



It's Our Parade



AT PORT CARLING IGA

32-FL. OZ. JAR

1-LB. TUBS **RIO SLICED FROZEN**

15-OZ. PKGS.

128-FL. OZ. PLASTIC

IGA — UNSWEETENED BLENDED GRAPEFRUIT OR ORANGE

(FROM CONCENTRATE)

(SLICED, CRUSHED OR TIDBITS)

48-FL.

TINS

OZ.

TINS

TROPHY, SPANISH OR BLANCHED

HANDY BAG PLASTIC (26" x 36")

Salted Peanuts

PLUS DEPOSIT Coca-

40-FL. OZ. RETURNABLE BTLS. FOR

STOKELY FANCY

QUIKKI PLASTIC Kitchen Garbage Bags BEEF-FLAVOURED,

72-OZ. \$2.18 **Top Choice Dog Food** POWDERED KING SIZE \$1.58 **Surf Detergent**

18-OZ. 58¢ Nabisco Shreddies 20-OZ. 79¢ Apple Pie

BRAN OR BLUEBERRY (4¢ OFF) 71¢ **Toastmaster Muffins**

HUMPTY DUMPTY, REGULAR, RIPPLE, SALT & VINEGAR, OR BARBECUE FLAVOURED 8.8-OZ. 79¢ **Potato Chips**

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

BACK AGAIN BY POPULAR DEMAND

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.

GRIFFIS I.G.A.

Elmvale

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

CANADA GRADE "A" TABLERITE BEEF!

Boneless Round Steak or FULL SLICE OR BOTTOM CUT

NEW ZEALAND FROZEN SHOULDER LB. 88¢ **Lamb Chops** IGA TABLERITE PKE 88¢ Pork Sausage IGA TABLERITE, SLICED 6.0Z 88¢ **Cooked Ham**

IGA TABLERITE, RINDLESS SLICED 1.LB \$1.69 **Side Bacon** NEW ZEALAND, FROZEN LB. \$1.19

Lamb Loin Chops NEW ZEALAND, FROZEN LB. \$1.19 Lamb Leg Roasts

(IN TOMATO SAUCE)

Spaghetti

BREAD & BUTTER

Pickles

IGA

IGA

RISSER'S REDSKINS. NUTRITIOUS Frankfurters

IGA TABLERITE, SLICED 1-LB 88¢ Bologna SHOPSY 1 LB 88¢ **Beef Wieners** SHOPSY 2 12:03 88¢ **Potato Salad**

SHOPSY 12.0Z. 39¢ Coleslaw CANADA GRADE "A" TABLERITE BEEF MEATY BONE IN LB \$1.39 Rump Roasts BONELESS, TOP CUT Round Steaks or Roasts LB \$1.49

\$1.18

SUNNY BRAND CONCENTRATED FROZEN

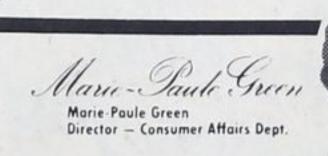
Orange Drink

QUIKKI PLASTIC

PINT PKG. OF 25, QUART PKG. OF 20 OR POULTRY PKG. OF 8

Freezer Bags

Garbage Bags BLUEWATER FROZEN 10-OZ. 88¢ Cheese Fishwich **DEW BEE LEMONADE OR** 3 BTLS 88¢ **Orange Nectar** KITTY PAN **Cat Litter**



Learning to substitute....

A resourceful cook knows how to avoid "out-of-stock" situations during meal preparation by substituting. This equires 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 one 14-oz can whole

one 10-oz can con densed tomato soup one 7 1 2 oz. can tomato sauce mixed with 1 2 cup water one 7 1 2-oz. can tomato souce mixed with 1 4 cup water

2 PKGS 88¢

tomato juice

one 14-oz, can tomato one 5 1 2-oz, can tomato paste mixed with 1 cup water one 5 1, 2-oz can tomato paste mixed with 3 cups water

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

PRODUCE OF USA CALIFORNIA

LBS.

PRODUCE OF REPUBLIC OF S. AFRICA

Outspan Oranges SIZE 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

PRODUCE OF CANADA, NO. 1 GRADE LOCAL GROWN, SWEET **Green Peppers**

PRODUCE OF CANADA, NO. 1 GRADE LOCAL GROWN

Green Onions 2 BUNCHES 29¢

Victoria Harbour IGA Victoria Harbour

PENETANG I.G.A.

Poyntz Plaza, Penetang

MIDLAND I.G.A.

salt or seasonings.

337 Russell St.

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