MOTHER MADE

FRUITS and VEGETABLES

Many winter ills are the result of change of diet and habits. Plenty of fruits and vegetables with normal out-of-doors activity is mighty good health insurance.

Ask Your Doctor

- Bananas, 6 lbs. 25c
- China Lettuce, 2 for 15c
- Large Cauliflower, 2 heads 19c
- Italian Broccoli 3 lbs. 25c
- Rutabagas, 3 lbs. 10c
- Eggplant, 2 lbs. 23c
- Bunch Vegetables, 3 for 10c
- Banana Squash, lb. 2½c
- Brussel Sprouts, lb. 10c
- Fancy Green Peas, 2 lbs. 29c
- Green Peppers, lb. 20c
- Sweet Potatoes, 4 lbs. 15c
- Artichokes, large size, 2 for 13c
- Cocoanuts, large size, each 10c
- Florida Grapefruit, 64c, 3 for 25c
- Desert Sweet Fancy Arizona Grapefruit, 64s, 4 for 19c
- Sunkist Lemons, 360s, doz. 17c
- Rose Brand Fancy Sunkist Oranges, 126s, doz. 29c

Sperry Wheat Hearts

A finer hot wheat cereal plus the wheat germ—rich in Vitamin D (growth germ). ASK YOUR DOCTOR.

- 28 oz. pkg. 22c
- 5 lb. sack 30c
- 10 lb. sack 58c

An unexcelled winter food.



Are You Susceptible To Colds?

OVERHEARD IN OUR STORE

Sam—"B-r-r-r! but it's cold this morning. I nearly froze on the way down."
Joe—"You should! You're one of those fellows who boast about going without breakfast. Do as I do and you'll like the cold. Eat a good breakfast and you'll enjoy this weather. You can't expect to keep warm if you are under-nourished."

Joe is right. A good old fashioned breakfast will give you the stamina and resistance to combat the cold weather.

Before fooling with any of the patent nostrums advertised as cold preventatives—ask your doctor if any are as effective as a well nourished body.

Old Fashioned Cold Weather Resisters In the Super Food Markets - A Dependable Source of Supply

All health authorities warn against any and all reducing diets, except by the advice of your physician. The danger of lack of resistance to the common ills of life prompts this warning.

A well-nourished body is the best preventative of seasonable diseases.

Before dieting and before placing too much faith in ballyhooed nostrums—ASK YOUR DOCTOR.

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|---|---|--------|
| Rockdell Cane and Maple Syrup— | Elbow Cut Macaroni— | 23c |
| 2½ lb. can 27c | 3 lbs. | |
| 5-lb. can 55c | Kraft's Chocolate Malted Milk— | 39c |
| 10-lb. can 98c | 2 lb. can | |
| Sperry's Pancake Flour— | Ovaltine— | 53c |
| 4-lb. sack 26c | 14 oz. can | |
| 9 8-10 lb. sack 51c | Instant Postum— | 37c |
| Amaizo Crystal White Syrup— | 8 oz. | |
| 2½-lb. can 18c | Post Toasties— | 7c |
| 5-lb. can 33c | 8 oz. pkg. | |
| 10-lb. can 65c | Post's Bran Flakes— | 10c |
| Amaizo Golden Syrup— | 10 oz. pkg. | |
| 2½-lb. can 17c | Swansdown Cake Flour— | 28c |
| 5-lb. can 32c | 2½ lb. pkg. | |
| 10-lb. can 59c | Calumet Baking Powder— | 24c |
| B. & M. Oven Baked Beans— | 1 lb. can | |
| 1-lb. can 10c | Hill's Red Can Coffee— | 60c |
| Van Camp's Baked Beans— | 1 lb. 31c. 2 lb. | |
| 1 lb. 15 oz. can 10c | Schilling's Coffee— | 60c |
| Van Camp's Hominy— | 1 lb. 31. 2 lb. | |
| No. 2½ can 8c | Maxwell House Coffee— | 59c |
| Baby Lima Beans— | 2 lb. can | |
| 7 lbs. 35c | S. & W. Coffee— | 56c |
| Fancy Small White Navy Beans— | 1 lb. 29c. 2 lb. | |
| 4 lbs. 19c | Golden West (Oregon packed)— | 80c |
| Fancy Long Grain Rice— | 1 lb. can 29c. 3 lb. | |
| 7 lbs. 39c | Z-MOR-U COFFEE— | 73c |
| Larrow's pure Eastern Buckwheat | freshest and best—lb. 25c. 3 lbs. | |
| Flour—4½ lb. bag, 27c 9 lb. bag 49c | P. & G. White Laundry Soap— | 29c |
| Del Rogue Tomatoes— | 10 bars | |
| No. 2½ can 2 for 29c | Bob White Soap— | 22c |
| Del Rogue Tomato Juice— | 10 bars | |
| No. 10 can 39c | Ivory Flakes— | 21c |
| Belle Isle Tuna Fish— | large pkg. | |
| No. ½ can 2 for 25c | Crisco—for particular users of | \$1.09 |
| Bay Brand Tuna Flakes— | shortening. 6 lb. pail | |
| ½ can 10c | | |

Home Purity Bakery

The Children, Too, Need Stamina To Resist the Cold!



Beside the morning hunger interfering with study, resistance against cold is the real necessity for a substantial breakfast. Unfortunately many children have cultivated the "no breakfast" habit. To overcome it the appetite must be tempted. Many have succeeded with a nourishing sweet—a butter-horn, cinnamon roll or a similar bakery dainty—all wheat products—man's best food.

Ask Your Doctor—

- Real Danish Butter Horns, each 5c
- Bear Claws...3 for 10c
- Cherry Buns, each 2c
- Cinnamon Snails 3 for 5c
- Cinnamon Twists 3 for 5c
- Almond Butter Horns, each 5c

A NEW CAKE And An Old Favorite

- THE NEW—Butterscotch Angel Cake ½ cake 25c Whole cake 49c
- THE OLD FAVORITE—Dixie Pecan—a rich chocolate cake heavily impregnated with pecans—2 sizes 25c—49c
- BREAD—Real Home quality and flavor—Free from commercial substitutes. Ask your doctor.
- Wax wrapped or oven fresh—1 lb. loaf 8c 1½ lb. loaf 12c
- Crusty French Bread—with or without sesame. 1 lb. loaf 10c. Crust Nuggets, 3 for 10c French Rolls, doz. 15c

SUPER MEAT MARKET — Quality - Sanitation - Health - Plus Real Economy



- 1½ lbs. English Beef Sausage (Another Super Food Market Feature)
- 14 oz. pkg. Sperry Pancake Flour
- both 25c

- 1 lb. Country Style Sausage (A Super Food Market Feature)
- 14 oz. pkg. Sperry Pancake Flour
- Both for 25c
- Steer Beef Roast—lb. 10c
- Selected Steer Short Ribs for baking. Lb. 10c (Tender and Flavorful)

IN cold weather some folks hunch way down in their clothes while others go along "heads up" with that click of the heels that denotes a well nourished, vigorous physique.

If you are one of the "hunchers" try this: Eat a breakfast of Pure Country Style Pork Sausage or delicious English Beef Sausage with Sperry Pancakes. Top them off with a steaming cup of coffee and you too will be "heads up." ASK YOUR DOCTOR.

Regardless of how finicky you may be about steaks, we unqualifiedly recommend these special cuts.
NEW YORK CUTS FILLET MIGNON
MARKET STEAKS PORTER HOUSE
TENDERLOIN

- Rabbits—fancy fryers. Lb. 20c
- Sugar Cured Bacon from Indiana. Lb. 29c (Bacon is Advancing)
- Sugar Cured Bacon from Iowa. Lb. 28c
- Pure Lard—2 lbs. 29c
- Ham and Veal, ground and mixed for veal loaf—a time saver. Lb. 15c
- Shortening—4 lbs. 49c
- Huber's Frankfurters. Lb. 15c
- Fancy dry picked Colored Hens. Lb. 22½c

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

GATES & LYDIARD

Delivery of \$1.00 Orders
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