



Help us celebrate by joining us for **Free Coffee and Cookies** FOR THE NEXT 4 WEEKS!

IGA 25th Anniversary Party

Plus our big Anniversary Contests...Over **\$14,000 in Prizes**



Each of our IGA stores is going to give away from one to five prizes of **\$25. worth of GROCERIES**

OVER \$10,000.00 WORTH OF GROCERIES to be won by IGA Customers. Get a free entry each time you shop during the next 4 weeks. Winners will be selected in each store at closing time on Saturday, May 29th.

Here's an opportunity for any of our customers celebrating their 25th WEDDING ANNIVERSARY IN 1976. Ask for a special entry blank from Mr. IGA. ONE lucky couple is going to win a

2nd Honeymoon in Nassau

2 Weeks at the beautiful Paradise Island Hotel, plus \$300.00 in spending money. The winning couple will be selected on Monday, May 31st.

And for any of our customers who are lucky enough to have a BABY BORN IN THIS MONTH OF MAY, 1976. You should ask your Mr. IGA for a special entry form, because one lucky baby's parents are going to win a

\$1000 Baby Bonus

Winner will be selected Monday, June 14th, 1976.

For any of our customers who CELEBRATE THEIR 25th BIRTHDAY IN 1976, ask your Mr. IGA for a special entry form, because one lucky 25 year old is going to receive a

\$1000 Birthday Present

Winner will be selected Monday, May 31st, 1976.



ALL WHITE—100% COTTON
3 COLOR EMBLEM
ASSORTED SIZES FOR
ADULTS & CHILDREN

IGA T-Shirt
99¢ EACH

BUDGET ASSORTED COLORS
Bathroom Tissue
75¢
4-ROLL PKG.

DETERGENT

Lux Liquid 24-FL. OZ. PLASTIC BTL. **69¢**

Sweet Mixed Pickles 15-FL. OZ. JAR **49¢**

STRAINED ASSORTED FLAVORS (MEATS EXCEPTED)
Heinz Baby Foods
4 1/2-FL. OZ. JAR **18¢**

SWEETHEART — 64-FL. OZ. PLASTIC BTL.
Liquid Fabric Softener 79¢
DEMPSTER'S (4¢ OFF LABEL) PKG. OF 8 **69¢**
Italian Rolls 1-LB. PKG. **63¢**
BLUE BONNET REGULAR SLEEVE PACK OR WHIPPED

Soft Margarine 1-LB. PKG. **63¢**

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

JEANNE ONE SIZE (BEIGE, SPICE OR TAUPE) FITS 90-160 LBS.
Stretch Panty Hose 2 PKGS. FOR **69¢**
HANDLE BAG PACKAGE (1.5 mil) (25" x 36") PKG. OF 10 **89¢**

60% WHOLE WHEAT, CRACKED WHEAT OR WHITE SANDWICH
IGA Bread
3 24-OZ. LOAVES FOR **\$1**

IGA FANCY
Peach Halves 19-FL. OZ. TIN **49¢**
IN TOMATO SAUCE
Libby's Spaghetti 14-FL. OZ. TIN **29¢**

IGA CHOICE
Peas or Corn 14-FL. OZ. TIN **27¢**
CREAM STYLE

SHIRRIFF ASSORTED FLAVORS
Jelly Powders
3-OZ. PKG. **17¢**

ARKELL CHOICE
Whole Tomatoes 2 19-FL. OZ. TINS FOR **89¢**
IGA — PKG. OF 60
Orange Pekoe Tea Bags **79¢**
IGA
Long Grain Rice 2-LB. BAG **65¢**

IGA ASSORTED FLAVORS
Soft Drinks 26-FL. OZ. BTL. **25¢**
NON-RETURNABLE BTL.

HUMPTY DUMPTY — SALT & VINEGAR, REGULAR, RIPPLE OR BARBECUE FLAVORED
Potato Chips 8.8-OZ. PKG. **79¢**
GAY LEA
French Onion Dip 8-OZ. TUB **45¢**

LARA LYNN
Saltines 16-OZ. PKG. **49¢**

FAMILY SIZE (JAR — 100 ml, TUBE — 100 ml, OR LOTION — 175 ml)
Head & Shoulders Shampoo EACH **\$1.49**
REGULAR
Dad's Oatmeal Cookies 8-OZ. PKG. **45¢**
ASSORTED VARIETIES
Dare Candies 7 TO 12.4-OZ. PKG. **69¢**
GREEN GIANT FANCY FROZEN
Corn Niblets BONUS OF 10% MORE 35.2-OZ. PKG. **99¢**
FROZEN — BEEF, FRIED CHICKEN, TURKEY, SALISBURY STEAK OR MEAT LOAF
Banquet Dinners 11-OZ. PKG. **75¢**

WE RESERVE THE RIGHTS TO LIMIT QUANTITIES.

Fresh! Pork Roasts

SHOULDER PORTION **89¢** LB. BUTT PORTION **99¢** LB.

FRESH!
Butt Pork Chops LB. **\$1.19**
SWIFT'S PREMIUM, SWEET PICKLED 3-LB. AVG.
Cottage Rolls LB. **\$1.39**

SLICED, PREVIOUSLY FROZEN
Beef Liver LB. **49¢**
BONIMART, TWO OUNCE
Beef Patties 1-LB. BOX **89¢**
DEVON, RINDLESS SLICED
Side Bacon 1-LB. PKG. **\$1.59**
"RED HOTS"
Schneider's Wieners 1-LB. PKG. **89¢**
YORK, SWEET PICKLED BY-THE-PIECE
Back Bacon EITHER END LB. **\$1.75**
MAPLE LEAF
Golden Fry Sausages 1-LB. PKG. **\$1.19**

FRESH FOR FLAVOUR

PRODUCE OF U.S.A., CALIFORNIA
Strawberries PINT **43¢**

PRODUCE OF U.S.A.
Broccoli SIZE 1B'S EACH **39¢**
PRODUCE OF U.S.A., SUNKIST
Navel Oranges SIZE 113'S DOZ **89¢**
CANADA FANCY GRADE, CONTROLLED ATMOSPHERE
McIntosh Apples 3-LB. BAG **59¢**

PRODUCE OF U.S.A., CANADA NO. 1 GRADE
Cabbage SIZE 22'S 3 FOR **99¢**
PRODUCE OF NEW ZEALAND CANADA FANCY GRADE
Packham Pears LB. **49¢**
MOTHER'S DAY FLOWERS AVAILABLE IN MOST STORES

PRICES EFFECTIVE WED. THRU SAT., MAY 5-8.

Have a Fresh Green
Marie Paule Green
Director - Consumer Affairs Dept.
Shelf life of perishable foods.
Most foods with a shelf life of 90 days or less must now show a "best before" date as a guide to consumers. Should you discover in your refrigerator or cupboard a product bearing a date already passed, please don't rush to throw it away. It may not yet have spoiled. There is a built-in extension time that goes beyond the date shown on the package. Simply check the product carefully and use it as soon as possible. Because the garbage can is a very subtle pickpocket and robs us of many food dollars yearly, being sensible about food wastage is very important.
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