



Meat makes the meal!



Supplied by THE OSHAWA WHOLESALE LIMITED
supply depot for progressive independents

Mr. IGA says . . .

"Have you ever stopped to consider the percentage of your food budget which you spend on meat? We at IGA know that 22c out of every \$1.00 spent on food is devoted to the main ingredient of almost every meal . . . meat. For this reason, we place special emphasis on the quality, the trim and, of course, the price of our IGA meat."

MAPLE LEAF RINDLESS

SIDE BACON 1-LB. VAC PAK **63¢** LB.

BURN'S SWEET PICKLED

COTTAGE ROLL HALF CRYOVAC **59¢** LB.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

Tablerite RED or BLUE BRAND BEEF!

SHORT RIB OR **65¢** LB.
BLADE BONE REMOVED
BLADE ROAST

CROSS CUT RIB OR **75¢** LB.
BONELESS
SHOULDER ROAST

FLORIDA, MARSH SEEDLESS
RED OR WHITE

GRAPEFRUIT SIZE 48 **10 69¢**

CRISP, PLUMP CALIFORNIA
PRODUCE OF U.S.A. RED

EMPEROR GRAPES 3 LBS. **87¢**

LARGE FIRM HEADS
PRODUCE OF U.S.A.

CABBAGE NO. 1 GRADE **25¢**

PRODUCE OF U.S.A. No. 1 GRADE
CRISP LARGE FLORIDA

CELERY STALKS SIZE 24 **25¢**

CANADA No. 1 GRADE
TASTY LOCAL GROWN

CARROTS or ONIONS 3-LB. BAG **25¢**

DAY-IN-DAY-OUT PRICES

CHOICE IGA TOMATOES	28-OZ. TIN	29¢
LIBBY'S, IN TOMATO SAUCE SPAGHETTI	14-OZ. TIN	21¢
IGA BEANS & PORK	2 14-OZ. TINS	35¢
BOVRIL CORNED BEEF	72-OZ. TIN	61¢
BEEF OR IRISH SWIFTS STEWS	34-OZ. TIN	53¢
TOMATO OR VEGETABLE AYLMER SOUP	10-OZ. TIN	12¢
CHICKEN NOODLE IGA SOUP MIX	4 2 1/2-OZ. PKGS	39¢
HEINZ JUNIOR BABY FOOD	8-OZ. JAR	19¢
IGA ROYAL GUEST INSTANT COFFEE	10-OZ. JAR	\$1.25
QUIKKI POLY GARBAGE BAGS	PKG. OF 10	49¢
ROYAL GOLD REG. OR NIPPY IGA CHEESE SLICES	8-OZ. PKG.	33¢
SHIRRIFF INSTANT MASHED POTATOES	12-OZ. PKG.	53¢
IGA APPLE PIE	24-OZ. FAMILY SIZE	39¢
IGA ASS'D FLAVOURS FRUIT DRINKS	48-OZ. TIN	28¢
KELLOGG'S CORN FLAKES	16-OZ. PKG.	38¢
FANCY GREEN OR WAX YORK BEANS FRENCH STYLE	14-OZ. TIN	22¢

SPECIAL WEEKLY GOODIES

TOASTMASTER TURNOVERS DATE OR RASPBERRY	3 PKGS OF 9	95¢
TOASTMASTER MFG. 6¢ OFF LABEL DANISH RING	1 PACK	43¢
DEMPSTER'S MFG. 3¢ OFF LABEL KAISER ROLLS	PKG. OF 8	36¢
8 1/2-OZ. CHOC. MALLOWS OR 10-OZ. CHOC. SANDWICH OR 10-OZ. OATMEAL DAVIDS BISCUITS	3 PKGS	\$1
LEO D'OR FRESH FROZEN ONION RINGS	6-OZ. PKG.	27¢
PURE IGA LARD	1-LB. PKG.	19¢
IGA READY CUT MACARONI OR SPAGHETTI	3 2-LB. BAGS	\$1
TRIPLE ACTION BORAX POWDER	35-OZ. BOX	43¢
MFG. PREPRICED 2 FOR 89¢: LIQUID THRIFT DETERGENT	24-OZ. PLASTIC BTL.	69¢
FRASVALE FANCY-FROZEN MIXED VEGETABLES	2-LB. BAG	53¢
SUNNY BRAND FROZEN ORANGE DRINK	4 12-OZ. TINS	\$1

SPECIAL WEEKLY GOODIE!

CHASE & SANBORN
Coffee
1-LB. BAG **87¢**

SPECIAL WEEKLY GOODIE!

IGA
Dog or Cat Food
15-OZ. TINS **10 FOR 99¢**

DAY-IN-DAY-OUT PRICE

CORONATION SWING
Orange Crystals
MFG. PRE-PRICED 5x3 1/4-oz. 5/\$1 SPECIAL PACK **75¢**

DAY-IN-DAY-OUT PRICE

DELSEY ASS'D COLOURS
Toilet Tissue
PKG. OF 2 ROLLS **28¢**

PRICES EFFECTIVE ON ALL FEATURES FROM WED. JAN. 13th THRU SAT. JAN. 16th ONLY

SPECIAL WEEKLY GOODIE!

FACIAL TISSUE
Kleenex
ASS'D COLOURS ECONOMY PKG. OF 200 **29¢**

SPECIAL WEEKLY GOODIE!

PEA OR VEGETABLE
Habitant Soup
2 28-OZ. TINS **45¢**



✓ **LOW DAY IN DAY OUT PRICES**

✓ **WEEKLY SPECIALS**

✓ **Lucky Shopper**
Mrs. M. Hay
7 Charles St.
\$17.05