



Colin Freer, Owner
Wasaga Beach IGA

Mr. IGA presents his spectacular

IGA BRANDS SALE



16 Lucky Boys will win a week at the Billy Harris Dave Keon Hockey School

Mom and Dad, wouldn't your son love a week at one of Canada's best hockey schools? A chance to get expert instruction from professionals; to use superior recreational facilities including swimming pool, gymnasium, squash and tennis courts, expansive playing fields and games rooms; to use the most up to date hockey facilities; to meet new friends. He could be one of the 16 lucky boys to win a fabulous week at the Billy Harris - Dave Keon live-in Hockey School, at York University in Toronto. You could make it happen.

To enter, simply print your name, address and phone number on the back of any IGA label, facsimile or cash register tape and deposit in a ballot box at any IGA. Enter as often as you wish. Remember, the more entries you have, the better your chance of winning. Four lucky boys (ages 7 to 17 only) will be selected each week for 4 weeks. After answering a skill testing question the boy will receive a week at the school at no cost.

Transportation is not included.

ENTER YOUR BOYS' NAME NOW



IGA CHOICE
Dessert Pears
3 14-FL. OZ. TINS **\$1**

IGA ROYAL GUEST
Instant Coffee
10-OZ. JAR **\$1.69**

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

IGA TOMATO OR
Vegetable Soup
10-FL. OZ. TIN **16¢**

FRESH!
Chicken Legs or Breasts **85¢** LB.

CANADA GRADE "A" TABLERITE BEEF
Prime Rib Roasts
6TH & 7TH RIBS **98¢** LB. 1ST TO 5TH RIBS **\$1.08** LB.

MEATY, TASTY
Prime Rib Steaks **\$1.29** LB.

RINDLESS, SLICED
TableRite Side Bacon 1-LB. PKG. **\$1.39**

LAZY MAPLE READY-TO-SERVE BONE-IN
Smoked Hams HALVES LB. **\$1.39**
VACUUM PACKED QUARTERS LB. **\$1.49**

SWIFT'S PREMIUM, READY-TO-SERVE
Dinner Hams 3-LB. AVG. BONELESS LB. **\$1.69**

SWIFT'S PREMIUM
Brown n' Serve Sausage 8-OZ. PKG. **89¢**

SLICED, MACARONI & CHEESE, CHICKEN PICKLE & PIMENTO, DUTCH OR BOLOGNA
TableRite Sandwich Meats 5-OZ. PKG. **35¢**

SWIFT'S PREMIUM
Brown n' Serve Sausage 8-OZ. PKG. **89¢**

PURE PORK
TableRite Sausage 1-LB. PKG. **99¢**

MEATIER ONES, 2-OUNCE
Beef Patties 2-LB. BOX **\$1.59**

IGA
Hamburg or Wiener Buns
PKG. OF 8 **39¢**

ASSORTED FLAVORS
9 Lives Cat Food 2 6½-OZ. TINS FOR **39¢**

ALL PURPOSE
Five Roses Flour 5-LB. BAG **75¢**

IGA ASSORTED FLAVORS
Fruit Drinks
3 48-FL. OZ. TINS **\$1**

IGA
Choice Peas
14-FL. OZ. TIN **25¢**

Kellogg's Corn Flakes 16-OZ. PKG. **59¢**

ALMOND, MILK CHOCOLATE, LOG, ASSORTED RALLY OR PEANUT BUTTER CUPS HERSHEY
Candy Bars BANDED PKG. OF 4 BARS **63¢**

TOASTMASTER (4" OFF)
French Pastry PKG. OF 4 **75¢**

IGA (ASSORTED SCENTS)
Air Fresheners 14-FL. OZ. AERO. TIN **77¢**

STRAINED MEATS EXCEPTED (ASSORTED FLAVORS)
Heinz Baby Foods 4½-FL. OZ. JAR **19¢**

PRINCESS OR CAVALIER
David's Mallows 14-OZ. PKG. **95¢**

IGA POLY 1.5 MIL. (26" x 36")
Garbage Bags PKG. OF 10 **89¢**

McNAIR AUSTRALIAN
Seedless Raisins 24-OZ. PKG. **99¢**

MISTER SALTY STICKS OR TWISTS
Christie's Pretzels 7 TO 8-OZ. BOX **49¢**

NORMAL, DRY, EGG OR OILY
IGA Shampoo 17-FL. OZ. BTL. **73¢**

BANANA, CHOCOLATE, COCONUT OR LEMON FROZEN
Farmhouse Cream Pies 12-OZ. PKG. **55¢**

HIGHLINER - FROZEN
Cod Fish Cakes 12-OZ. PKG. **49¢**

WHITE SWAN (ASSORTED COLORS)
Bathroom Tissue 4-ROLL PKG. **79¢**

SWEET AND JUICY
Jaffa Oranges DOZ. **89¢**

FRESH FROM THE TROPICS
PRODUCE OF MEXICO
Pineapple SIZE 10'S 2 FOR **\$1**

LONG GREEN SLICERS
LOCAL GROWN GREENHOUSE
CANADA NO. 1 GRADE
Cucumbers 3 FOR **99¢**

LARGE GREEN
PRODUCE OF U.S.A., NO. 1 GRADE
Cabbage EA. **39¢**

CRISP,
PRODUCE OF U.S.A., NO. 1 GRADE
Celery Stalks SIZE 24'S EA. **39¢**

Marie Paule Green
Marie Paule Green
Director - Consumer Affairs Dept.

Skim Milk Powder - A Bargain

Thanks to a federal government subsidy of 17¢ a pound, Canadians can purchase skim milk powder at a bargain price compared to other types of milk. It keeps well, it is highly nutritious. You can have your family "eat" their milk if you use skim milk powder in your meals. Try the following:

1. Use skim milk powder in cream soups, puddings, cocoa, baked goods and biscuits, etc.
2. Cooked cereal: add 2 to 4 tbsp. milk powder per serving after water and cereal are combined. This gives 1 1/2 to 1 cup milk per serving, if you normally add milk to your cooked cereal.
3. Scrambled eggs: add 1.2 tbsp. milk powder per egg to fluid used with eggs. This gives 1 1/4 cup extra milk per serving of 2 eggs.
4. Potatoes: mix 2 tbsp. per serving with potato water, then add mixture when making potatoes. Use milk powder in sauce for scalloped potatoes.
5. Of course, milk powder can be diluted with water for drinking. Follow package instructions.

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

MAPLE LEAF PURE
Tenderflake Lard
1-LB. PKG. **59¢**

PRICES EFFECTIVE WED. THRU SAT. APRIL 16-APRIL 19.
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.