



# GROCETERIA SUPER FOOD MARKETS

BREAD AND CAKES LIKE MOTHER MADE

## SAVINGS IN THE Super Food Markets

A dependable source of supply

Hill's Red can, Maxwell House, M.J.B., or Schilling's Coffee, 1 lb. 31c. 2 lb. 60c

Golden West Coffee, 1 lb. can 29c. 3 lb. 80c

S. & W. Coffee 1 lb. 29c 2 lb. 56c

Fcy. Small White Beans, 4 lbs. 19c

Fancy Long Grain Rice, 3 1/2 lb. pkg. 19c

Smacks Butter Wafers, 14 oz. pk. (A New Delicacy) 15c

Sunshine Krispy Crackers, 2 lb. box 29c

The New Jello 4 pkgs. (With the True Fruit Flavor) 23c

Calumet Baking Powder, 1 lb. can (Cake Pan Free) 24c

Log Cabin Syrup medium can (Glass Cake Plate Free) 37c

White King Gran. Soap, 2 1/2 lb. box 29c

Prudence Corned Beef Hash, No. 2, 2 for (Genuine New England Home Quality) 49c

Grape-Nuts pkg. 16c

Swans Down Cake Flour, pkg. (For Valentine Baking) 26c

Bakers Premium Chocolate, 1/2 lb. br. (For Valentine Baking) 20c

Bakers Premium Shredded Coconut 1/4 lb. pkg. (For Valentine Baking) 9c

Crisco 1 lb. 20c. 3 lb. 55c (For Valentine Baking)

Solar broken slice Pineapple (No. 2 1/2 can) 16c

Pure Cane Sugar 25 lbs. (In Cloth Sack) \$1.29

A-Plus Health Soap, 3 bars 13c

Ivory Soap medium bar 5c

Guest Ivory Soap, 12 bars 49c

**Finest and Freshest**

Z-Mor-U Coffee lb. 25c. 3 lbs. 73c

Omar Coffee lb. 19c. 3 lbs. 55c

Ground the day you buy

# Spring Vegetables Are Here!

—with Health Giving Sunshine Vitamins

That means a lot of good things to eat that folks of but a few years ago never dreamed of having in winter.

They, however, felt the need of them—felt as most of us feel at this season—tried to tone up with sassafras tea—sulphur and molasses and other vile tasting stuff—the viler, the better it was supposed to be for you.

Thinning the blood, they called it—perhaps so, but we know their trouble to have been due to lack of sunshine vitamins in their diet.

Tomorrow we make a special showing of Sunshine vitamin foods—the real spring tonic from the gardens of the south.

Folks of by-gone days were right about the need of toning up but they couldn't get the sunshine vitamins.

They are here for you—no more expensive than the old fashioned concoctions—and there is a lot more pleasure in the taking.

There is health in the Sunshine Vitamins. Tone up for Summer.

## Sunshine Vitamins In the Fruit and Vegetable Department

Strawberries per cup	23c	Hot House Tomatoes, lb.	23c	Rosemary bunch	7c
Mustard Greens lb.	5c	Leek bunch	5c	Rhubarb lb.	10c
New Harvest Apples, lb.	5c	Prickly Pears each	5c	Rutabagas 3 lbs.	10c
Pineapples, big ones each	39c	Kohlrabi bunch	5c	Spinach 3 lbs.	25c
Mushrooms lb.	35c	Bunch Beets 3 for	10c	Brussel Sprouts 3 lbs.	25c
Sweet Anise bunch	7c	Fancy Slaw Cabbage, lb.	2 1/2c	Italian Broccoli 3 lbs.	25c
Water Cress bunch	5c	Red Cabbage lb.	3 1/2c	Zucina Squash 2 lbs.	25c
Yams lb.	7c	Curly Cabbage lb.	3 1/2c	Italian Squash 2 lbs.	25c
Green Onions 3 bunches	10c	Carrots 3 bunches	10c	Summer Squash 2 lbs.	25c
Radishes, Round Reds, 3 bunches	10c	Cauliflower head	10c	Sweet Potato Squash, lb.	2 1/2c
Chinese Radishes each	5c	Fancy Celery 2 for	25c	Crook Neck Squash 2 lbs.	25c
New Potatoes lb.	5c	Celery Root each	10c	Hubbard Squash lb.	3c
Green Peas 2 lbs.	25c	Chicory Root bunch	7c	Thyme bunch	7c
Green Beans lb.	20c	Egg Plant each	13c	Turnips 3 bunches	10c
Swiss Chard lb.	6c	Fancy crisp Arizona Lettuce 2 for	13c	Avacadas 2 for	15c
Oyster Plant bunch	7c	Parsley bunch	5c	Delicious Apples 4 lbs.	25c
Endive bunch	5c	Parsnips 3 lbs.	10c	Newtown Apples 4 lbs.	19c
Cucumbers each	15c	Green Peppers lb.	20c	Spitzenberg Apples lb.	5c
Southern Field Tomatoes, lb.	15c			Winesap Apples 4 lbs.	25c

## HOME PURITY BAKERY

With the first breath of spring come Hot Cross Buns Rich in fruit, topped with a delicious icing. Doz. 18c

Coffee Cake Reg. 15c Coffee Cake. 2 for 15c

Maple Angel Cake

A maple flavored angel cake with a very tasty maple icing.

### BREAD

Purity—Flavor—because real home style.

1 lb. loaf . . . . . 8c  
1 1/2 lb. loaf . . . . . 12c

Wrapped or oven fresh

1/2 cake 25c  
Whole Cake 49c

## SUPER MEAT MARKET

It's an old saying that "if you build a better mouse trap or make two blades of grass grow where one grew before, the world will beat a path to your door."

Well, the whole world hasn't found us, but a lot of folks in neighboring cities have.

This week we furnished steaks for a special event in Grants Pass.

A Klamath resident regularly buys our Pork Sausage for himself and friends.

A Portland business man ate breakfast at our fountain and took 5 lbs. of sausage home with him.

Ashland friends are at our Bakery and Meat Market daily.

### Exclusive Super Market Features

English Beef Sausage.

Tiny Link Real Country Style Sausage.

Smoked Country Style Sausage

Jellied Beef Broth for Soups, Noodles, etc.

Steer Beef Roast lb. . . . . 10c

Ground Veal and Ham for meat loaf lb. . . . . 15c

Shortening 4 lbs. . . . . 47c

Bacon, Dry Sugar Cure, lb. (Any Size Piece) 25c

Real Corn Belt Bacon, lb. (Any Size Piece) 29c

Sugar Cured Pork Shoulders, lb. . . . . 18c

Corn Belt Bacon in cellophane, 1/2 lb. 18c

Swift's Premium Hams, lb. (Part or Whole Ham) 23c

Knight's Sauerkraut, qt. . . . . 10c

Cooked Tripe lb. . . . . 12 1/2c

Fancy Wisconsin Wheel Swiss Cheese, lb. . . . . 29c

Corned Beef, from our own steers, lb. (Cooks in 1-3 less time) 15c

Cudahy's Pickled Pigs Feet, 9 oz. jar 17c

Oysters pint . . . . . 25c

## CHICKENS

Colored Hens and Fryers, all milk fed, pen fattened.

Dry picked—the very finest poultry

When you serve chicken, you want the best.



8th at Central  
6th at Grape  
Saving Without Self-Denial

# GATES & LYDIARD

Delivery of \$1.00 Orders  
Phone:  
East Side 732  
West Side 428

