

# Remember When

the grocer chose  
the produce  
by himself?



at **IGA** it's

still that way,  
come shop my  
produce shelf!



IGA FROM CONCENTRATE  
**Apple Juice**  
48-FL. OZ. TIN **39¢**

DEL MONTE SEASONED  
**Green or Wax Beans** 14-FL. OZ. TIN **27¢**

LIBBY'S DEEP BROWN IN TOMATO SAUCE  
**Beans with Pork** 28-FL. OZ. TIN **59¢**

CAMPBELL'S CREAM OF  
**Mushroom Soup**  
10-FL. OZ. TIN **21¢**

IGA  
**Hamburg or Wiener Buns** PKG. OF 8 **29¢**

IGA  
**Blendrite Shortening** 1-LB. PKG. **49¢**

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

**Good Snacking**

Apples taste great anytime of the year. They add fibre to the diet as well as valuable minerals and vitamins. Because of their natural crispness, raw apples help to stimulate the gums and clean the teeth. Cold storage and controlled atmosphere (C.A.) help maintain quality, crispness and flavor so that we may enjoy apples all year round.

McIntosh, Cortland, Northern Spy, Delicious, Idared, Quante and Mustu are relatively all-purpose apples—good for eating fresh, baking pies and for making apple sauce. The Cortland and Quante are ideal for salads as they do not readily darken. Naturally, not all varieties are stocked by the stores, but the most popular ones are usually available.

Canada Fancy is the grade most often sold. Occasionally Canada Small-one is available. Because of its smaller size, the Canada Small-one is popular in children's lunch boxes.

Buy apples in quantities you can use in a short period of time. Refrigerate them in a plastic bag in the crisper to prevent the apples from imparting flavors to other foods or absorbing flavors from them.

MRS. GREEN IS AVAILABLE TO TALK "SHOPPING" TO GROUPS. PLEASE CALL (416) 236-1971, OR WRITE-300 THE EAST MALL, ISLINGTON, ONTARIO M9B 6B8.

PRODUCE OF U.S.A., CANADA NO. 1 GRADE  
**Cauliflower** 2 SIZE 16'S FOR **\$1**

PRODUCE OF U.S.A. SUNKIST  
**Navel Oranges** SIZE 113'S DOZ. **89¢**

PRODUCE OF U.S.A.  
**Celery Stalks** SIZE 24'S EACH **39¢**

PRODUCE OF U.S.A.  
**Broccoli** SIZE 18'S EACH BUNCH **49¢**

CANADA FANCY GRADE B.C.  
**Red Delicious Apples** 3 L B S **99¢**

CANADA NO. 1 GRADE  
**Cello Onions** 2-LB. BAG **39¢**

IGA  
**Evaporated Milk**  
16-OZ. TIN **33¢**

IGA HOMOGENIZED  
**Peanut Butter** 16-OZ. JAR **65¢**

IGA  
**Ketchup** 15-FL. OZ. BTL. **45¢**

**Fresh! Chicken Legs or Breasts** LB. **99¢**

SWIFT'S PREMIUM SWEET PICKLED  
**Cottage Rolls** 3-LB. AVG. **\$1.39**

NEW ZEALAND, FROZEN  
**Lamb Shoulder Chops** LB. **85¢**

NEW ZEALAND, FROZEN  
**Leg of Lamb Roasts** LB. **\$1.19**

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

CAMPFIRE, RINDLESS, SLICED  
**Side Bacon** 1-LB. PKG. **\$1.49**

NEW ZEALAND, FROZEN  
**Leg of Lamb Steaks** LB. **\$1.39**

SWIFT'S PREMIUM  
**Wieners** 1-LB. PKG. **85¢**

PREVIOUSLY FROZEN  
**Pork Back Ribs** LB. **\$1.69**

SHOPS, PICKLED, 2-3 LB. AVG.  
**Corned Beef** LB. **\$1.39**

OLD MILL, PORK & BEEF, STORE PACKED  
**Breakfast Sausage** LB. **88¢**

RANCH STYLE, BY-THE-PIECE  
**Bologna** LB. **49¢**

ASSORTED FLAVORS  
**Laura Secord Puddings**  
SLEEVE OF 4 X 5-OZ. TINS **75¢**

IGA FANCY  
**Fruit Cocktail** 19-FL. OZ. TIN **53¢**

IGA CHOICE  
**Cream Style Corn** 19-FL. OZ. TIN **39¢**

(100% PURE VEGETABLE OIL) REGULAR  
**Blue Bonnet Margarine** 3-LB. PKG. **\$1.49**

CANADA NO. 1 GRADE IGA INSTANT  
**Skim Milk Powder** 3-LB. PKG. **\$1.79**

MFG. SPECIAL WHITE SLICED OR 60% WHOLE WHEAT (5¢ OFF LABEL)  
**Toastmaster Bread** 24-OZ. LOAF **47¢**

(ASSORTED VARIETIES) PREPRICED  
**Voortman Biscuits** 8-TO 11-OZ. PKG. **2/1.00**

RUPERT BRAND FROZEN  
**Haddock Fillets** 16-OZ. PKG. **\$1.15**

STUFFER'S FROZEN BEEF, CHICKEN, TURKEY  
**Meat Pies** 10-OZ. PKG. **69¢**

PEANUT OR PLAIN  
**M & M's Chocolate Candies** 8-OZ. PKG. **85¢**

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

BONUS PACK 1.5 MIL (26" X 36") ESSO RUFF 'N' REDDI  
**Plastic Garbage Bags** PKG. OF 12 **89¢**

**V.O. 5 Hairdressing** 1 1/2-OZ. TUBE **99¢**

PRICES EFFECTIVE WED. THRU SAT. MAR. 17-20  
WE RESERVE THE RIGHTS TO LIMIT QUANTITIES

IGA  
**Long Grain Rice** 2-LB. BAG **65¢**

IGA  
**All-Purpose Flour** 10-LB. BAG **\$1.29**

BINGO FEATURE  
40-FL. OZ. RETURNABLE BTL.

**Coca-Cola** PLUS DEPOSIT **37¢**

**Get your Free Bingo Cards and full contest details from Mr. IGA**  
THIS WEEK PLAY GREEN BINGO CARDS! CHECK RED BINGO CARDS!

- ELMVALE I.G.A.**  
Thurs. & Fri. 8:30 a.m.-9:00 p.m.
- PENETANG I.G.A.**  
Poyntz Plaza, Penetang
- MIDLAND I.G.A.**  
337 Russell St., Midland
- Victoria Harbour I.G.A.**  
Victoria Harbour