



# Everything for your Thanksgiving Dinner

CANADA GRADE A, FROZEN  
EVISCERATED,

**Young Turkeys** ALL SIZES **94¢** LB.

CANADA GRADE A, FROZEN,  
YOUNG, EVISCERATED, TABLERITE

**Self-Basted Turkeys** ALL SIZES LB. **\$1.14**

COOKED, BONE-IN,

**Smoked Hams**

HALVES OR QUARTERS

**\$1.59** LB.

CHECK YOUR  
LOCAL IGA  
FOR HOLIDAY  
STORE HOURS.

SUGAR PLUM OR PRIDE OF CANADA  
COOKED, BONE IN, HALVES **\$2.19** LB.

SUGAR PLUM OR PRIDE OF CANADA  
COOKED, QUARTERS **\$2.29** LB.

PRIDE OF CANADA, COOKED  
BONELESS, 3-LB. AVG. **\$2.29** LB.

SUGAR PLUM, COOKED  
BONELESS, 3-LB. AVG. **\$2.39** LB.

DEVON, SLICED **\$1.49** 1-LB. PKG.

SHOPSYS **\$1.19** 1-LB. PKG.

CAMPFIRE **99¢** 1-LB. PKG.

SHOPSYS **\$2.39** 18-OZ. CHUB

MAPLE LEAF **\$1.29** 6-OZ. PKG.

SCHNEIDER'S, BY THE PIECE **\$1.59** LB.

SWIFT'S PREMIUM, SLICED, MAC & CHEESE,  
MOCK CHICKEN, PICKLE & PIMENTO, DUTCH,  
BOLOGNA OR GARLIC BOLOGNA **59¢** 6-OZ. PKG.

SHOPSYS **99¢** 24-OZ. TUB

E. D. SMITH  
**Garden Cocktail**  
28-FL. OZ. BTL. **58¢**

DOLE, FANCY  
**Pineapple**  
CRUSHED SLICES OR CHUNKS  
PACKED IN ITS OWN JUICE  
19-FL. OZ. TIN **59¢**



REYNOLDS WRAP  
18" WIDTH CUTTER BOX  
**Aluminum Foil**  
50-FT. ROLL **\$1.89**

CANADA GRADE "A"  
**Medium Eggs**  
DOZ **75¢**

TRILLIUM  
100% VEGETABLE OIL  
**Soft Margarine**  
1-LB. TUB **49¢**

**Regular Ground Beef**  
LB. **98¢**

ONTARIO GROWN  
ONTARIO No. 1 GRADE  
**Potatoes** 10-LB. BAG **68¢**

ONTARIO GROWN  
CANADA No. 1 GRADE  
**Celery Stalks** EACH **39¢**

ONTARIO GROWN  
**Brussels Sprouts** 16-OZ. TRAY **79¢**

ONTARIO GROWN  
CANADA No. 1 GRADE  
**Cooking Onions** 3 2-LB. BAGS **\$1**

ONTARIO GROWN  
CANADA No. 1 GRADE  
**Rutabagas** LB. **15¢**

OCEAN SPRAY CRANBERRIES  
NOW AVAILABLE  
IN MOST STORES

PRICES EFFECTIVE  
WED., OCT. 4  
TO SAT., OCT. 7, 1978.

WE RESERVE  
THE RIGHT TO  
LIMIT QUANTITIES

F.B.I.  
**Pure Apple Juice**  
48-FL. OZ. BTL. **69¢**

FROZEN, BEEF, CHICKEN,  
TURKEY OR SALISBURY STEAK  
**Savarin Dinners** 11-OZ. PKG. **79¢**

**Canadian Cheese Festival**

PROCESS  
**Kraft Cheez Whiz** 16-OZ. JAR **\$1.39**

KRAFT, PLAIN  
**Philadelphia Cream Cheese** 8-OZ. PKG. **79¢**

IGA, ROYAL GOLD, PROCESS  
INDIVIDUALLY WRAPPED  
**Cheese Slices** 16-OZ. PKG. **\$1.59**

CHOCOLATE CHIP,  
CHOCOLATE FUDGE, FRENCH  
CREME OR CINNAMON DANISH  
**Dare Biscuits**  
15.9 TO 16. OZ. PKGS. **99¢**

**IGA Brown 'n' Serve Rolls**  
PKG. OF 12 **39¢**

**IGA Whole Bean Coffee**  
YOU GRIND IT FRESH AT TIME OF PURCHASE

1-LB. BAG 2-LB. BAG

Royal Guest **\$2.99** **\$5.95**

1-LB. BAG 2-LB. BAG

Sunnymorn Coffee **\$2.89** **\$5.75**

BABY DILLS, SWEET  
MIXED OR SWEET BREAD & BUTTER  
**Rose Pickles**  
15-FL. OZ. JAR **59¢**

*Mario-Paul Green*  
Director-Consumer Affairs

**SAY "CHEESE"**

It's time to rediscover the great variety of delicious cheeses made in Canada! Cheese is one of man's unique foods. No other food is so diverse in types and varieties. And since cheese contains concentrated milk solids, it is an excellent source of protein. A two-ounce serving of hard cheese is equal to a three-ounce serving of meat, or over two glasses of milk. These qualities make it a fine alternative to meat, fish, poultry or eggs.

The Canadian Dairy Foods Service Bureau has published a comprehensive and beautifully illustrated booklet entitled "Great Canadian Cheeses", in which the various types of cheeses, their storage and uses, are discussed.

To receive a free copy of this invaluable booklet, write to me at the address below.

Mrs. Green is available to talk to groups about shopping and other subjects of consumer interest.

Please write: Box 665, Toronto M4Y 2N6.

STOKELY, FANCY  
**Cut Green or Wax Beans** 3 14-FL. OZ. TINS **\$1**

ROYAL PRINCE  
**Yams** 19-FL. OZ. TIN **89¢**

MASTER  
**Premium Dog Dinner** 4-kg BAG **\$2.59**

BICK'S, JELLIED OR WHOLE  
**Cranberry Sauce** 12-FL. OZ. JAR **49¢**

KELLOGG'S, FROSTED OR  
BROWN SUGAR  
**Mini Wheats** 375-g BOX **75¢**

ALL-PURPOSE  
**Robin Hood Flour** 5-kg BAG **\$1.99**

IGA  
**Pumpkin Pie** 20-OZ. SIZE EA. **99¢**

REGULAR, RIPPED OR SALT & VINEGAR  
FLAVORED  
**IGA Potato Chips** 225-g PKG. **79¢**

FRUIT 'N' NUT, BRAZIL NUT, CARAMEL,  
DAIRY MILK OR HAZELNUT  
**Cadbury's Chocolate Bars** 100-g FAMILY SIZE **55¢**

IGA  
**Fruit Cake** 1-LB. PKG. **\$1.35**

COTTONELLE  
ASSORTED COLORS

**Bathroom Tissue** 4-ROLL PKG. **\$1.09**

DISPOSABLE, TODDLER, SUPER ABSORBENT  
**Babyscott Diapers** PKG. OF 24 **\$2.29**

SCENTED OR UNSCENTED  
**Soft & Dri Roll-on Antiperspirant** 50-ml BTL. **\$1.29**

**Aim Toothpaste** 100-ml TUBE **99¢**

SOLID, ASSORTED FRAGRANCES  
**Airwick Air Fresheners** 5-OZ. PKG. **57¢**



**Five Star Bingo**

Every Week **Hundreds of One Line & Full Card Winners of \$10.00 cash**

Every Week **22 Sets of Luggage**

After 13 Weeks **Grand Prizes of 1 Week For Two in 3 Orlando Florida**

**Weekdays at 10a.m. and 11a.m. on CFTO Television Channel 9**