

Griffis I.G.A., Elmvale

"I believe in giving you

CHOCOLATE FUDGE OR CHOCOLATE CHIP

Dare's Biscuits

IGA FANCY

Apple Sauce

. 14-FL.

JOLLY MILLER FLAVOR

POLY BAG OF 4 x 3 1/4-OZ PKGS 85¢ **Orange Crystals**

AMBASSADOR PORK

12-OZ 65¢ **Luncheon Meat**

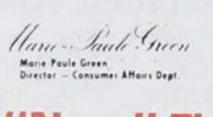
IGA MILD, MEDIUM OR OLD COLORED 12-OZ MEDGE 99¢ **Cheddar Cheese**

DELSEY-ASSORTED COLORS

2-PLY 4-ROLL PKG.

AYLMER CHICKEN NOODLE, CHICKEN AND RICE OR CREAM OF

Mushroom Soup



The "New" Fish...

While consumers look to fish as a meat alternate, they may find that heavy demand and low supply of traditionally popular species keep the price of these fish high. There's no better reason to try the less known, less expensive varieties available

You may have seen pollack (Boston bluefish) in the counter. This is a firm-fleshed fish that can be substituted for haddock or cod in recipes. A gray stripe on the flesh whitens during cooking. Turbot, a cousin to the halibut, is well known in Europe. Its flesh is white and firm with a distinctive flavor. It is

particularly tasty with sauces, coating, marinades or Whiting or hake is a versatile fish from the cod family. It has a tender, flaky flesh and can be used in place of cod

When substituting keep in mind that while these fish are similar to more popular species, you may at first have to experiment a little with spices and cooking times.

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

SHOULDER **PORTION**

BUTT **PORTION**

TENOSUS (EN LB.

FRESH! ^{гв} 99¢ **Butt Pork Chops**

MEATY, PORK Side Spare Ribs PREVIOUSLY FROZEN **NUTRITIOUS** LB. 29¢

Pork Liver PREVIOUSLY FROZEN **MEATIER ONES, TWO DUNCE** 2-LB. \$1.49 **Beef Patties**

MAPLE LEAF READY-TO-SERVE SMOKED **Picnic Shoulders**

SUNNY MORN, RINDLESS SLICED 1-LB \$1.29 Side Bacon

SCHNEIDER'S

DOZ.

"Red Hots" Wieners PKG. 79¢ SWIFT'S PREMIUM 1-LB. 89¢

Pork Sausage SWIFT'S PREMIUM, SLICED CORNED BEEF, JELLIED BEEF, POLISH SAUSAGE, PORK & TURKEY OR PEPPERONI

6-0Z 65¢ Sandwich Meats

LB. \$1.69 Corned Beef 318

IGA SUNNY MORN

Parchment Margarine

1-LB.

PURE VEGETABLE

Crisco Shortening

TASTERS CHOICE DECAFEINATED *2.69 **Instant Coffee**

NU FLUFF PLASTIC 79¢ **Fabric Softener RUPERT FROZEN**

Golden Battered Cod 16-02 99¢

FRESH! GRADE "A" TABLERITE ALL WHITE Medium Eggs

Maxwell House \$1.09 Coffee

HUMPTY DUMPTY-REGULAR OR RIPPLE Potato Chips

79¢ 16-OZ LOAF 55¢ **Raisin Bread ECONOMY-POLY BAG OF 100**

Mother Parker's Tea Bags 69¢

NO. 1 GRADE FIRM RED SLICERS PRODUCE OF U.S.A.

Comatoes

BURSTING WITH SWEET JUICE 2DOZ. \$1 Florida Oranges SIZE 125's

FIRM GREEN HEADS PRODUCE OF U.S.A. CANADA NO. 1 GRADE Cabbage

MUNCHING GOOD CRISP, CANADA FANCY GRADE

McIntosh Apples

PRODUCE OF U.S.A. CANADA FANCY GRADE **Anjou Pears** 3LBS. 99¢

3-LB. 79¢

CANADA NO. 1 GRADE

3-LB. 39¢ **Cooking Onions**

Sunlight Liquid

DETERGENT

2x24·FL. OZ. BANDED PKG.

LIBBY'S FANCY

Whole Kernel Corn

OZ. TIN

MINI RAVIOLI, BEEFOGETTI, BEEF RAVIOLI OR

Chef-Boy-Ar-Dee Beefaroni

Poly Sandwich Bags of 100 65¢ TRASH SAC (26" X 36")

Garbage Bags

PKG. 89¢

IGA-CHOICE

48-FL

SUPER ABSORBENT (PKG. OF 24) OR REGULAR (PKG. OF 30) DISPOSABLE

Baby Scott Diapers PKG \$1.79 MINUTE MAID (CONCENTRATED) FROZEN

Orange Juice

FRIED CHICKEN, MEAT LOAF SALISBURY STEAK OR TURKEY FROZEN 11-OZ 65¢

Banquet Dinners PRICES EFFECTIVE WED. THRU SAT.

MAR. 19-MAR. 22nd. **WE RESERVE THE RIGHT TO LIMIT QUANTITIES**



Quality, Service and Value, all at IGA

GRIFFIS I.G.A.

Elmvale

VICTORIA HARBOUR I.G.A.

Victoria Harbour

PENETANG I.G.A.

Poyntz Plaza, Penetang