



# It's Our Parade of Values!

# 88¢ SALE

IGA  
**Salad Dressing**  
32-FL. OZ. JAR **88¢**

IGA  
**Soft Margarine**  
2 1-LB. TUBS FOR **88¢**

RIO SLICED FROZEN  
**Choice Strawberries**  
2 15-OZ. PKGS. FOR **88¢**

CANADA  
**White Vinegar**  
128-FL. OZ. PLASTIC JUG **88¢**

PLUS DEPOSIT  
**Coca-Cola**  
2 40-FL. OZ. RETURNABLE BTLs. FOR **88¢**

CANADA GRADE "A" TABLERITE BEEF!  
**Boneless Round Steak or Roast** FULL SLICE OR BOTTOM CUT LB. **\$1.39**

NEW ZEALAND FROZEN SHOULDER Lamb Chops LB. <b>88¢</b>	IGA TABLERITE, SLICED Bologna 1-LB. PKG. <b>88¢</b>
IGA TABLERITE Pork Sausage 1-LB. PKG. <b>88¢</b>	SHOPSY Beef Wieners 1-LB. PKG. <b>88¢</b>
IGA TABLERITE, SLICED Cooked Ham 6-OZ. PKG. <b>88¢</b>	SHOPSY Potato Salad 2 12-OZ. TUBS FOR <b>88¢</b>
IGA TABLERITE, RINDLESS SLICED Side Bacon 1-LB. PKG. <b>\$1.69</b>	SHOPSY Coleslaw 12-OZ. TUB <b>39¢</b>
NEW ZEALAND FROZEN Lamb Loin Chops LB. <b>\$1.19</b>	CANADA GRADE "A" TABLERITE BEEF MEATY BONE IN Rump Roasts LB. <b>\$1.39</b>
NEW ZEALAND FROZEN Lamb Leg Roasts LB. <b>\$1.19</b>	BONELESS, TOP CUT Round Steaks or Roasts LB. <b>\$1.49</b>
RISSER'S REDSKINS, NUTRITIOUS Frankfurters 1-LB. PKG. <b>\$1.18</b>	

IGA - UNSWEETENED BLENDED GRAPEFRUIT OR ORANGE  
**Fruit Juices** (FROM CONCENTRATE)  
2 48-FL. OZ. TINS FOR **88¢**

STOKELY FANCY  
**Cream Style Corn**  
3 10-FL. OZ. TINS FOR **88¢**

(SLICED, CRUSHED OR TIDBITS)  
**Palanda Pineapple**  
2 19-FL. OZ. TINS FOR **88¢**

- QUIKKI PLASTIC Kitchen Garbage Bags 2 PKGS. OF 12 FOR **88¢**
- BEEF-FLAVOURED Top Choice Dog Food 72-OZ. BOX **\$2.18**
- POWDERED Surf Detergent 80-OZ. KING SIZE BOX **\$1.58**
- Nabisco Shreddies 18-OZ. PKG. **58¢**
- IGA Apple Pie 20-OZ. SIZE EACH **79¢**
- BRAN OR BLUEBERRY (4c OFF) Toastmaster Muffins PKG. OF 6 **71¢**
- HUMPTY DUMPTY, REGULAR, RIPPLE, SALT & VINEGAR, OR BARBECUE FLAVOURED Potato Chips 8.8-OZ. PKG. **79¢**

- (IN TOMATO SAUCE) IGA Spaghetti 3 14-FL. OZ. TINS FOR **88¢**
- BREAD & BUTTER IGA Pickles 2 15-FL. OZ. JARS FOR **88¢**

- SUNNY BRAND CONCENTRATED FROZEN Orange Drink 4 6-FL. OZ. TINS FOR **88¢**
- QUIKKI PLASTIC PINT PKG. OF 25, QUART PKG. OF 20 OR POULTRY PKG. OF 8 Freezer Bags 2 PKGS. FOR **88¢**

- TROPHY, SPANISH OR BLANCHED Salted Peanuts 2 10-OZ. PKGS. FOR **88¢**
- HANDY BAG PLASTIC (26" x 36") Garbage Bags PKG. 10 **88¢**
- BLUEWATER FROZEN Cheese Fishwich 10-OZ. PKG. **88¢**
- DEW BEE LEMONADE OR Orange Nectar 3 32-FL. OZ. BTLs. FOR **88¢**
- KITTY PAN Cat Litter 10-LB. BAG **88¢**

PRICES EFFECTIVE WED. THRU SAT. AUG. 20 - AUG. 23  
WE RESERVE THE RIGHT TO LIMIT QUANTITIES

BACK AGAIN BY POPULAR DEMAND  
**Play IGA LUCKY SPIN**  
AT THE CNE, VISIT OUR IGA BOOTH IN THE FOOD PRODUCTS BUILDING.  
WED. AUG. 20TH. is Food Products Day over 20,000 prizes to be given away, throughout the Food Products Building.

FRESH FOR FLAVOUR  
**SALAD MONTH**

PRODUCE OF REPUBLIC OF S. AFRICA  
**Outspan Oranges** SIZE 112'S DOZ. **79¢**

PRODUCE OF CANADA, NO. 1 GRADE LOCAL GROWN  
**Green or Yellow Beans** 3 LBS. **99¢**

PRODUCE OF CANADA, NO. 1 GRADE LOCAL GROWN  
**Celery Stalks** SIZE 24'S EACH **39¢**

PRODUCE OF CANADA, NO. 1 GRADE LOCAL GROWN, SWEET  
**Green Peppers** 4 FOR **49¢**

PRODUCE OF CANADA, NO. 1 GRADE LOCAL GROWN  
**Green Onions** 2 BUNCHES FOR **29¢**

PRODUCE OF USA CALIFORNIA  
**Nectarines** 2 LBS. FOR **88¢**

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

**Learning to substitute...**

A resourceful cook knows how to avoid "out-of-stock" situations during meal preparation by substituting. This requires some imagination and daring but it usually works out for most dishes. Are you a frequent user of tomato by-products in braised meat, poultry, pasta dishes, etc.? Here are some substitution ideas:

The recipe calls for	Substitution
one 14-oz. can whole tomatoes	one 7 1/2-oz. can tomato sauce mixed with 1/2 cup water
one 10-oz. can condensed tomato soup	one 7 1/2-oz. can tomato sauce mixed with 1/4 cup water
one 14-oz. can tomato sauce	one 5 1/2-oz. can tomato paste mixed with 1 cup water
tomato juice	one 5 1/2-oz. can tomato paste mixed with 3 cups water, salt or seasonings

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