

Clarence Lomas Owner Midland IGA

Treat yourself to good eating with my IGA

CANADA GRADE "A" TABLERITE BEEF SALE

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

GOLD SEAL

7%-OZ. TIN

BLUE BONNET

Soft Whip Margarine

LIBBY'S UNSWEETENED BLENDED, GRAPEFRUIT OR ORANGE

Fruit Juices

IGA-(ASSORTED FLAVORS)

26-FL. OZ. NON-

Old World Rolls	PKG. OF 12	65¢
IGA Apple Pie	20-OZ. SIZE EACH	79¢
Potato Chips CRUNCHIE, RUM & BUTTER, DAIRY MILK, CARAMILK, SNACK E	8.8-OZ. PKG.	79¢
Cadbury Candy Bars 5	AMILY PACK F 4 REG. SIZE BARS	
Luncheon Plates	PKG OF	47¢
Plastic Utility Bags	PKG. OF 50	99¢
Daytime Diapers CONCENTRATED - FROZEN	PKG OF	\$ 1 95
Welch's Grape Juice	6-FL. OZ. TIN	37¢
Boston Blue Fillets FROZEN BIRDSEYE	1-LB. PKG.	69¢
Cool Whip CHERRY HILL MEDIUM COLORED	32-OZ. TUB	89¢
Cheddar Cheese	8-OZ. PKG.	79¢

Blade Roast (BLADE BONE OT Short Rib Roast

Cross Cut Rib Roast or Boneless Shoulder Roast

Meaty Chuck Steaks BLADE 89¢ LB. CROSS \$1.09 LB.

SUNNY MORN, RINDLESS SLICED

Side Bacon

TABLERITE SLICED (MACARONI & CHEESE, MOCK CHICKEN, DUTCH LOAF, PICKLE & PIMENTO OR BOLOGNA Sandwich Meats SCHNEIDER'S, RED HOTS

SHELL MACARONI, READY-CUT

MACARONI OR THIN

Cremette

Spaghetti

12-0Z. PKG.

AFTERNOON TEA ASSORTMENT

McCormick's

Biscuits

Wieners

SHOPSY

Potato Salad RISSER'S, REDSKINS

Frankfurters SHOPSY

Cole Slaw

IGA SWEET

12-OZ. 45¢

1-LB. \$118 PKG

12-0Z. 39¢

Mixed Pickles

FLAVOR CRYSTALS

Tang

Orange

PRODUCE OF COSTA RICA OR ECUADOR TROPICAL TREAT

Bananas

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

Outspan Navel Oranges

LONG GREEN SLICERS

Cucumbers

SIZE 138'S DOZ.

CANADA NO. 1 GRADE, LOCAL GROWN 2 FOR 49¢ PRODUCE OF CANADA, LOCAL GROWN

Green Onions

BUNCHES 39¢ CANADA NO. 1 GRADE, LOCAL GROWN

Cabbage

LB.

FACELLE ROYALE ASSORTED COLORS DECORATOR

2-ROLL

IGA HOMOGENIZED

Peanut Butter

32-OZ.

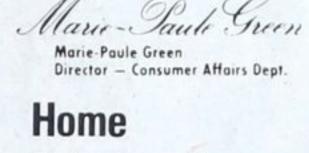
IGA (12-INCH)

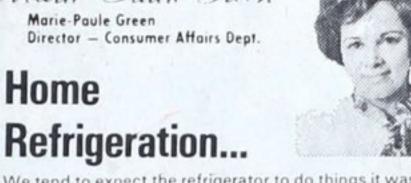
Aluminum Foil

ROBIN HOOD (ASSORTED VARIETIES)

Cake

19-0Z PKG





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

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

FBI UNSWEETENED (FROM CONCENTRATE)

Orange Juice

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.