



Great Value on your favorite Table Rite cuts!

# BEEF ROUND UP

## CANADA GRADE "A" TABLETITE BEEF SALE

### ROASTS...

- Blade Roast BLADE BONE REMOVED LB. **89¢**
- Boneless Blade Roast LB. **\$1.15**
- Short Rib Roast LB. **89¢**
- Cross Cut Rib Roast LB. **\$1.09**
- BONELESS Cross Cut Rib Roast LB. **\$1.35**
- BONELESS Shoulder Roast LB. **\$1.09**
- MEATY Prime Rib Roast 6th TO 7th RIBS LB. **\$1.19**
- MEATY Prime Rib Roasts 1st TO 5th RIBS LB. **\$1.29**
- BONELESS Brisket Plate Roast LB. **89¢**
- BONELESS Brisket Point Roasts LB. **\$1.49**

### STEAKS...

- Prime Rib Steaks LB. **\$1.49**
- MEATY - BEST BRAISED BLADE CUT LB. **\$1.05**
- MEATY - BEST BRAISED CROSS CUT LB. **\$1.25**

### STEWING CUTS...

- Brisket Plate BONE-IN LB. **49¢**
- Braising Ribs BONE-IN LB. **99¢**
- LEAN, BONELESS Stewing Beef LB. **\$1.29**
- MEATY, SOUP STOCK Beef Neck Bones LB. **49¢**
- ECONOMICAL, NUTRITIOUS, SLICED Pork Liver PREVIOUSLY FROZEN LB. **39¢**
- SUGAR PLUM, RINDLESS, SLICED Side Bacon 1 LB. PKG. **\$1.38**
- TABLETITE Wieners 1 LB. PKG. **79¢**
- PURE PORK TABLETITE Sausage 1 LB. TRAY **85¢**

### HI-VALUE STANDARD

## Whole Peeled Tomatoes

28-FL. OZ. TIN **45¢**

### SHIRRIFF - 4 VARIETIES

Jelly Powders **5** 3-OZ. PKGS. FOR **\$1**

### POWDERED

## Cheer Detergent

80-OZ. KING SIZE BOX **\$1.99**

Zip Dog Food **2** 15-OZ. TINS FOR **29¢**

BRIGHT'S CHOICE  
**Pure Apple Juice**  
48-FL. OZ. TIN **49¢**

CLOVERLEAF  
**Chunk Light Tuna**  
6½-OZ. TIN **59¢**

STRAINED ASSORTED VARIETIES  
**Gerber Baby Foods**  
(MEATS - EXCEPTED)  
4½-FL. OZ. JAR **18¢**

MAXWELL HOUSE  
**Instant Coffee**  
10-OZ. JAR **\$2.09**

BONNIE  
**Parchment Margarine**  
1-LB. PKG. **39¢**

LIQUID  
**Javex Bleach**  
64-FL. OZ. PLASTIC BTL. **55¢**

KLEENEX - ASSORTED COLORS  
**Facial Tissue**  
PKG. OF 200 **49¢**

IGA CHOICE  
**Whole Potatoes**  
19-FL. OZ. TIN **27¢**

### frozen quality

- BIRDSEYE (CONCENTRATED) FROZEN 12-1/2 FL. OZ. TIN **Awake Orange Drink 49¢**
- CARNATION CRINKLE CUT FANCY 2-LB. BAG **Frozen French Fries 57¢**
- HIGHLINER BONED FROZEN 14 OZ PKG **Boston Blue Fillets 85¢**
- PRODUCER - 20-OZ. PKG. **Baby Gouda Cheese \$1.59**
- UNSWEETENED PURE (FROM CONCENTRATE) 32 FL. OZ. BTL **FBI Orange Juice 39¢**
- PLAIN OR FRUIT & NUT 14 TO 16 OZ. PKGS **Golden Crunch Cereal 85¢**
- Mc CORMICK'S - 13-OZ. PKG. **Chocolate Chip Cookies 85¢**
- CORN PUFFS, CHEESE STICKS OR CHEESE PUFFS 150 GRAM PKG. **Hostess Snacks 43¢**
- PEANUTS OR RAISINS 5 CTN. PKG. **Lowney's Glossettes 79¢**

STUART HOUSE SMALL PKG. OF 6 OR LARGE PKG. OF 4 **Burner Savers 43¢**

MIRACRAFT PKG. OF 100 **Lunch Bags 89¢**

PKG. OF 7 **Schick Injector Blades 88¢**

TODDLER SIZE **Pampers Diapers 1.33**



NO. 1 GRADE  
Produce of Mexico

## TOMATOES

# 39¢

LOCAL GROWN CANADA FANCY GRADE 3-LB. BAG **Red Delicious Apples 79¢**

PRODUCE OF U.S.A. **Brussels Sprouts LB. 39¢**

LOCAL GROWN CANADA NO. 1 GRADE 3-LB. BAGS **Cooking Onions \$1**

PRODUCE OF U.S.A. NO. 1 GRADE **Cabbage EACH 39¢**



### Cabbage for Savings...

Substituting less expensive foods for more costly foods with similar nutritive value is one of the advantages of using food groups as a shopping guide. For example, take the "vegetable group" and compare lettuce and cabbage. At this time of year, it's usually more economical to substitute cabbage for lettuce.

Cabbage is one fresh vegetable which presents no waste problem for small families who use only a quarter or a half at one time. Stored in the refrigerator crisper it will last up to two weeks.

Choose a cabbage that is heavy for its size with compact leaves. A small head (2 lbs.) yields about 6 servings.

Cabbage is delicious when shredded in a salad. To serve hot, cook by dropping into rapidly boiling water. Keep lid off so that volatile acids which attack the bright color of cabbage will escape. Cook only until tender crisp for maximum color, flavor and nutritive value (one cup cooked, finely shredded cabbage contains 42 mg. vitamin C).

Mrs. Green is available to talk "shopping" to groups. Call (416) 259-6633 or write 300 The East Mall, Islington, Ontario M9B 6B8.

PRICES EFFECTIVE WED. THRU SAT. JAN. 29th - FEB. 1st  
WE RESERVE THE RIGHT TO LIMIT QUANTITIES

GRIFFIS I.G.A.  
Elmvale

VICTORIA HARBOUR I.G.A.  
Victoria Harbour

PENETANG I.G.A.  
Poyntz Plaza, Penetang