

Treat yourself to good eating
with my IGA

Table Rite Beef



Theo. Bernard Manager
Victoria Harbour IGA

CANADA GRADE "A" TABLERITE BEEF

Blade Roast
(BLADE BONE REMOVED)
or Short Rib Roast **69¢** LB.

Cross Cut Rib Roast or Boneless Shoulder Roast **89¢** LB.

MEATY, BEST BRAISED.
Chuck Steaks BLADE CUT LB. **85¢** CROSS CUT LB. **\$1.09**

MAPLE LEAF, SWEET PICKLED
Cottage Rolls 3-LB. AVG. LB. **99¢** **Cooked Ham** 6-OZ. PKG. **88¢**

CAMPFIRE, RINDLESS, SLICED
Side Bacon 1-LB. PKG. **\$1.24** **Shopsy's Beef Sausage** 1-LB. PKG. **98¢**

SCHNEIDER'S "RED HOTS"
Wieners 1-LB. PKG. **79¢** **Shopsy's "Old Vienna" Salami** 18-OZ. CHUB **\$1.69**



ADD ZEST TO ANY MEAL
PRODUCE OF U.S.A. NO. 1 GRADE

Cauliflower
2 FOR \$1

SPECIAL PRICE SWEET AND JUICY
Florida Oranges SIZE 125's **2 DOZ. \$1**

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

LONG GREEN SLICERS LOCAL GROWN GREENHOUSE
CANADA NO. 1 GRADE
Cucumbers SIZE 24's **3 FOR 99¢**

CRISP, LOCAL GROWN CANADA FANCY GRADE
McIntosh Apples 3-LB. BAG **69¢**

NANUK
Flaked White Tuna 6 1/2-OZ. TIN **69¢**

READY CUT MACARONI OR
Primo Spaghetti 2-LB. BAG **63¢**

PROCESS SINGLES 2/3-OZ.
Kraft Cheese Slices 32-OZ. PKG. **\$2.49**

CHRISTIE'S
Bits 'n' Bites 7-OZ. PKG. **69¢**

MILK CHOCOLATE, ALMOND OR DARK CHOCOLATE
Hershey Candy Bars BANDED PKG. OF 3 BARS **\$1.09**

IGA
Raisin Bread 16-OZ. LOAF **55¢**

QUIKKI POLY KITCHEN
Garbage Bags 2 PKGS. OF 12 **\$1**

LION SNAP-OFF POLY
Utility Bags PKG. OF 20 **59¢**

FROZEN APPLE DANIS, SARA LEE
Coffee Cake 14-OZ. PKG. **\$1.19**

BEEF BURGER & ONION, ROAST BEEF & GRAVY,
SALISBURY STEAK & MUSHROOMS OR TURKEY &
GRAVY FROZEN
Shopsy Meat Entrées 5-7 OZ. PKGS. **39¢**

IGA-CHOICE (FROM CONCENTRATE)

Apple Juice
48-FL. OZ. TIN **39¢**

ORANGE PEKOE
Tetley Tea Bags BOX OF 72 **99¢**

UNSWEETENED (FROM CONCENTRATE)
FBI Orange Juice 64-FL. OZ. BTL. **79¢**

POWDERED
Tide Detergent
80-OZ. KING SIZE BOX **\$1.99**

FROZEN BEEF, FRIED CHICKEN OR TURKEY
Swanson T.V. Dinners
11 TO 11 1/2-OZ. PKGS. **79¢**

CHIPPERFICS, CLOUD 9 OR HOMESTYLE DIGESTIVE
Weston's Biscuits 14-OZ. PKG. **89¢**

PRICES EFFECTIVE WED. THRU SAT. APRIL 23-26

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

Marie-Paule Green
Home Care of Meat...
Director - Consumer Affairs Dept.

Should the store wrap be removed from fresh meat before refrigerating? Yes, remove wrapping, place on a plate, and cover loosely with wax paper. Wipe roasts with damp cloth. Fresh meats (roasts, steaks, chops) may be refrigerated at 4°C (40°F) for two to three days; ground meat, one to two days, then cooked. Cured, smoked or vacuum packaged meats should be stored in their original wrappings and refrigerated at 4°C.
For more information on meat care and grading, obtain a free copy of the March issue of "Consumer Contact" by writing to The Consumer, Box 99, Ottawa.

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

HAIR DRESSING
Brylcreem 1 1/2-OZ. TUBE **49¢**

CHICK FULL O'NUTS
Coffee 1-LB. TIN **\$1.49**

MEADOW GLEN (PIECES & STEMS)
Choice Mushrooms
10-FL. OZ. TIN **43¢**

IGA
Salad Dressing
32-FL. OZ. JAR **99¢**

CAVALIER - ASSORTED FLAVOURS
Soft Drinks
CASE OF 24 x 10-FL. OZ. ZIP TOP TINS **\$2.99**

LIQUID
Javex Bleach 64-FL. OZ. PLASTIC BTL. **55¢**
LUX Liquid Detergent 24-FL. OZ. PLASTIC BTL. **79¢**

KLEENEX - ASSORTED COLORS
Paper Towels
2-ROLL PKG. **79¢**

(IN TOMATO SAUCE)
Libby's Spaghetti
3 19-FL. OZ. TINS FOR **\$1**

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 superb 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 not included.

GRIFFIS I.G.A. Elmvalle
VICTORIA HARBOUR I.G.A. Victoria Harbour
PENETANG I.G.A. Poyntz Plaza, Penetang