

IGA DOLLAR DAYS

ASSORTED FLAVORS
Shirriff Jelly Powders
5 3 OZ BOXES \$1

ASSORTED VARIETIES
Lipton Cup-A-Soup
2 PKGS OF 4 ENVS. \$1

ROBIN HOOD ASSORTED VARIETIES
Celebration Cake Mixes
4 250 TO 260 g POUCH PKGS \$1

PARTLY SKIMMED
Carnation 2% Evaporated Milk
5 6 OZ TINS \$1

Frontenac or Favorite
Ice Cream
2-LITRE CARTON \$1
LIMIT 3 PER FAMILY

CATELLI
Macaroni and Cheese Dinner
4 7 1/2 OZ BOXES \$1

MIX 'N' MATCH IGA CHOICE
Cream Style Corn or Peas
4 14 FL OZ TINS \$1

LIBBY'S IN TOMATO SAUCE
Deep Browned Beans with Pork
OR WITHOUT MEAT
2 19 FL OZ TINS \$1

- ASSORTED FLAVORS IGA Fruit Drinks 2 48 FL OZ TINS \$1
- FANCY IGA Tomato Juice 3 19 FL OZ TINS \$1
- CHOICE IGA Whole Potatoes 3 19 FL OZ TINS \$1
- AMBASSADOR OR INDIAN Corned Beef 12 OZ TIN \$1

- SMOOTH OR CRUNCHY Kraft Peanut Butter 500-g JAR \$1
- CLUBHOUSE, SPAGHETTI, SPAGHETTI WITH MUSHROOMS, CHILI OR SLOPPY JOE Sauce Mixes 3 1 1/2 OZ PKGS \$1
- WINDSOR Safe-T-Salt 10-kg BAG \$1

- DISPOSABLE Wilkinson II Razors 7 PKGS FOR \$1
- REGULAR OR CHILDREN'S Bayer Aspirin 2 BTLs OF 24 \$1
- EXCEPT BABY IGA Shampoo or Creme Rinse 500 ml PLASTIC BTL \$1
- Aqualfresh Toothpaste 100 ml TUBE \$1

- MCCORMICK'S MOCHA, VANILLA OR ORANGE McCrispy Bars 3 150 g PKGS OF 6 BARS \$1
- STARBURST, 20c SIZE Fruit Chews 10 FOR \$1
- "A TASTY CHEESE FLAVORED SNACK" IGA Cheese Logs 2 250 g PKGS \$1

- IGA Book Matches 3 PKGS OF 50 \$1
- CATCHALL Garbage Bags PKG OF 50 \$2.79
- GREEN GIANT, FANCY, FROZEN Whole Kernel Niblets Corn or Sweet Peas 2 12 OZ PKGS \$1
- SAVARIN, FROZEN Macaroni & Cheese Dinner 3 8 OZ PKGS \$1

- GAY LEA ASSORTED FLAVORS Fiesta Yogurt 3 175 g CUPS \$1
- Sno Flake Shortening 1-LB CRTN. 55¢
- PILLSBURY Crescent Dinner Rolls 2 8 OZ PKGS \$1
- 100% PURE VEGETABLE OIL IGA Margarine 2 1-LB PARCHMENT PKGS \$1

CUT FROM CANADA GRADE A BEEF
Blade Roasts or Chuck Short Rib Roasts
99¢ LB.

CUT FROM CANADA GRADE A BEEF
Cross Rib Roasts or Boneless Shoulder Roasts
\$1.29 LB.

CUT FROM CANADA GRADE A BEEF
Blade Steaks
\$1.19 LB.

CUT FROM CANADA GRADE A BEEF
Cross Rib Steaks
\$1.49 LB.

CUT FROM CANADA GRADE A BEEF LEAN, BONELESS
Stewing Beef
\$1.49 LB.

- PREVIOUSLY FROZEN Cod Fillets LB \$1.25
- BONUS OFFER, 13 PACKS FOR THE PRICE OF 21 SHOPPY'S, SLICED Pastrami, Smoked Meat or Corned Beef 3 x 4 OZ PKGS \$2.30
- SCHNEIDER'S, SLICED Bologna 16 OZ PKG \$1.39
- SCHNEIDER'S, WHOLE CUT UP Fried Chicken 2 LB BOX \$3.75
- SCHNEIDER'S (6 PIES PER PKG) Meat Pies 14 OZ PKG \$1.39

- SCHNEIDER'S, SLICED Side Bacon 1-LB PKG \$1.69
- SCHNEIDER'S Wieners 1-LB PKG \$1.29
- SCHNEIDER'S Mini Sizzler Sausages 1-LB PKG \$1.59

- PRODUCE OF U.S.A. CANADANO 1 GRADE Cucumbers 3 FOR 99¢
- PRODUCE OF MEXICO Pineapples EA 69¢
- FROM BRITISH COLUMBIA CANADA FANCY GRADE Anjou Pears LB 59¢
- PRODUCE OF U.S.A. Green Onions 3 BUNCHES FOR 99¢

PRICES EFFECTIVE WED., JAN. 10 TO SAT., JAN. 13, 1979.
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

PRODUCE OF U.S.A.
Red Emperor Grapes
LB. 79¢

PRODUCE OF U.S.A.
Florida Oranges
SIZE 125'S DOZ. 99¢

People Come First at IGA

Mrs. Paul Green
Dietary Consultant
A Powerful Vegetable
In the days (and nights) of the vampires, garlic was claimed to be a powerful source of protection. Today, it is used to flavour meats, fish, soups, stews, salads, etc.
Garlic bulbs readily separate into cloves, for easy peeling of the cloves, slice them lengthwise, then remove the membrane.
In a rush? Why not try substituting garlic powder or garlic salt. Garlic flakes require about five minutes of soaking before use.
A sprig or two of fresh parsley eaten after garlic will help to reduce the lingering after-taste.
Sometimes called the "atomic bomb of the vegetable world", garlic is a perfect complement to almost any dish!
Mrs. Green is available to talk to groups about shopping and other subjects of consumer interest. Please write: Box 665, Toronto, M4W 2N6.