

# IGA LABOUR DAY SPECIALS

**York Peanut Butter** 16-OZ. JAR **79¢**

REGULAR **Pepsi-Cola** 53-FL. OZ. (1.5 LITRE) RETURNABLE BTL. PLUS 30¢ DEPOSIT PER BTL. **39¢**

BUY 3 FOR THE REGULAR PRICE OF 2, DOG FOOD **Derby Meat Mix** 3 15-OZ. TINS **66¢**

ASSORTED COLORS **White Swan Bathroom Tissue** 4-ROLL PKG. **89¢**

MRS. SMITH'S FROZEN **Pumpkin Pie** 24-OZ. PKG. **99¢**

FROZEN **Rich's Coffee Rich** 32-FL. OZ. CRTN. **55¢**

**Pillsbury Crescent Rolls** 8-OZ. PKG. **47¢**

IGA, BLENDRITE **Shortening or Pure Lard** 1-LB. PKG. **49¢**

IN TOMATO SAUCE **Libby's Spaghetti** 3 14-FL. OZ. TINS **\$1**

FLAVORED **Tang Orange Crystals** POLY BAG OF 4 x 3 1/4 OZ. PKGS. **99¢**

CHOICE **IGA Whole Potatoes** 3 19-OZ. TINS **\$1**

**IGA Choice Tomatoes** 28-FL. OZ. TIN **49¢**

**IGA Chicken Noodle Soup Mix** 8 ENVELOPES FOR **\$1**

ALL PURPOSE GRAIN **Maxwell House Coffee** 1-LB. BAG **\$3.59**

**IGA Sugared Donuts** PKG. OF 12 **49¢**

**IGA Bran Muffins** 2 PKGS. OF 6 **\$1**

O'HENRY, EATMORE, ASSORTED, CHERRY BLOSSOM, GLOSSETTE RAISINS OR GLOSSETTE PEANUTS **Lowney's Candy Bars** PKG. OF REG. BARS **79¢**

REGULAR, RIPPLE OR SALT & VINEGAR FLAVORED **IGA Potato Chips** 250-g PKG. **75¢**

CANADA GRADE "A", YOUNG, EVISCERATED **Fresh Turkeys** UNDER 12-LBS. LB. **79¢**

TABLERITE CANADA GRADE "A", FROZEN, YOUNG, EVISCERATED **Self Basted Turkeys** UNDER 12-LBS. LB. **98¢**

SUGAR PLUM, READY TO SERVE CRYOVAC, BONE IN **Smoked Hams** HALVES LB. **\$1.85** QUARTERS LB. **\$1.95**

SUGAR PLUM, READY TO SERVE BONELESS, 3-LB. AVG. **Dinner Hams** LB. **\$1.99**

SWIFT'S PREMIUM RINDLESS SLICED **Side Bacon** 1-LB. PKG. **\$1.59**

PRIDE OF CANADA **Wieners** 1-LB. PKG. **78¢**

SHOPSYS **Beef Sausages** 1-LB. PKG. **\$1.09**

PRIDE OF CANADA SHEET **Cooked Ham** 6 OZ. PKG. **\$1.09**

MAPLE LEAF **Breakfast Slices** 1-LB. PKG. **99¢**

SHOPSYS **Potato Salad or Cole Slaw** 17 OZ. TUB **49¢**

TABLERITE FEATURE OF THE WEEK EXCLUSIVE AT I.G.A. SLICED, MAC & CHEESE, CHICKEN, PICKLE & PIMENTO, DUTCH OR BOLOGNA **TABLERITE Sandwich Meats** 3 6-OZ. PKGS. **\$1**

CHOCOLATE CHIP, PEANUT BUTTER CREME, VENETIAN CREME OR TRIO PAK **Colonial Biscuits** 1-LB. PKG. **89¢**

**IGA Choice Peas** 14-FL. OZ. TIN **19¢**

RECONSTITUTED **IGA Apple Juice** 48-FL. OZ. TIN **49¢**

PARTLY SKIMMED **Fresh 2% Milk** 3-OZ. JUG OR POLY BAG **\$1.19** PLUS DEPOSIT ON JUGS

LIQUID **Clorox Bleach** 128-FL. OZ. PLASTIC BTL. **\$1.19**

POWDERED **Tide Detergent** 10-LB. BOX **\$4.59**

**Scott Print Napkins** PKG. OF 180 **\$1.09**

**Cut-Rite Wax Paper** 100-FT. CUTTER BOX **59¢**

RASPBERRY OR STRAWBERRY **Aylmer Jams** WITH PECTIN 24-FL. OZ. JAR **99¢**

**Cepacol Mouthwash** 7-FL. OZ. BTL. **79¢**

REGULAR OR WINTERFRESH **Colgate Toothpaste** 150-ml TUBE **99¢**

(10) 9" PIE PLATES, (6) 8" x 4" LOAF PANS, (7) ROUND CAKE PANS, (8) LARGE MEAT PIE PLATES, (6) 9" CAKE PANS, (15) 6" BURNER PLATES OR (12) 8" BURNER PLATES **Aluma Ware Foil** EA. PKG. **77¢**

LABOUR DAY—MONDAY, SEPT. 5, 1977. CHECK YOUR IGA FOR HOLIDAY STORE HOURS.

LOCALLY GROWN ONTARIO NO. 1 GRADE **Ontario Potatoes** 10-LB. BAG **55¢**

PRODUCE OF U.S.A. CANADA NO. 1 GRADE **California Casselman Plums** LB. **38¢**

ONTARIO GROWN CANADA NO. 1 GRADE **Field Cucumbers** 2 FOR **25¢**

ONTARIO GROWN **Pepper Squash** 2 FOR **39¢**

ONTARIO GROWN CANADA NO. 1 GRADE **Cello Onions** 2-LB. BAG **49¢**

ONTARIO GROWN CANADA NO. 1 GRADE **Cabbage** 2 FOR **49¢**

PRICES EFFECTIVE WED., AUG. 31, TO SAT., SEPT. 3, 1977. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

*Marie-Paule Green* Director, Consumer Affairs

**Home Drying Fruits**

Home drying of Canadian fruits can be an interesting project for the hobbyist... and it also can provide the family with a nutritious snacking food. Fruit may be sun-dried on wooden racks outside, or it may be mechanically dried under electric light in a drying cabinet that you can construct yourself. Drying by dehydration reduces the natural water content of fruits by about 75%, and raises the level of sugar concentration so that it acts as a natural preservative. However, to preserve the colour and nutrients, and to avoid mold, fruit is pretreated by one of two methods: sulphuring or syrup blanching. Commercially prepared dried fruits may be pretreated with sulphur dioxide. This prevents oxidation or browning of the tissue, accelerates drying, and repels insects. At home, "unsulphured" dried fruits may be pretreated by simmering in a 50% syrup, with ascorbic and citric acid added if desired, until the fruit is heated through but still solid. FOR MORE INFORMATION ABOUT HOME DRYING FRUITS, WRITE TO B.C. TREE FRUITS LTD., KELOWNA, B.C.

WHEN AVAILABLE TO TALK SHOPPING TO GROUPS. PLEASE CALL (416) 577-0220, OR WRITE: MARIE-PAULE GREEN, IGA CANADA LTD., 700 BAY ST., TORONTO, ONTARIO M5G 1P1.

**Service still lives at IGA**