

IGA



Theo. Bernard Man.
Victoria Harbour IGA

Great Value on your favorite Table Rite cuts!

BEEF ROUND UP

2nd BIG WEEK
CANADA GRADE "A" TABLERITE BEEF SALE!

**Boneless Round
Steak or Roast**

LB. **\$1.49**

**Porterhouse, Wing,
or Sirloin Steaks** LB. **\$1.69**

BURNS
Cottage Rolls - SWEET PICKLED LB. **99¢**

TABLERITE, RINDLESS SLICED	1-LB. PKG. \$1.38	MEATIER ONES - 2-OUNCE	1-LB. CTN. 89¢
Side Bacon		Beef Patties	
TABLERITE SLICED	6-OZ. PKG. 85¢	LAZY MAPLE	1-LB. PKG. 99¢
Cooked Ham		Sausage	

FACELLE ROYALE PRINTED DESIGN
ASSORTED COLORS

**Paper
Towels**

2-ROLL
PKG. **77¢**

IGA CHOICE CUT

**Green or
Wax Beans**

14-FL.
OZ. TIN **23¢**

GOLDEN AREAS
HALVES OR SLICES

**Fancy
Peaches**

14-FL.
OZ. TIN **39¢**

CAMPBELL'S CREAM OF

**Mushroom
Soup**

10-FL.
OZ. TIN **21¢**

FACELLE ROYALE
ASSORTED COLORS

**Bathroom
Tissue** 2-PLY
4-ROLL
PKG. **89¢**

CARNATION - REGULAR OR
MARSHMALLOW FLAVOR

Instant Hot Chocolate BOX OF 12 x
1-OZ. PKGS. **\$1.09**

**Zion
Fig Bars** 1½-LB.
PKG. **89¢**

FLAVOR CRYSTALS

**Swing
Orange** POLY BAG OF
4 x 3¼-OZ.
PKGS. **89¢**

AUNT JEMIMA - COMPLETE 32-OZ. PKG.

**Pancake Mix
OR
Table Syrup**

16-FL. OZ. PLASTIC BTL.

EACH **67¢**

Keeping Coffee Fresh!

Mrs. Marie Paule Green
Director - Consumer Affairs Dept.

For some of us a day doesn't begin or a meal end properly without an accompanying cup of coffee. The flavor and aroma of good coffee are largely due to a group of oils called caffeol which develop in the coffee bean during roasting. Once a container of coffee is opened and exposed to the air, the loss of caffeol and carbon dioxide (which is also developed during roasting) is accelerated. Therefore, it is important to store coffee properly.

Unopened instant coffee and vacuum packed ground beans will last one to two years. Once opened, ground beans should be stored in the refrigerator for no more

than 10 to 12 weeks. Ground coffee in a bag (unopened) has a shelf life of about 10 to 12 weeks also. Whole beans will last 20 to 24 weeks. Opened jars of instant coffee should be stored on the shelf and will give full-bodied flavor for about three weeks.

Freezing ground and whole beans will double their storage times. Be sure when refrigerating and freezing beans to store in a moisture and vapor-proof container.

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

FROZO CHOICE

**Frozen
Peas**

2-LB.
POLY BAG **65¢**

DEMPSTER'S - 4" OFF LABEL 24-OZ. LOAF

100% Whole Wheat Bread 47¢

HOSTESS - REGULAR, DIP, SALT & VINEGAR OR
BARBEQUE FLAVORED

Potato Chips 250-GRAM
PKG. **79¢**

CRISPY CRUNCH, DANISH BAR, JERSEY MILK
OR MALTED MILK

Neilson's Candy Bars 4-BAR
PKG. **63¢**

GARBAGE BAGS

Glad Kitchen Catchers PKG.
OF 12 **59¢**

ORANGE PEKOE

Mother Parker Tea Bags BOX
OF 60 **81¢**

REGULAR, MAPLE & BROWN SUGAR OR
APPLE & CINNAMON

Robino Oatmeal READY-
TO-SERVE 12 TO 15-OZ.
PKG. **49¢**



SWEET AND JUICY NEW CROP

**Jaffa
Oranges** DOZ
SIZE 123's **79¢**

GARDEN FRESH PRODUCE OF U.S.A.
Broccoli BUNCH **39¢**

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

CRISP, LOCAL GROWN CANADA FANCY GRADE
CONTROLLED ATMOSPHERE
McIntosh Apples 3-LB.
BAG **79¢**

CRISP FLORIDA PRODUCE OF U.S.A. NO. 1 GRADE
Celery Stalks SIZE
24's EACH **39¢**

MOM'S
**Soft
Margarine**

1-LB.
TUB **59¢**

ROMAR 90
All Beef Dog Food 25 OZ
TIN **45¢**

CARNATION
Coffee-mate 16 OZ
JAR **\$1.09**

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

PRICES EFFECTIVE WED. THRU
SAT. FEB. 5-8

GRIFFIS I.G.A.
Elmvale

VICTORIA HARBOUR I.G.A.
Victoria Harbour

PENETANG I.G.A.
Poyntz Plaza, Penetang