

BRIGHT'S FANCY
Tomato Juice
48-FL OZ TIN **48¢**

CLOVERLEAF
Pink Salmon 7 1/4-OZ. TIN **89¢**
IGA Choice Peas 19-FL OZ. TIN **33¢**
ASSORTED FLAVORS
Pamper Cat Food 6 1/2-OZ. TIN **19¢**

DEL MONTE FANCY
Fruit Cocktail
19-FL OZ. TIN **49¢**

LIQUID
Javex Bleach 64-FL OZ. PLASTIC BTL **55¢**
JELLY MALLOWS OR MIDNIGHT MINT
Dare's Biscuits 10-OZ. PKG. **89¢**
HUMPTY DUMPTY—REGULAR, RIPPLE, SALT & VINEGAR OR BARBECUE FLAVORED
Potato Chips 8.8-OZ. PKG. **79¢**

GREEN GIANT
FANCY WHOLE KERNEL
Niblets Corn
12-FL OZ. TIN **33¢**

BABY DILL, SWEET MIXED OR SWEET BREAD & BUTTER
Rose Brand Pickles 15-FL OZ. JAR **49¢**
IGA—MILD, MEDIUM, OLD COLORED OR OLD WHITE (RANDOM WEIGHTS)
Cheddar Cheese Cuts LB. **\$1.49**
FROZEN—REGULAR OR BLUEBERRY
Eggo Waffles 11-OZ. PKG. **63¢**
SALTED
Beaver Mixed Nuts 13-OZ. TIN **\$1.09**
UTILITY—PKG. OF 25 OR, KITCHEN GARBAGE—PKG. OF 12
Quikki Plastic Bags PKG. **49¢**
(MFG. PRE-PRICED AT 69¢) ASSORTED COLORS
Pro Toothbrushes 4 FOR **\$1**

FANCY HALVES OR SLICES
Del Monte Peaches
19-FL OZ. TIN **49¢**

BINGO FEATURE
REGULAR (100% VEGETABLE OILS)
Blue Bonnet Margarine
3-LB. CARTON **\$1.69**

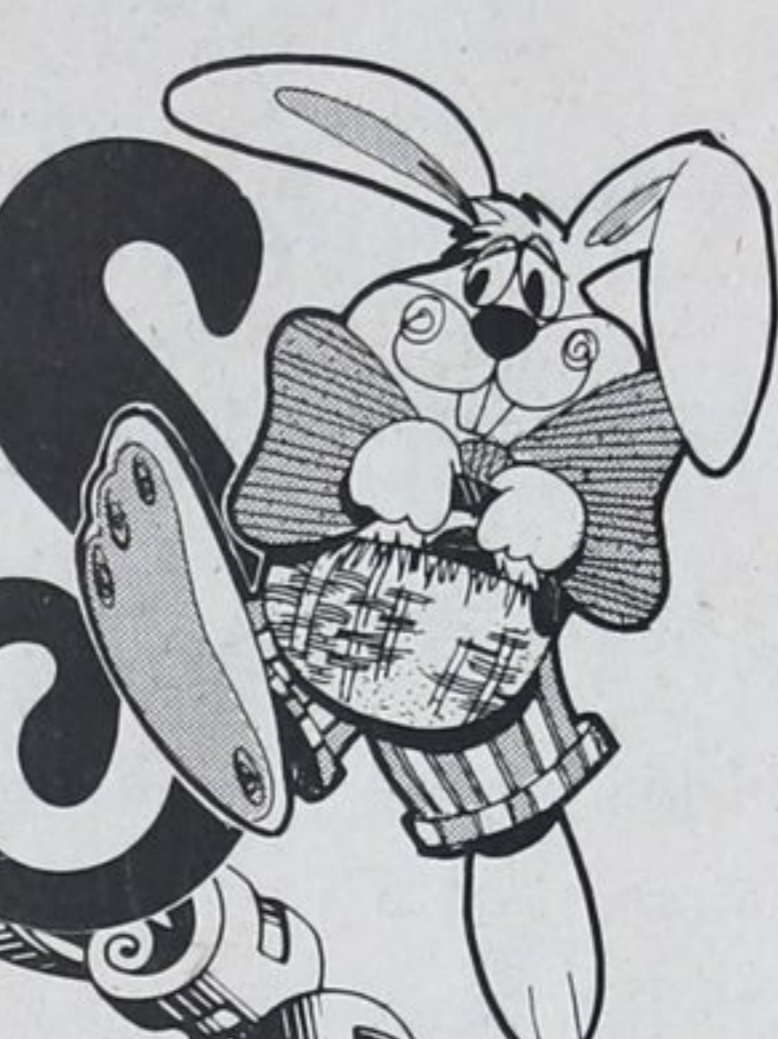


Jerry Light Penetang IGA

You won't want to miss my



Easter Values



PRICES EFFECTIVE WED. THRU SAT. APRIL 14 - 17. CHECK YOUR LOCAL MR. IGA FOR HOLIDAY STORE HOURS. WE RESERVE THE RIGHTS TO LIMIT QUANTITIES.

CANADA GRADE "A" FROZEN, EVisCERATED

Young Turkeys UNDER 10-LBS. **69¢** LB.

EXCLUSIVE AT IGA CANADA GRADE "A" FROZEN, EVisCERATED TABLERITE

Pre-Basted Turkeys UNDER 10-LBS. **98¢** LB.

MAPLE LEAF, READY-TO-SERVE, WHOLE, HALF, OR QUARTERS	BURN'S, READY-TO-SERVE
Smoked Hams HOOK, RIND AND EXCESS FAT REMOVED LB. \$1.19	Dinner Hams BONELESS 3-LB. AVG. LB. \$1.89
BURN'S, READY-TO-SERVE BONE-IN.	MAPLE LEAF, READY-TO-SERVE
Smoked Hams CRYOVAC HALVES LB. \$1.59	Smoked Pork Shoulders BURN'S, SWEET PICKLED LB. \$1.19
MAPLE LEAF, READY-TO-SERVE BONE-IN.	
Smoked Hams CRYOVAC QUARTERS LB. \$1.69	Cottage Rolls 3-LB. AVG. LB. \$1.39
SMOKED, READY-TO-SERVE STORE PACKED CENTRE CUT	MAPLE LEAF
Ham Steaks 1-LB. ROLL \$1.49	Wieners 1-LB. PKG. 85¢
MAPLE LEAF—FOR STUFFING	BURN'S
Sausage Meat 1-LB. ROLL 69¢	Golden Garlic Coil 1-LB. PKG. 99¢
PRIDE OF CANADA, RINDLESS SLICED	
Side Bacon 1-LB. PKG. \$1.59	

CANADA DRY ASSORTED FLAVOURS
Soft Drinks
CASE OF 24 x 10-FL OZ. TINS **\$3.49**

OCEAN SPRAY (JELLIED OR WHOLE)
Cranberry Sauce 14-FL OZ. Tin **49¢**
PREPARED
French's Mustard 16-FL OZ. JAR PKG. OF 12 **39¢**
IGA
Brown 'n' Serve Rolls 12 **39¢**

DEL MONTE—ASSORTED VARIETIES
Pudding Cups
SLEEVE OF 4 X 5-OZ. TINS **75¢**

FROZEN CHERRY OR BLUEBERRY
Mrs. Smith's Pies 26-OZ. SIZE PKG. OF 6 **99¢**
IGA
Hot Cross Buns 6 **69¢**
IGA
Apple Pie 20-OZ. SIZE EACH **79¢**

CRUSHED, TIDBITS OR SLICED
Palanda Pineapple
19-FL OZ. TIN **43¢**

play IGA
Bingo
ON Global Television Network
monday thru friday - 3:30 to 4:00 pm
saturday - 7:30 to 8:00 pm
LAST CHANCE TO WIN IN IGA BINGO. CHECK YOUR BROWN BINGO CARDS!

MAPLE LEAF
Cooked Ham
1 1/2-LB. PEAR SHAPED TIN **\$2.99**

FRESH FOR FLAVOUR
CANADA NO. 1 GRADE
Ontario Potatoes 10-LB. BAG. **95¢**
PRODUCE OF USA CANADA #1 GRADE
Tomatoes LB. **49¢**

PRODUCE OF USA SUNKIST	SIZE 113 DOZ.	89¢	PRODUCE OF CANADA NO. 1 GRADE	2-LB. BAGS FOR	49¢
PRODUCE OF USA CANADA NO. 1 GRADE	SIZE 3 22'S	99¢	CONTROLLED ATMOSPHERE CANADA FANCY GRADE	3-LB. BAG	59¢

McIntosh Apples 3-LB. BAG **59¢**

Easter FLOWERS
AVAILABLE IN MOST STORES

Mrs. Paul Green
Marie-Paule Green
Director—Consumer Affairs Dept.
Losing weight the sensible way
Weight loss is a big business in Canada because people are willing to pay a premium price in order to lose quickly. The only safe way to take it off and keep it off is by reducing our calorie intake in a balanced menu. It takes time to put on weight, so we can't expect to lose it overnight.
Exercise will help us lose weight, but exercise alone can't make up for overeating. For every minute of walking at a speed of two m.p.h., we burn three calories. Therefore, it would take about 85 minutes to burn 225 calories, the number of calories in one medium piece of cake with chocolate icing.
MRS. GREEN IS AVAILABLE TO TALK "SHOPPING" TO GROUPS. PLEASE CALL (416) 236-1971, OR WRITE-300 THE EAST MALL, ISLINGTON, ONTARIO M9B 6B8.

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