IGA-ASSORTED FLAVORS Drinks

CASE OF

IGA (IN TOMATO SAUCE)
REGULAR OR BOSTON STYLE Beans WithPork 14-FL.

Cols

Hamburg or WienerBuns

PKG. OF

IGA-FANCY Cocktail

19-FL OZ. TIN

IGA-CHOICE CUT WAX OR

Green Beans or Peas

IGA-ASSORTED COLORS Facial Tissue

(IN TOMATO SAUCE)

Spaghetti

FANCY

**IGA Tomato** Juice

CANADA FIRST GRADE INSTANT IGA Skim Milk Powder Fkg. \$275

SUNNY MORN PKG. OF 39¢ IGA Tea Bags

IGA Coffee Creamer 11-02 79¢

IGA Dessert Shells PKG. OF 49¢

ASSORTED VARIETIES

4½ TO 9-OZ. 49¢ PKGS. **IGA Candies** 

**IGA Book Matches** PKG. 29¢

NORMAL, DRY, EGG OR OILY

IGA Shampoo 17-FL. 79¢

CHOCOLATE FUDGE CREME **Colonial Biscuits** 16-OZ. 79¢

FRESH! Chicken Legs or Breasts

LAZY MAPLE, BONE-IN HALVES QUARTERS

Hams READY-TO-SERVE TABLERITE, RINDLESS SLICED

Smoked

(FD) Side Bacon 1-LB \$159 TableRite Wieners 148 79¢

TABLERITE SLICED 6-OZ 89¢ (CD) Cooked Ham NEW ZEALAND FROZEN

**Lamb Leg Roast or Loin Chops** 

**PURE PORK** 

TableRite Sausage 18 98¢ TABLERITE, SLICED 6-0Z 49¢ (T) Cooked Salami

TABLERITE SLICED 6-0Z 75¢ (CD) Corned Beef

NEW ZEALAND FROZEN **Lamb Shoulder** 

LB. 89¢ Chops

PRODUCE OF USA Nectarines SWEET AND JUICY, PRODUCE OF REP. OF S. AFRICA

Outspan Navel Oranges SIZE 138'S

PRODUCE OF REP. OF S. AFRICA CANADA FANCY GRADE

**Granny Smith Apples** LOCAL GROWN, PRODUCE OF CANADA Green or Yellow Beans

LONG GREEN SLICERS, PRODUCE OF CAN. CANADA NO. 1 GRAPE Cucumbers FRESH TOP, PRODUCE OF USA FOR . \$1. **Bunch Carrots** 

IGA-ROYAL GOLD PROCESS

Cheese Slices

16-OZ.

Family Size

CANADIAN PROCESS CHEESE

Potato Chips

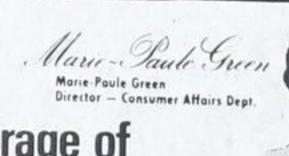
**IGA FLAVORED** 

Orange Crystals

POLY BAG OF 5 X 31/4-OZ.

IGA PLASTIC (26" X 36" SIZE )

Garbage Bags



## Storage of Yeast

There are two types of yeast available: dry and compressed. During the manufacturing process of dry yeast, it is passed through a dryer which makes the yeast cells dormant and more durable. Thus this form of yeast may be stored at home several months in a dry, cool place.

Compressed yeast is different. It is a moist mixture and requires refrigeration to prevent spoilage. When it looks dried-out and dark you know it has become ineffective.

An increasing number of products show an expiry date on the package. Use this information whenever available to prevent waste of

Mrs. Green is available to talk "shopping" to groups. Call 259-6633 or write - 300 The East Mall, 2nd Floor, Islington, Ontario M9B 6B8.

PRICES EFFECTIVE WED. THRU SAT., JULY 2-JULY 5 WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

GRIFFIS I.G.A.

Elmvale Open Thurs. & Friday nights until 9:00 P.M. VICTORIA HARBOUR I.G.A.

Victoria Harbour

PENETANG I.G.A.

69¢

Poyntz Plaza, Penetang

MIDLAND I.G.A.

337 Russell St.