

SAL BONDI - YOUR MR. IGA AT
SAL'S IGA, TORONTO



Remember when supermarkets offered
old-fashioned personal service?

Well come & shop at
IGA & Remember
When, Today!

GRANULATED
FINE
White Sugar
99¢
2 kg
(4.4 LB.)
BAG

CANADA GRADE "A" EVisCERATED
**Fresh!
Chickens**
63¢ LB.
3-LB.
AVG.
FRY
ROAST OR
B.B.Q.

LAZY MAPLE, READY-TO-SERVE CRYOVAC, BONE-IN Smoked Hams	HALVES 1-LB. \$1.65 LB.	QUARTERS 1-LB. \$1.75 LB.	SWIFT'S PREMIUM, READY-TO-SERVE 3-LB. AVG. BONELESS Dinner Hams	1-LB. \$1.89 LB.
BONIMART, 2-OUNCE Beef Patties	1-LB. BOX	89¢	SUGAR PLUM, RINDLESS SLICED Side Bacon	1-LB. \$1.69 PKG.
PRIDE OF CANADA Wieners	1-LB. PKG.	85¢	SWIFT'S, OVEN ROASTING Corned Beef	3-LB. AVG. \$1.69 LB.
REGULAR OR GARLIC Schneider's Country Sausage	1-LB. PKG.	\$1.29	MAPLE LEAF — 1-LB. AVG. BOLOGNA, MAC'N CHEESE, CHICKEN, PICKLE & PIMENTO OR SALAMI Sandwich Meat Chunks	1-LB. 99¢ LB.

WHITE SWAN
ASSORTED COLORS
**Bathroom
Tissue**
79¢
4-ROLL
PKG.

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

BETTY CROCKER LAYER
ASSORTED FLAVORS
**Cake
Mixes**
55¢
18 TO 19-
OZ. PKG.

(IN TOMATO SAUCE)
**Libby's
Spaghetti** 28-FL. OZ. TIN **43¢**
BEST ASSORTMENT, AND CHOCOLATE CHIP
**Colonial
Biscuits** 2-LB. PKG. **\$1.49**

KRAFT
**Cheez
Whiz**
16-OZ. JAR
\$1.19

Supplied by THE OSHAWA GROUP LIMITED supply depot for progressive independents FOR 25 YEARS

FRESH for FLAVOUR

PRODUCE OF U.S.A.
CANADA NO. 1 GRADE
**California
White
Potatoes**
10-LB. BAG
\$1.39

PRODUCE OF U.S.A.
**Honey
Dews** 2 SIZE 10'S FOR \$1

PRODUCE OF U.S.A., SUNKIST
**Valencia
Oranges** SIZE 113'S DOZ. 89¢

CANADA FANCY GRADE
CONTROLLED ATMOSPHERE B.C. RED
**Delicious
Apples** 3 LBS FOR 99¢

PRODUCE OF U.S.A.
CANADA NO. 1 GRADE
**Green
Cabbage** SIZE 18'S EACH 39¢

PRODUCE OF U.S.A.
CANADA NO. 1 GRADE
**Hot House
Cucumbers** 3 SIZE 24'S FOR 99¢

**Tetley
Tea Bags** PKG. OF 72 **\$1.09**
IGA — HOMOGENIZED
**Peanut
Butter** 16-OZ. JAR **69¢**
ANTI-PERSPIRANT — LIGHT POWDER OR REGULAR
Right Guard 6-OZ. AERO. CAN. \$1.23

Aim Toothpaste 100 ml TUBE 99¢

Off Insect Repellent 266 g AERO. CAN. \$2.19

HOUSE & GARDEN
Raid Bug Killer 450 ml AERO. CAN. \$1.97

FROZEN FANCY SUPER FIRES
McCain's French Fries 2-LB. PKG. 69¢
FROZEN WHOLE WHEAT OR WHITE
Rhodes Bread Dough 5 x 16-OZ. LOAVES PKG. \$1.19
CHILLED RECONSTITUTED
F.B.I. Orange Juice 64-FL. OZ. BTL. 79¢
REGULAR (QUARTERS) 100% VEGETABLE OIL
Imperial Margarine 3-LB. PKG. \$1.49

FANCY (SLICES AND HALVES)
Riverland Peaches 14-FL. OZ. TIN 39¢

LIBBY'S, MIXED VEGETABLES OR
Choice Peas and Carrots 14-FL. OZ. TIN 29¢

IN OIL, TOMATO SAUCE OR MUSTARD SAUCE
Brunswick Sardines 5 3 1/2-OZ. TINS FOR \$1

GAINES (BEEF FLAVOR)
Top Choice Dog Food 2 kg PKG. \$2.39

REGULAR, DIP, SALT & VINEGAR, OR BARBECUE FLAVORED
Hostess Potato Chips 250-GRAM PKG. 79¢

ASSORTED VARIETIES
Kerr's Candies 2 5 TO 6-OZ. PKGS. FOR 88¢

DETERGENT
**Sunlight
Liquid**
59¢
24-FL.
OZ. PLASTIC
BTL.

CARNATION
**Coffee
Mate**
79¢
11-OZ.
JAR

Mrs. Paul Green
Marie Paule Green
Director - Consumer Affairs Dept.
Salad dressing mixes
Dry salad mixes are convenient because they require little shelf space at home and need no refrigeration until the liquid is added. They're good to take along on camping trips, too. In what ways can they be used besides topping a salad?
- in a marinade for flank or chuck steaks;
- as a flavorful basting sauce for fish and chicken (i.e., diluted in wine or water);
- added to pan drippings for tastier hamburgers;
- combined with sour cream to make a great dip;
- with just about any food combination where extra flavor is desired.
Once prepared, the creamy salad mixes will keep under refrigeration for about two weeks. The other oil and vinegar types will keep almost indefinitely.
MRS. GREEN IS AVAILABLE TO TALK "SHOPPING" TO GROUPS. PLEASE CALL (416) 236-1971, OR WRITE—300 THE EAST MALL, LINGSTON, ONTARIO M9B 6B8.

PRICES EFFECTIVE WED. THRU SAT., JUNE 2-5.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

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.
397 Russell St., Midland

Victoria Harbour I.G.A.
Victoria Harbour