

IGA—ASSORTED FLAVORS  
**Soft Drinks**  
 CASE OF 24 X 10-FL. OZ. TINS **\$2.99**

IGA (IN TOMATO SAUCE) REGULAR OR BOSTON STYLE  
**Beans with Pork**  
 14-FL. OZ. TIN **29¢**

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

IGA—FANCY  
**Fruit Cocktail**  
 19-FL. OZ. TIN **49¢**

IGA—CHOICE CUT WAX OR  
**Green Beans or Peas**  
 4 14-FL. OZ. TINS FOR **\$1**



IGA—ROYAL GOLD PROCESS  
**Cheese Slices**  
 16-OZ. PKG. **\$1.19**

IGA—ASSORTED COLORS  
**Facial Tissue**  
 PKG. OF 200 **44¢**

# BRANDS SALE

IGA  
**Potato Chips**  
 11-OZ. PKG. **75¢**

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

IGA FLAVORED  
**Orange Crystals**  
 POLY BAG OF 5 X 3 1/4-OZ. PKGS. **83¢**

**FRESH!**  
**Chicken Legs or Breasts** **95¢** LB.

FANCY  
**IGA Tomato Juice** 48-FL. OZ. TIN **49¢**

LAZY MAPLE, BONE-IN  
**Smoked Hams** READY-TO-SERVE

	HALVES	QUARTERS
	<b>\$1.45</b>	<b>\$1.55</b>
	LB.	LB.

TABLERITE, RINDLESS SLICED  
**IGA Side Bacon** 1-LB. PKG. **\$1.59**

PURE PORK  
**IGA TableRite Sausage** 1-LB. TRAY **98¢**

TABLERITE, SLICED  
**IGA Cooked Salami** 6-OZ. PKG. **49¢**

TABLERITE SLICED  
**IGA Cooked Ham** 6-OZ. PKG. **89¢**

TABLERITE SLICED  
**IGA Corned Beef** 6-OZ. PKG. **75¢**

NEW ZEALAND FROZEN  
**Lamb Leg Roast or Loin Chops** LB. **\$1.29**

NEW ZEALAND FROZEN  
**Lamb Shoulder Chops** LB. **89¢**

IGA PLASTIC (26" X 36" SIZE)  
**Garbage Bags** PKG. OF 10 **88¢**

CANADA FIRST GRADE INSTANT  
**IGA Skim Milk Powder** 5-LB. PKG. **\$2.75**

SUNNY MORN  
**IGA Tea Bags** PKG. OF 50 **39¢**

**IGA Coffee Creamer** 11-OZ. JAR **79¢**

**IGA Dessert Shells** PKG. OF 6 **49¢**

ASSORTED VARIETIES  
**IGA Candies** 4 1/2 TO 9-OZ. PKGS. **49¢**

**IGA Book Matches** PKG. OF 50 **29¢**

NORMAL, DRY, EGG OR OILY  
**IGA Shampoo** 17-FL. OZ. BTL. **79¢**

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

*Mrs. Paul Green*  
 Marie Paule Green  
 Director - Consumer Affairs Dept.

**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 food.

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

FRESH FOR FLAVOUR  
 PRODUCE OF USA  
**Nectarines** **49¢** LB.

SWEET AND JUICY, PRODUCE OF REP. OF S. AFRICA  
**Outspan Navel Oranges** SIZE 138'S DOZ. **69¢**

PRODUCE OF REP. OF S. AFRICA CANADA FANCY GRADE  
**Granny Smith Apples** LB. **49¢**

LONG GREEN SLICERS, PRODUCE OF CAN. CANADA NO. 1 GRAPE  
**Cucumbers** 3 FOR **\$1**

LOCAL GROWN, PRODUCE OF CANADA  
**Green or Yellow Beans** LB. **49¢**

FRESH TOP, PRODUCE OF USA  
**Bunch Carrots** 3 FOR **\$1**

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

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| <b>GRIFFIS I.G.A.</b><br>Elmvale<br>Open Thurs. & Friday nights until 9:00 P.M. | <b>VICTORIA HARBOUR I.G.A.</b><br>Victoria Harbour | <b>PENETANG I.G.A.</b><br>Poyntz Plaza, Penetang | <b>MIDLAND I.G.A.</b><br>337 Russell St. |
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