

**Whole Kernel Corn**  
4 12-FL. OZ. TNS \$1

**IGA Ketchup** 3 11-FL. OZ. BTL. \$1

**Duncan Hines Cake Mixes**  
DELUXE LAYER  
10 TO 15 OZ. BOX EA. 69¢

**Hollandia Biscuits** 2 6 TO 8 OZ. PKGS. \$1

**Archway Turnovers** 2 7.5-OZ. PKGS. \$1

**Humpty Dumpty Potato Chips** 225-g PKG. 89¢

**Kleenex Paper Towels**  
ASSORTED COLORS  
2-ROLL PKG. 88¢

**IGA Evaporated Milk** 16-OZ. TIN 38¢

**Dove Detergent**  
LIQUID  
32-FL. OZ. PLASTIC BTL. 79¢


**Milkbone Dog Biscuits** 32-OZ. BOX 89¢

**Bick's Dill Pickles** 32-FL. OZ. JAR 79¢

**Licorice Assorts** 600-g PKG. \$1.19

**IGA Pasta** 2 2-LB. BAGS \$1

**the Novus 831 calculator**  
\$5.99




**Regular Ground Beef** LB. 59¢

**Chicken Legs or Breasts** LB. 99¢

**Cottage Rolls** 3 LB. AVG. \$1.25

**Side Bacon** 1 LB PKG \$1.59  
**Wieners** 1 LB PKG 78¢  
**Breakfast Sausages** LB 89¢  
**Luncheon Meats** 1 LB PKG 89¢  
**Sausage Sticks** 5 VARIETIES 16 OZ. CHIB 99¢  
**Corned Beef or Pastrami** 4 PKGS \$1.19

**Thompson Seedless Grapes** LB. 68¢  
**Celery Stalks** SIZE 2 1/2 3 FOR 99¢  
**Outspan Valencia Oranges** DOZ 99¢  
**McIntosh Apples** 3 LB. BAG 89¢  
**Green Peppers** LB 29¢  
**Greenhouse Seedless Cucumbers** 3 FOR 99¢

PRICES EFFECTIVE WED., SEPT. 7, TO SAT., SEPT. 10, 1977. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

**Quality, Service and Value**

**Campbell's Tomato Soup** 5 10-FL. OZ. TNS \$1

**Palanda Pineapple** 19-FL. OZ. TIN 49¢

**McCormick's Crackers** 400-g PKG. 49¢

**Fried Chicken Pieces** 2-LB. PKG. \$2.89

**Apple Pie** 26-OZ. SIZE EA. \$1.09

**IGA Margarine** 1-LB. PARCHEMENT PKG. 49¢

**IGA Apple Pie** 20-OZ. SIZE EA. 79¢

**IGA Citrus Juices** 16-FL. OZ. TIN 49¢

**Fish and Chips** 32-OZ. PKG. \$1.69

**Ragu Spaghetti Sauce** 2 14-FL. OZ. JARS \$1

**Comf-ees Diapers** PKG. OF 20 \$2.89

**Secret Deodorant** 6-OZ. AERO. TIN \$1.19

**Sport Socks** PKG. OF 3-PAIR \$2.49

**Mrs. Marie-Paula Green**  
Director, Consumer Affairs

**Iron Your Thoughts**

Iron is extremely important for the maintenance of good health. It is needed to form hemoglobin, which carries oxygen from the lungs to the body cells, and it also helps to build up blood supply. With iron deficiency, we get tired easily, have a poor appetite, and children grow very little. It is perhaps the most neglected mineral among school-age children.

Iron is found in small quantities in many foods, but excellent sources are liver, organ meats, poultry, shellfish, egg yolks, green leafy vegetables, whole grain, enriched cereals and breads, nuts, legumes, molasses, apricots, peaches, prunes, grapes, and raisins.

Some say that it may also be included in the diet by cooking in iron vessels.

MRS. GREEN IS AVAILABLE TO TALK SHOPPING TO GROUPS. PLEASE CALL (416) 587-1828. OR WRITE: MARIE-PAULA GREEN, IGA CANADA LTD., 790 BAY ST., TORONTO, ONTARIO M5G 1P1.