your butcher cut the meat a special way?



Well come into my



he'll still do it today!



IGA (ASSORTED FLAVORS)

Fruit

STRAINED (ASSORTED VARIETIES) (MEATS EXCEPTED)

Heinz Baby Foods OZ. JAR 19¢

BETTY CROCKER (ASSORTED VARIETIES)

14 TO 15-OZ.

CHIP RING, DIGESTIVE, SHORTCAKE OR NICE

Peek Frean 14 TO 79¢
Riscuits PKG. 79¢ MAPLE LEAF

Tenderflake **Pure Lard**

RICH'S FROZEN Coffee Rich

RIO CHOICE FROZEN 15-0Z 55¢ Sliced Strawberries Philadelphia Cream Cheese PKG 35° 16-0Z 88¢ **Liquid Honey**

PKG. OF 59¢ Clear Plastic Tumblers PKG OF 59¢ **IGA Donuts** PKG OF 69¢ **Hot Cross Buns**

HUMPTY DUMPTY 16-0Z 89¢ **Pretzel Twists** ALMOND BAR, MILK CHOCOLATE BAR, RALLY BAR OR PEANUT BUTTER CUPS Hershey Candy Bars HAIRDRESSING Brylcreem

Jets Scouring Pads pkg. of 20 PRICES EFFECTIVE WED. THRU SAT., MAR. 24-27. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

FRESH! Pork

PORTION

TENDERLOIN **PORTION**

(3-LB. AVERAGE)

Roasts.

FRESH! CENTRE CUT Loin Pork Chops-

MAPLE LEAF, READY-TO-SERVE Smoked Pork Shoulders -

PORK -PREVIOUSLY FROZEN Side Spare Ribs-

LAZY MAPLE, RINDLESS, SLICED -1-LB \$1.59 English Style Sausage—LB \$1.25 Side Bacon— TABLERITE Old Vienna Salami —— 18-02 \$ 1.69 Wieners -

BUDDIG CORNED BEEF, TURKEY, HAM OR BEEF Sliced Smoked Meats — 3-07 49°

Plastic

PRODUCE OF CENTRAL AMERICA

PRODUCE OF MEXICO

Pineapples SIZE 10'S

Navel Oranges Celery Stalks

Bunch Carrots

Cabbage



BINGO FEATURE

Miss Mew Cat Food

IGA FANCY

Tomato Juice

ORANGE PEKOE

Tetley PKG \$1.05
Tea Bags 72

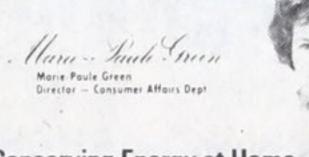
IGA Choice Peas

IGA CHOICE

Whole **Potatoes**

Whole **Tomatoes**

Zip Dog Food



Conserving Energy at Home

A great deal of energy is required to operate the many household appliances in the modern home. The following pointers may be helpful

Keep your refrigerator and freezer away from heat-producing equipment. Never refrigerate or freeze hot food. Let it cool to room temperature first. Open the door as seldom as possible by removing or replacing several items at once. When the ice accumulation exceeds %-inch, the unit should be defrosted.

Plan meals to be cooked entirely in the oven or on the range top; At clean-up time, fill the dishwasher to capacity. The same amount

of energy is used whether the racks are full or not. Energy is used in the operation of water heaters. Whenever possible, reduce the amount of hot water you use. Check your water faucets. One leaking faucet can waste up to 6000

Remember that extra features such as "frost-free" or "automatic oven cleaner" use substantial amounts of energy beyond the amount necessary for the basic operation of the appliance.

PLEASE CALL (416) 236-1971, OR WRITE-300 THE EAST MALL ISLINGTON, ONTARIO M9B 6B8.

Get your Free Bingo Cards and full contest details from Mr. IGA

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