K&R YOUR FOOD STORE K&R YOUR FOOD STORE K&R YOUR FOOD STORE

k&r
YOUR FOOD STORE

Great Buys are at K&R!

CONVENIENT STORE HOURS
(We are here to Serve YOU!!)
FRIENDLY, COURTEOUS SERVICE
CLEAN, BRIGHT STORES • AMPLE FREE PARKING
NO GAMES • NO GIMMICKS UNLIMITED VARIETY
• EXCELLENT WEEKLY SPECIALS
• EXCELLENT EVERYDAY LOW PRICES

Holidayers - Shop K&R!
Conveniently Located
DUNCAN
GANGES
LAKE COWICHAN
PARKSVILLE-QUALICUM

Babies Only
TOILET TISSUE
4 roll pkg. $1.09
• 2-ply • Top Quality

Southern Cross
FRUIT SALAD
Big 28-oz. tin 68c
• Australian • It's Good!

Clarita
PEACHES
Big 28-oz. tin 58c

CATELLI
• Macaroni • Spaghetti
• Mafalda • Rigatoni
• Flying Saucers • Long Macaroni
2 lb. cello bag 74c
Hunt's **TOMATO PASTE** 3 small tins 89c

Blue Bonnet
MARGARINE
3 lb. pkg. $1.48

California **LUNCH BOX RAISINS**
For Hallowe'en Too!!
6 1½-oz. boxes 58c

Gillette Trac II
RAZOR
With 3 Cartridges $1.68

Sno-Cap Frozen
FRENCH FRIES
2 2-lb. bags 89c

Lawry's
CHICKEN NOODLE SOUP
2 twin pack boxes 69c

MINUTE RICE
Big 48-oz. box $2.58

Little Dipper
CAKE MIXES
16-oz. box 58c
Your Choice!

Husky
DOG FOOD
3 Big 25-oz. tins $1.00

NABOB COFFEE
NABOB COFFEE
$1.99
• Regular • Fine

Fleischmann's Regular
CORN OIL MARGARINE
2 lb. pkg. $1.88

Fleischmann's Soft
CORN OIL MARGARINE
2 lb. tub $1.88

Royal
JELLY POWDERS
5 pkgs. $1.00

Chipits
CHOCOLATE CHIPS
Big 18-oz. bag $1.58

Club House **SKILLET MAGIC DINNERS**
Your Choice 2 pkgs. 79c
-Noodles Stroganoff
-Taco Macaroni
-Beefy Noodle
-Macaroni Chili
-Round-up Macaroni

Steinfields
DILL PICKLES
Your Choice! 28-oz. tin 58c

Catelli
MACARONI & CHEESE DINNER
4 7¼-oz. pkgs. 89c

Black Label
TOMATOES
2 14-oz. tins 69c
2 19-oz. tins 79c
Big 28-oz. tin 54c

Hershey
INSTANT CHOCOLATE
2 lb. tin $1.68

LAWRY'S SOUPS
• Onion • Minestrone
• Mushroom • Scotch Broth
2 twin pack boxes 89c
• Terrific Quality!
• Terrific Price!

Sunlight
DETERGENT
King Size Box $2.38

HILLS BROS.
Hills Bros.
INSTANT COFFEE
10-oz. jar $2.98

Nice-N-Easy
HAIR COLOR
Your Choice $1.88

Sara Lee
Frozen **APPLE PIE**
Ready-to-Serve Big 24-oz. each 98c

Miss Mew
CAT FOOD
Your Choice
4 tins 89c

Kon-Tiki
APPLE JUICE
48-oz. tin 54c

Bic Disposable
LIGHTERS
Each 99c

Western Family
KETCHUP
32-oz. Keg Btl. $1.09

Kellogg's
RICE KRISPIES
17-oz. pkg. $1.09

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