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It contains valuable vitamins-for promotion of growth and protection of health. Meat is
97 per cent digestible and Meat makes the SAUSAGE Gride 1 lb. 15 c FR. GROUND BEEF lb. 18 c BEEF POT ROAST lb. 20c BEEF CHUCK RST. Ib. 23c BEEF RIBS
lb. 15 c
PK. SHLDR. RST. coiter ${ }^{\text {cit. }} 160$ PR. LOIN ROAST ${ }^{\text {nolem. }}$ E. 27c BAGOH SQUARES Silisicise BEEF TOMAUE lb. 15 c mutron chops li. 17 c SLICEE BACOH Rind off li. 21 c PORR CHOPS End ent lib. 21 c
 PEAS
 $\Rightarrow \pm=19 \mathrm{c}$ PEACHES speam $=23$

Fels Naptha Soap 10 bers 41 c

| Kirk's Hardwater Castile SOAP 3 hars 13c | Rod \& White <br> SOAP FLAKiES <br> hox 19e <br> Tumbler injeach box |
| :---: | :---: |
| Green $s$ white  <br> COFFEE ned $*$ wite <br> Corn Star  |  |
|  |  |
| 3 lb . bag 39c | lb. box $6 \frac{1}{2} \mathrm{c}$ |
|  |  |
| COFFEE Bak. Choce |  |
| Ib. 20c | $\frac{1}{2}$-lb. bar 13c |
| Red $\&$ WhiteCOFFEE |  |
|  |  |
| lb. 25 c | 2 no. 2 cans 25c |
| Red \& White <br> Evaporated Milk 3 mas 20c |  |
|  |  |
|  | Michigan White Beans 4 lbs .17 c |
| Schulze <br> Do-Nuts <br> dozen 10c | Hekman's <br> Saltines <br> lb. box 17 c |
|  |  |
|  |  |




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## C.H. RUNCIMAN

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