



Supplied by THE OSHAWA WHOLESALE LIMITED supply depot for progressive independents

for your eating pleasure buy **TABLERITE BEEF**

IGA TableRite beef is famous for its fine eating qualities. To ensure it's always the finest it is personally selected, properly aged and expertly trimmed. That's why we say every pound of TableRite beef is a pound of real eating pleasure!



Frozen Foods

CHOPPED SIRLOIN, SWISS STEAK OR TURKEY
SWANSON T.V. DINNERS

11 OZ. PKG. **59¢** EA.

BOOTH COD FILLETS 1 LB. PKG. **47¢**

YORK FANCY SLICED CARROTS 2 LB. BAG **49¢**

DOWNEY FLAKE WAFFLES 2 10 OZ. PKGS. **69¢**

FRESH IGA GRADE A

White Eggs
SMALL 35¢ DOZ. MED 43¢ DOZ.

ASPARAGUS

FRESH SPRING TREAT
PRODUCE OF U.S.A.
CANADA No. 1 GRADE

49¢

SWEET & JUICY **JAFFA ORANGES** SIZE 105 DOZ. **69¢**

PRODUCE OF U.S.A. CANADA No. 1 **CAULIFLOWER** SIZE 16s EA. **39¢**

CRISP, PRODUCE OF U.S.A. CANADA No. 1 **FLORIDA CELERY** SIZE 24 EA. **29¢**

FLAVORFUL OREGON (SIZE 110) CANADA EXTRA FANCY GRADE **ANJOU PEARS** 6 FOR **59¢**

LIQUID WAX IGA ECONOMY 32 OZ. TIN **69¢**

SANI-FLUSH TOILET BOWL CLEANER 34 OZ. TIN **47¢**

JOHNSON'S AEROSOL **GLORY RUG CLEANER** 24 OZ. TIN **\$1.59**

In The Dairy Case

MFG. 10¢ OFF LABEL
BLUE BONNET
COLOURED MARGARINE

3 LB. PKG. **95¢**

MILD CHEDDAR **IGA CHEESE WEDGE** 12 OZ. PKG. **55¢**

IGA PURE LARD 2 1 LB. PKGS. **47¢**

Woman's Day Encyclopedia of Cookery



Now you can know everything Woman's Day Knows about cooking.

VOLUME No. 1 only 89¢

VOLUMES No.s 2-12 ONLY \$1.69 EA.

THIS WEEK VOL. No. 6

CHOICE **IGA TOMATOES** 28 OZ. TIN **29¢**

BURNS SPORK OR SPAM **LUNCHEON MEAT** 12 OZ. TIN **59¢**

5 VARIETIES CATFOOD **PUSS-N-BOOTS** 2 15 OZ. TINS **37¢**

CHEERIOS 10 OZ., COCOA PUFFS 8 OZ., WHEATIES 12 OZ., OR TOTAL 8 OZ. **BIG G. CEREALS** 2 PKGS. **75¢**

BASSETT'S **LICORICE ALLSORTS** 16 OZ. CELLO BAG **51¢**

HOSTESS SALT & VINEGAR FLAVOUR **POTATO CHIPS** PKG. **49¢**

Bakery Treats

DELICIOUS IGA **RAISIN BREAD** 2 16 OZ. LOAVES **49¢**

TOASTMASTER (MFG. 4¢ OFF LABEL) **CINNAMON BUNS** PKG. OF 6 **41¢**

DEMPSTERS (MFG. 4¢ OFF LABEL) **MIXED ROLLS** PKG. OF 12 **45¢**

PEANUT BUTTER CHIP 14 OZ., CHOC. FUDGECHIP 16 OZ., CHOCOLATE CHIP 16 OZ., FUDGE CHIP 16 OZ.

DARE'S COOKIES PKG. **53¢**



TABLERITE CANADA'S FINEST QUALITY RED OR BLUE BRAND BEEF

BLADE OR SHORT RIB ROASTS

(BLADE BONE REMOVED) OR LB. **69¢**

TABLERITE SIDE BACON RINDLESS SLICED 1 LB. V.P. **89¢**

NUTRITIONS ECONOMICAL **PORK LIVER** LB. **39¢** MAPLE LEAF ASSORTED **COLD CUTS** 16 OZ. VAC PAK **79¢**

CHOICE UNGRADED **IGA PEAS** 2 19 OZ. TINS **39¢**

TOMATO OR VEGETABLE **CLARK'S SOUP** 10 OZ. TIN **10¢**

GRANULATED **WHITE SUGAR** 5 LB. BAG **49¢**

IGA COFFEE SUNNY MORN ROYAL GUEST
1 lb. **79¢** 2 lb. **\$1.57** | 1 lb. **87¢** 2 lb. **\$1.73**

FOOD PRICES AND BONUS TAPE ITEMS EFFECTIVE MARCH 18, 19, 20, 21
WE RESERVE THE RIGHT TO LIMIT QUANTITIES

COTTON SWABS

Q-TIPS PKG. OF 90 **44¢**

LAVORIS MOUTHWASH 14 OZ. BTL. **79¢**

VASELINE PETROLEUM JELLY 8 OZ. JAR **67¢**