



Clarence Lomas
Owner Midland IGA

Treat yourself to good eating
with my IGA

Table Rite Beef

CANADA GRADE "A" TABLERITE BEEF SALE

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

Blade Roast (BLADE BONE REMOVED) **or**
Short Rib Roast

79¢ LB.

Cross Cut Rib Roast or
Boneless Shoulder Roast **99¢** LB.

BEST BRAISED
Meaty Chuck Steaks BLADE CUT **89¢** LB. CROSS CUT **\$1.09** LB.

SUNNY MORN, RINDLESS SLICED Side Bacon 1-LB. PKG. \$1.49	SHOPSY Potato Salad 12-OZ. CTN. 45¢
TABLERITE SLICED (MACARONI & CHEESE, MOCK CHICKEN, DUTCH LOAF, PICKLE & PIMENTO OR BOLOGNA) Sandwich Meats 8-OZ. PKG. 39¢	RISSER'S, REDSKINS Frankfurters 1-LB. PKG. \$1.18
SCHNEIDER'S, RED HOTS Wieners 1-LB. PKG. 89¢	SHOPSY Cole Slaw 12-OZ. CTN. 39¢

FACELLE ROYALE
ASSORTED COLORS DECORATOR

Paper Towels

2-ROLL PKG. **79¢**

IGA HOMOGENIZED

Peanut Butter 32-OZ. JAR **\$1.39**

IGA (12-INCH)

Aluminum Foil

25-FT. ROLL BOX **39¢**

GOLD SEAL

Cohoe Salmon

7½-OZ. TIN **89¢**

BLUE BONNET

Soft Whip Margarine 1-LB. TUB **69¢**

LIBBY'S UNSWEETENED
BLENDED, GRAPEFRUIT OR ORANGE
PURE

Fruit Juices

48-FL. OZ. TIN **59¢**

IGA - (ASSORTED FLAVORS)

Soft Drinks

26-FL. OZ. NON-RETURNABLE BTL **25¢**

SHELL MACARONI, READY-CUT
MACARONI OR THIN
Cremette Spaghetti

7-OZ. PKG. **14¢**

IGA SWEET

Mixed Pickles

2 15-FL. OZ. JARS FOR **\$1**

ROBIN HOOD
(ASSORTED VARIETIES)

Cake Mixes

19-OZ. PKG. **69¢**

DEMPSTER'S (4¢ OFF LABEL) Old World Rolls PKG. OF 12	65¢
IGA Apple Pie 20-OZ. SIZE EACH	79¢
HUMPTY DUMPTY - REGULAR, RIPLE, SALT & VINEGAR OR BARBECUE FLAVORED Potato Chips 8.8-OZ. PKG.	79¢
CRUNCHIE, RUM & BUTTER, DAIRY MILK, CARAMEL, SNACK BAR OR BAR SIX Cadbury Candy Bars FAMILY PACK OF 4 REG. SIZE BARS	59¢
ROYAL CHINET (8¾ INCH SIZE) Luncheon Plates PKG. OF 10	47¢
LION SNAP OFF Plastic Utility Bags PKG. OF 50	99¢
COMF-EES Daytime Diapers PKG. OF 30	\$1.95
CONCENTRATED - FROZEN Welch's Grape Juice 6-FL. OZ. TIN	37¢
HIGHLINER FROZEN Boston Blue Filets 1-LB. PKG.	69¢
FROZEN BIRDSEYE Cool Whip 32-OZ. TUB	89¢
CHEERY HILL MEDIUM COLORED Cheddar Cheese 8-OZ. PKG.	79¢

AFTERNOON TEA ASSORTMENT

McCormick's Biscuits 12-OZ. PKG. **75¢**

FLAVOR CRYSTALS

Tang Orange POLYBAG OF 4x3¼-OZ. PKGS. **\$1.09**



PRODUCE OF COSTA RICA
OR ECUADOR
TROPICAL TREAT

Bananas **18¢** LB.

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

Outspan Navel Oranges SIZE 138'S DOZ. **69¢**

LONG GREEN SLICERS
CANADA NO. 1 GRADE, LOCAL GROWN
Cucumbers 2 FOR **49¢**

PRODUCE OF CANADA, LOCAL GROWN

Green Onions 3 BUNCHES FOR **39¢**

CANADA NO. 1 GRADE, LOCAL GROWN
Cabbage EACH **29¢**

Marie Paul Green

Marie - Paule Green
Director - Consumer Affairs Dept.



Home Refrigeration...

We tend to expect the refrigerator to do things it was never meant to do. For instance, it doesn't destroy most harmful bacteria in food but it will retard the growth of bacteria. Moreover, temperatures vary from unit to unit and even within the interior of a refrigerator, so a thermometer may be a good idea.

How to make the best use of the refrigerator? The coldest part is the area nearest the freezing compartment. Meats, leftovers and foods requiring coolest temperatures should be placed there. Remember that food placement affects air circulation and efficiency, so avoid overloading along the walls of the unit. Locate food that must be used quickly in full view so that it is not forgotten. Do not line shelves with foil or other material that impedes circulation. Rotation is important too; first in, first out. A regular wiping with a mild detergent will make cleaning easy.

If your unit is old, check the rubber insulation; if a dollar bill can slip through easily, it's time to replace the rubber.

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

FBI UNSWEETENED (FROM CONCENTRATE)

Orange Juice 32-FL. OZ. BTL. **45¢**

PRICES EFFECTIVE WED. THRU SAT. JULY 9-12

GRIFFIS I.G.A.

Elmvale
Open Thurs. & Friday nights until 9:00 P.M.

Victoria Harbour IGA

Victoria Harbour

PENETANG I.G.A.

Poyntz Plaza, Penetang

MIDLAND I.G.A.

337 Russell St.