

IGA Competitive Prices

ASSORTED VARIETIES
Canada Dry
Soft Drinks
750 mL BTL.
39
PLUS 30¢ DEPOSIT PER BTL.

FACELLE, 2-PLY, WHITE
Facettes
Facial Tissue
PKG. OF 200 SHEETS
69

SHORTBREAD FINGERS,
MILK CHOCOLATE DIGESTIVE,
OR DARK CHOCOLATE DIGESTIVE
Peek Frean
Biscuits
200 g PKG.
99

E.D. SMITH
Garden
Cocktail
28-FL. OZ. BTL.
59
LIMIT 3 BTLs. PER FAMILY

Stokely's
DARK RED OR NEW ORLEANS STYLE
Kidney Beans or
Van Camp Beans
WITH OR WITHOUT PORK,
IN TOMATO SAUCE OR BROWN SUGAR
14-FL. OZ. TIN
59

ASSORTED VARIETIES
HUMPTY DUMPTY
Potato
Chips
200 g PKG.
89

CAKE & PASTRY OR
ALL PURPOSE
Monarch
Flour
2.5 kg BAG
1.59

POWDERED
Tide
Detergent
6 L BOX
3.99

SMOOTH OR CRUNCHY
Kraft
Peanut Butter
500 g JAR
1.49

PRODUCT OF U.S.A.
CANADA NO. 1 GRADE
Large Size Tomatoes
86/39
kg lb.

PRODUCT OF FLORIDA
Oranges
2.27 kg 5-LB. BAG
1.99

PRODUCT OF U.S.A.
Cranberries
340 g 12-OZ. PKG.
99

PRODUCT OF ONTARIO
CANADA FANCY GRADE
Red Delicious
Apples
2.27 kg 5-LB. BAG
1.99

PRODUCT OF FLORIDA
INDIAN RIVER, MARSH SEEDLESS
Red or White
Grapefruit
10 SIZE 48's FOR
1.99

PRODUCT OF CANADA
CANADA NO. 1 GRADE
Red Potatoes
2.27 kg 5-LB. BAG
1.29

PRODUCT OF U.S.A.
ONTARIO NO. 1 GRADE, "SWEET"
Green
Peppers
2.18/kg
.99 lb.

BRICK, COLBY OR
MOZZARELLA CHEESE
RANDOM WEIGHTS
69/100g
3.14 LB.

BLACK DIAMOND
EXTRA OLD CHEDDAR
CHEESE WHEEL
2 1/2-LB. GIFT BOX
9.99

(100% PURE SOYA OIL)
BLUE BONNET
Soft Margarine
2-LB. BOWL
2.09

ALL VEGETABLE
Crisco Shortening
1-LB. CTN.
1.19

SYLVANIA, INSIDE FROSTED
40, 60 OR 100 WATT
Light Bulbs
PKG. OF 2
.79

BICK'S, WITH OR WITHOUT GARLIC, OR POLSKI OGORKI
Dill
Pickles
1 L JAR
1.59

ASSORTED FRUIT FLAVORS, DELISLE
Swiss Spun
Yogurt
175 g CUP
.49

IGA CHOICE
Peach Halves
14-FL. OZ. TIN
.79

DEJEAN
Cocktail Shrimp
4-OZ. TIN
2.59

PEA, VEGETABLE OR PEA WITH HAM
Habitant Soups
14-FL. OZ. TIN
.59

IGA FISH
Cat Food
OR DOG HOUSE
Dog Food
3 14-OZ. TINS
1.

E. D. SMITH, PURE
Raspberry or
Strawberry Jam
250 mL JAR
.99

CHOCOLATE OR STRAWBERRY
Nestle Quik Syrup
350 mL PLAST. CONT.
1.19

ASSORTED VARIETIES
Canada Dry
Soft Drinks
CASE OF 24x280 mL TINS
6.49

FABRIC SOFTENER,
SCENTED OR UNSCENTED
Bounce
PKG. OF 40 SHEETS
2.99

KELLOGG'S
Corn Flakes
525 g PKG.
1.19

DEMPTER'S (MFG. 15' OFF LABEL)
100% Whole
Wheat Bread
675 g LOAF
.89

BASSETT'S
Licorice Allsorts
350 g PKG.
1.49

LOWNEY
Glossette Raisins,
or Peanuts
270 g PKG.
.89

SHAMPOO OR
CONDITIONER
Natures
Organic
450 mL PLAST. BTL.
1.39

MINT OR REGULAR
Aquafresh
Toothpaste
100 mL TUBE
.99

GOODTIMES
Foam Cups
PKG. OF 51x7-OZ. CUPS
.79

FROZEN, CONCENTRATED, McCAIN
Revive Fruit Beverage
or Apple Juice
12 1/2-FL. OZ. TIN
.99

FROZEN, BLUE WATER,
Boston Bluefish
IN LIGHT BATTER OR
350 g PKG.
1.79

Fresh!
RIB PORTION
Pork
Loin Roasts
1.4 kg - 3 lb. AVG.
2.62/1.19
kg lb.

Fresh!
9 CHOP ECONOMY PACK
(3 RIB, 3 CENTRE,
3 TENDERLOIN PORTION)
Loin
Pork Chops
1.4 kg - 3 lb. AVG.
3.06/1.39
kg lb.

Fresh!
TENDERLOIN PORTION
Pork
Loin Roasts
1.4 kg - 3 lb. AVG.
2.84/1.29
kg lb.

Fresh! LOIN
Centre Cut
Pork Chops
3.95/1.79
kg lb.

NEW ZEALAND, SPRING LAMB
FROZEN

Lamb Shoulder Chops	3.73/kg 1.69 lb.	Lamb Leg Steaks	4.39/kg 1.99 lb.
Leg O' Lamb Roasts	4.17/kg 1.89 lb.	Lamb Loin Chops	5.49/kg 2.49 lb.

Pride of Canada
Side Bacon
SLICED
500 g PKG.
1.99

Pride of Canada
Cooked Ham
SLICED
175 g PKG.
1.29

Pride of Canada
Breakfast
Sausages
STORE PACKED
PORK & BEEF
3.06/kg
1.39 lb.

"BONELESS", COOKED, SMOKED
VACUUM PACKED
HALVES OR QUARTERS
Pride of Canada **Hams**
5.27/kg
2.39 lb.

Pride of Canada
Polish
Sausage
BY THE PIECE
3.28/kg
1.49 lb.

SHOP'S
"MELTON MOWBRAY"
Meat Pies
500 g PIE
2.59

Pride of Canada
Wieners
450 g PKG.
1.29

COOKED, BONE IN,
VACUUM PACKED
HALVES OR QUARTERS
Maple Leaf **Smoked Hams**
4.39/kg
1.99 lb.

CANADA GRADE 'A', FROZEN,
YOUNG, ALL SIZES
Canada's Pride
Self-Basted Turkeys
3.28/kg
1.49 lb.

GRADE 'A', YOUNG, FROZEN
UNDER 4.5 kg - 10-lbs.
Brethren
Geese
5.05/kg
2.29 lb.

SWIFT'S PREMIUM, COOKED,
BONE IN, WHOLE OR HALF
"HOCK, RIND & EXCESS FAT REMOVED"
Smoked Hams
3.06/kg
1.39 lb.

Pride of Canada
Bologna
SLICED
375 g PKG.
1.49

FROZEN, YOUNG,
CANADA
Grade 'A'
Turkeys
ALL SIZES
2.84/kg
1.29 lb.

SHOP'S, RING
Smoked
Sausage
500 g AVG.
6.37/kg
2.89 lb.

"BONELESS", COOKED, SMOKED
Pride of Canada
Dinner Hams
1.4 kg - 3 lb. AVG.
5.27/kg
2.39 lb.

PRICES EFFECTIVE WED. DECEMBER 7 TO SAT. DECEMBER 10, 1983.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

People Come First at



Armstrong's