



Mr. IGA has all you need for your

BAR-B-Q

DAVE GENGE - YOUR MR. IGA IN PICKERING

IGA ROYAL GOLD ASSORTED FLAVORS

Ice Cream

1/2-GAL. CTN. **\$1.29**

KLEENEX - ASSORTED COLOURS

Facial Tissue

PKG. OF 200 **49¢**

SUN SQUEEZE (CONCENTRATED) FROZEN

Orange Juice

6 1/4-FL. OZ. TIN **17¢**

IGA

Hamburg or Wiener Buns

PKG. OF 8 **39¢**

CANADA GRADE "A" TABLERITE BEEF

Boneless Round Steak or Roast

FULL SLICE OR BOTTOM CUT LB. **\$1.49**

ESSEX, READY-TO-SERVE

Smoked Picnic Shoulders LB. **95¢**

PRIDE OF CANADA, RINDLESS SLICED	1-LB. PKG.	\$1.49	MAPLE LEAF	1-LB. PKG.	79¢
Side Bacon			Wieners		
SCHNEIDER'S, 8 VARIETIES	8-OZ. CHUB	89¢	MAPLE LEAF	1-LB. TRAY	98¢
Mini Deli Chubs			Golden Fry Sausage		
SHOPSY	12-OZ. TUB	45¢	CANADA GRADE "A" TABLERITE BEEF BONELESS, TOP CUT	LB.	\$1.59
Potato Salad			Round Steaks or Roasts		
SHOPSY	12-OZ. TUB	39¢	MEATY BONE-IN	LB.	\$1.49
Cole Slaw			Rump Roast		
RANCH STYLE	BY-THE-PIECE LB.	89¢			
Polish Sausage					

ASSORTED VARIETIES

Rose Brand Relishes

12-FL. OZ. JAR **39¢**

SAICO

Mandarin Oranges

3 10-FL. OZ. TINS FOR **\$1**

MARTIN'S UNSWEETENED FROM CONCENTRATE

Grapefruit or Orange Juice

48-FL. OZ. TIN **47¢**

DEL MONTE FANCY

Cream Style Corn

14-FL. OZ. TIN **33¢**

SPAGHETTINI, READY-CUT MACARONI OR

Lancia Spaghetti

2-LB. BAG **63¢**

IGA ROYAL GOLD PROCESS

Cheese Slices INDIVIDUALLY WRAPPED 8-OZ. PKG. **65¢**

BRAVO (WITH MUSHROOMS OR MEAT)

Spaghetti Sauce 28-FL. OZ. TIN **89¢**

IGA

Salad Dressing 16-FL. OZ. JAR **55¢**

HUMPTY DUMPTY

Pretzel Thins 16-PKG. **85¢**

POST

Honeycomb Cereal 12-OZ. PKG. **85¢**

ZION

Fig Bars 1-LB. PKG. **89¢**

BLANCHED OR SPANISH

Beaver Salted Peanuts 2-LB. PKG. **\$1.39**

ESSO

Barbecue Lighter Fluid 32-FL. OZ. TIN **49¢**

FONDA SPRING LEAVES DESIGN, PLASTIC COATED

Dinner Plates PKG. OF 25 **87¢**

TROPICANA PURE

Orange Juice 64-FL. OZ. BTL. **99¢**

FROZEN

Birdseye Cool Whip 32-OZ. TUB **89¢**

REGULAR PKG. OF 30 OR SUPER ABSORBENT PKG. OF 24

Baby Scott Diapers PKG. **\$1.99**

REGULAR OR MINT FLAVORED

Crest Toothpaste 100-ML. TUBE **95¢**

TOWN & COUNTRY

Dog Food

4 15-OZ. TINS FOR **\$1**

PRICES EFFECTIVE WED. THRU. SAT. JUNE 18-21

INSTANT CREAMER

Borden's Cremelle

16-OZ. JAR **99¢**

FRESH for FLAVOUR

FIRST OF THE SEASON SUNBLUSHED PRODUCE OF U.S.A. NO. 1 GRADE

Peaches LB. **49¢**

SWEET AND JUICY, SUNKIST

Valencia Oranges SIZE 113'S DOZ. **88¢**

LONG GREEN SLICERS CANADA NO. 1 GRADE

Cucumbers EA. **35¢**

FLAVORFUL, CANADA FANCY GRADE PRODUCE OF REPUBLIC OF SOUTH AFRICA

Packham Pears LB. **49¢**

SALAD TIME, LOCAL GROWN

Green Onions 2 BUNCHES FOR **29¢**

FRESH TOP, PRODUCE OF U.S.A.

Bunch Carrots 3 BUNCHES FOR **99¢**

Mrs. Paul Green
More Paule Green
Director - Consumer Affairs Dept.

Why does milk curdle in hot drinks...

Occasionally milk will "feather" or curdle if poured over hot coffee or tea. It could happen when using either fresh or canned evaporated milk, or even powder whiteners. "Feathering" is in no way harmful and no indication that the milk or whitener isn't fresh. It occurs because the drink is too hot; simply stir and the curdles will dissipate. It may be a good idea to let your drink cool a few seconds before adding milk or whitener to avoid curdles.

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

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