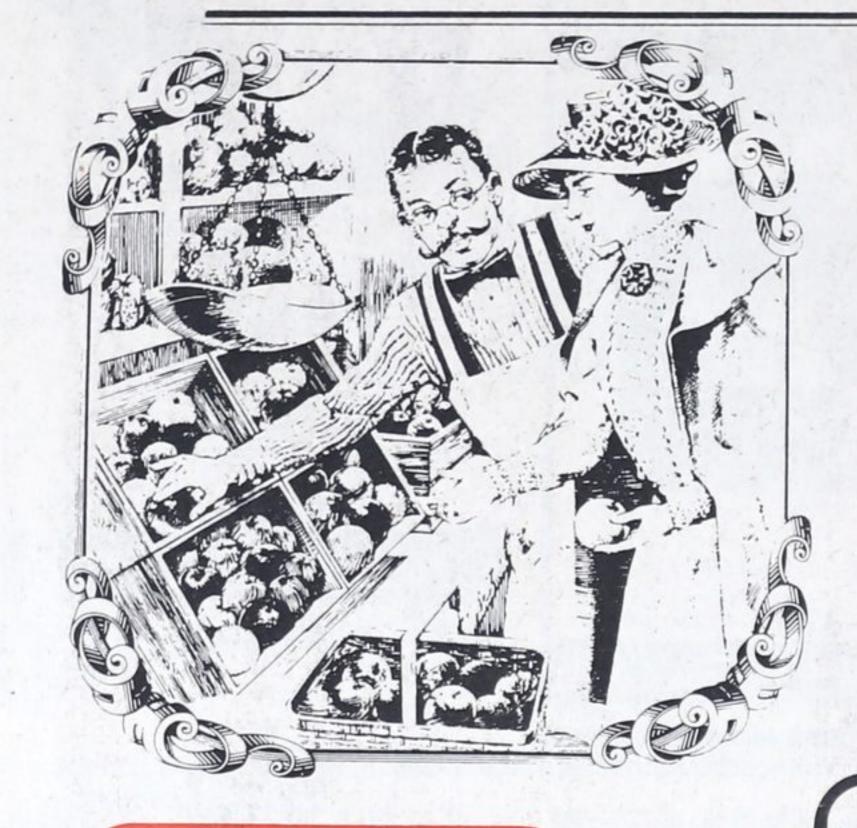
the grocer chose the produce by himself?





still that way, come shop my produce shelf!



IGA FROM CONCENTRATE

DEL MONTE SEASONED

Green or 14-FL 27¢ **Wax Beans**

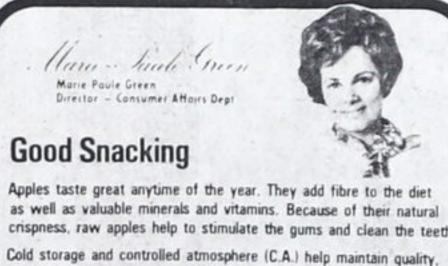
IN TOMATO SAUCE

Beans with Pork

CAMPBELL'S CREAM OF Mushroom Soup

Hamburg or PKG 29¢ Wiener Buns OF 8

Blendrite Shortening



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, Quinte and Mustu are realatively all-purpose apples -good for eating fresh, baking pies and for making apple sauce. The Cortland and Quinte 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

Cauliflower 2 16'S FOR

PRODUCE OF U.S.A. SUNKIST

PRODUCE OF U.S.A.

Navel Oranges 113'S DOZ.

Celery Stalks Red Delicious Apples 3 99° Cello Onions

SIZE EACH 39° Broccoli

2-LB 39¢

Fresh! Chicken Legs or Breasts

SWIFTS PREMIUM SWEET PICKLED **Cottage Rolls NEW ZEALAND, FROZEN Lamb Shoulder Chops NEW ZEALAND, FROZEN** Leg of Lamb Roasts-**NEW ZEALAND, FROZEN** CAMPFIRE, RINDLESS, SLICED Lamb Loin Chops——LB \$1.19 Side Bacon. NEW ZEALAND, FROZEN SWIFT'S PREMIUM Leg of Lamb Steaks_18 \$1.39 Wieners. PREVIOUSLY FROZEN SHOPSY, PICKLED, 2-3 LB. AVG Pork Back Ribs_____ \$1.69 Corned Beef-OLD MILL, PORK & BEEF, STORE PACKED RANCH STYLE, BY-THE-PIECE Breakfast Sausage ______ 88c Bologna -

Long Grain Rice

All-Purpose \$129

BINGO FEATURE 40-FL OZ RETURNABLE BTL

Evaporated Milk

IGA HOMOGENIZED

Peanut Butter

16-0Z. 65¢

IGA Ketchup

ASSORTED FLAVORS

Laura Secord Puddings

SLEEVE 4 X 5-0Z

IGA FANCY 19-FL. 53¢ Fruit Cocktail IGA CHOICE 19-FL. 39¢ Cream Style Corn (100% PURE VEGETABLE OIL) REGULAR Blue Bonnet Margarine PKG. \$1.49 CANADA NO.1 GRADE IGA INSTANT 3-LB. \$1.79 PKG. \$1.79 Skim Milk Powder MFG SPECIAL WHITE SLICED OR 60% WHOLE WHEAT (5c OFF LABEL) 24-0Z. 47¢ **Toastmaster Bread** Voortman Biscuits PKG. 2/1.00 RUPERT BRAND FROZEN 16-0Z. \$1.15 PKG. \$1.15 **Haddock Fillets** STOUFFER'S FROZEN BEEF, CHICKEN, TURKEY 10-0Z. 69¢ **Meat Pies** M & M's Chocolate Candies 85c HUMPTY DUMPTY REGULAR, SALT & VINEGAR, RIPPLE OR BARBECUE FLAVOURED 8.8-0Z. 79¢ Potato Chips BONUS PACK 1.5 MIL (26" X 36")

ESSO RUFF N' REDDI PKG. 89¢ Plastic Garbage Bags

11/2-0Z. 99¢

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

V.O. 5 Hairdressing

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