

Remember When

**your butcher
cut the meat
a special way?**



We'll come into my



**he'll still
do it today!**



IGA (ASSORTED FLAVORS)
Fruit Drinks
3 \$1
48-FL. OZ. TINS FOR

STRAINED (ASSORTED VARIETIES)
(MEATS EXCEPTED)

Heinz Baby Foods 4 1/2-FL. OZ. JAR **19¢**

BETTY CROCKER (ASSORTED VARIETIES)
Snackin' Cake
68¢
14 TO 15-OZ. PKG.

CHIP RING, DIGESTIVE, SHORTCAKE OR NICE

Peek Frean Biscuits 14 TO 15-OZ. PKG. **79¢**

MAPLE LEAF
Tenderflake Pure Lard 1-LB. PKG. **45¢**

RICH'S FROZEN
Coffee Rich 16-OZ. CAR-TON **25¢**

RIO CHOICE FROZEN
Sliced Strawberries 15-OZ. PKG. **55¢**

KRAFT, PINEAPPLE, PIMENTO, RELISH OR PLAIN
Philadelphia Cream Cheese 4-OZ. PKG. **35¢**

BILLY BEE
Liquid Honey 16-OZ. JAR **88¢**

DANISH MAID BEVERAGE OR OLD FASHION
Clear Plastic Tumblers PKG. OF 20 **59¢**

IGA
IGA Donuts PKG. OF 12 **59¢**

Hot Cross Buns PKG. OF 6 **69¢**

HUMPTY DUMPTY
Pretzel Twists 16-OZ. PKG. **89¢**

ALMOND BAR, MILK CHOCOLATE BAR, RALLY BAR OR PEANUT BUTTER CUPS
Hershey Candy Bars POLY BAG OF 4 REG. BARS **63¢**

HAIRDRESSING
Brylcreem 3-OZ. TUBE **83¢**

BONUS PACK
Jets Scouring Pads pkg. of 20 **65¢**

PRICES EFFECTIVE WED. THRU SAT., MAR. 24-27.
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

FRESH! (3-LB. AVERAGE)
Pork Loin Roasts RIB PORTION **\$1.09** TENDERLOIN PORTION **\$1.19** LB.
FRESH! CENTRE CUT Loin Pork Chops **\$1.59** LB.
MAPLE LEAF, READY-TO-SERVE Smoked Pork Shoulders **89¢** LB.
PORK - PREVIOUSLY FROZEN Side Spare Ribs **\$1.19** LB.
LAZY MAPLE, RINDLESS, SLICED Side Bacon 1-LB. PKG. **\$1.59** **SCHNEIDER'S TRAY PACK English Style Sausage** 1-LB. **\$1.25**
TABLETTE WIENERS 1-LB. PKG. **85¢** **SHOPSY Old Vienna Salami** 18-OZ. CHUB **\$1.69**
BUDDIG CORNED BEEF, TURKEY HAM OR BEEF Sliced Smoked Meats 3-OZ. PKG. **49¢**

IGA FANCY
Tomato Juice
49¢
48-FL. OZ. TIN

ORANGE PEKOE
Tetley Tea Bags PKG. OF 72 **\$1.05**

IGA
Choice Peas
25¢
14-FL. OZ. TIN

IGA CHOICE
Whole Potatoes 19-FL. OZ. TIN **25¢**

IGA CHOICE
Whole Tomatoes 28-FL. OZ. TIN **49¢**

Zip Dog Food 15-OZ. TIN **15¢**

RECTANGULAR DISH PANS, DISH DRAINERS, JUICE DECANTERS, WASTE BASKETS, GIANT COLANDERS, HEAVY DUTY PAILS OR DRAIN BOARDS, ASSORTED COLORS
Plastic Housewares **77¢** EACH

PRODUCE OF CENTRAL AMERICA
Bananas LB. **14¢**
PRODUCE OF MEXICO
Pineapples SIZE 10'S **2 FOR \$1**
PRODUCE OF USA SUNKIST
Navel Oranges SIZE 113'S DOZ. **89¢** PRODUCE OF USA
Bunch Carrots 3 BUNCHES FOR **87¢**
PRODUCE OF USA, CANADA NO. 1 GRADE
Celery Stalks EACH STALK **39¢** PRODUCE OF USA, CANADA NO. 1 GRADE
Cabbage SIZE 22'S **3 FOR 99¢**

BINGO FEATURE (ASSORTED FLAVORS)
Miss Mew Cat Food 6-OZ. TIN **18¢**

Mrs. Pauline Green
Mrs. Pauline Green
Director - Consumer Affairs Dept.
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 in your energy saving program.
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 1/2-inch, the unit should be defrosted.
Plan meals to be cooked entirely in the oven or on the range top, avoid using both.
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 gallons of water a year.
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.
MRS. GREEN IS AVAILABLE TO TALK "SHOPPING" TO GROUPS. PLEASE CALL (416) 236-1971, OR WRITE: 300 THE EAST MALL, ISLINGTON, ONTARIO M9B 5B8.

Get your Free Bingo Cards and full contest details from Mr.IGA
THIS WEEK PLAY LIGHT BLUE BINGO CARDS! CHECK LAST WEEK'S GREEN 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