



Mr. IGA has everything for your

COOKOUT

JERRY LIGHT - YOUR MR. IGA AT PENETANG IGA, PENETANG

ALYMER CHOICE CUT
Green or Wax Beans
14-FL. OZ. TIN **23¢**

BEEF OR IRISH
Swift's Stews
24-OZ. TIN **69¢**

ASSORTED VARIETIES
Rose Brand Relishes
12-FL. OZ. JAR **39¢**

FACELLE ROYALE, ASSORTED COLORS
Paper Towels 2-ROLL PKG. **84¢**

BEE MAID
Liquid Honey 16-OZ. JAR **85¢**

FRUIT LOOPS OR SUGAR FROSTED FLAKES
Kellogg's Cereals 14-18 OZ. PKG. **89¢**

TOASTMASTER (4¢ OFF LABEL) PKG. OF 6
Bran or Blueberry Muffins **71¢**

MCCORMICKS OATMEAL, SUGAR & SPICE OR
Ginger Snaps 2-LB. PKG. **\$1.25**

TACO, OR BARBECUE FLAVORED
Hostess Corn Chips 150-GRAM PKG. **45¢**

BEAVER
Dry Roasted Peanuts 12-OZ. JAR **89¢**

Styrofoam Cups PKG. OF 51 **49¢**

CHEFPAK 6-IN. PKG. OF 100, OR 9-IN. PKG. OF 75
White Paper Plates PKG. **87¢**

PROOF GEL
Toothpaste 50-ML TUBE **59¢**

Freshly! Minced Beef **64¢ LB.**

FRESH! Chicken Legs or Breasts **95¢ LB.** (FRY, ROAST OR BAR-B-QUE)

GREAT BARBECUED Pork Back Ribs PREVIOUSLY FROZEN 1-LB. PKG. \$1.59	BURN'S CAMPFIRE, RINDLESS SLICED Side Bacon 1-LB. PKG. \$1.59
REGULAR OR ALL BEEF Maple Leaf Wieners 1-LB. PKG. 75¢	MAPLE LEAF, SLICED Bologna 16-OZ. PKG. 85¢
SHOPSY Cole Slaw 12-OZ. TUB 39¢	MAPLE LEAF, 1 1/2-LB. AVG. MAC 'N' CHEESE, MOCK CHICKEN, PICKLE & PIMENTO OR EUROPEAN BOLOGNA Cooked Meat Chunks LB. 99¢
SHOPSY Potato Salad 12-OZ. TUB 45¢	SWIFT'S PREMIUM Brown 'n Serve Sausages 8-OZ. PKG. 79¢

OLD SOUTH FROZEN 100% PURE FROM FLORIDA CONCENTRATED
Orange Juice
12 1/2-FL. OZ. TIN **43¢**

RIVERLAND HALVES OR SLICES
Fancy Peaches
14-FL. OZ. TIN **39¢**

LIQUID
Fleecy Fabric Softener
64-FL. OZ. PLASTIC BTL. **89¢**

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

Oriole Margarine
1-LB. PARCHMENT PKG. **39¢**

ASSORTED FLAVORS
Hi-C Fruit Drinks 48-FL. OZ. TIN **43¢**

HIGHLINER IN BATTER FROZEN
Boston Blue Fish 14-OZ. PKG. **79¢**

IGA - (18" WIDTH)
Aluminum Foil 25-FT. ROLL PKG. **79¢**

BOIL-IN-BAG, ASSORTED VARIETIES FROZEN
Shopsy Meat Entrees 5-OZ. PKGS. FOR 2 **89¢**

PILLSBURY ASSORTED VARIETIES
Wiener Wraps 3 7-OZ. PKGS. FOR **\$1**

SALAD Month

START FRESH IT'S **Sweet Corn** 59¢ DOZ.

CANADA NO. 1 GRADE LOCAL GROWN FRESH

PRODUCE OF REP. OF S. AFRICA Outspan Navel Oranges SIZE 112'S DOZ. 79¢	PRODUCE OF CANADA, LOCAL GROWN Bunch Carrots 2 BUNCHES FOR 49¢
PRODUCE OF CANADA NO. 1 GRADE Cucumbers 2 FOR 25¢	PRODUCE OF CANADA NO. 1 GRADE Cabbage EACH 29¢
PRODUCE OF U.S.A., CANADA FANCY GRADE CALIFORNIA Bartlett Pears LB. 49¢	

Maria-Paule Green
Maria-Paule Green
Director - Consumer Affairs Dept.

Bell-Shaped Sweet Peppers...

What's the difference between a red and a green sweet pepper? Only the degree of ripeness makes the difference. Both come from the same bushy plant; green pepper is considered unripe while a red one is fully ripened.

Sweet peppers are in excellent supply from July to September though they're available year 'round. They can be stuffed or added to sauces, sandwiches and vegetable platters for color and extra nutrition. A medium pepper supplies more than the daily vitamin C requirement; the mature red pepper is high in vitamin A.

Keep peppers in coldest part of the refrigerator and use in a few days. For use as a flavor enhancer in sauces, etc. keep a well-wrapped green pepper handy in the freezer.

Mrs. Green is available to talk "shopping" to groups. Call 259-6633 or write -300 The East Mall, Islington, Ontario M9B 6B6.

PRICES EFFECTIVE WED. THRU SAT. AUG. 13-16
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

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.