



always your best buy!

# Table Rite Beef

**Blade Roasts**  
BLADE BONE REMOVED  
**or Short Rib Roasts**

**59¢**  
LB.

**Cross Cut Rib Roasts**  
OR **Boneless**

**Shoulder Roasts 79¢**  
LB.

CUT FROM THE CHUCK  
**Blade Steaks 69¢**  
LB.

CUT FROM THE CHUCK  
**Cross Cut Steaks 89¢**  
LB.

LEAN, BONELESS  
**Stewing Beef 89¢**  
LB.

MAPLE LEAF, READY-TO-SERVE  
**Smoked Pork Shoulders 99¢**  
LB.

PREVIOUSLY FROZEN, PORK  
**Side Spare Ribs \$1.49**  
LB.

PRIDE OF CANADA, RINDLESS, SLICED  
**Side Bacon 1-LB. \$1.69**  
PKG.

MAPLE LEAF  
**Wieners 1-LB. 85¢**  
PKG.

SWIFT'S PREMIUM, SLICED  
**Sandwich Meats 6-OZ. 45¢**  
PKG.  
MAC'N CHEESE, MOCK CHICKEN, PICKLE & PIMENTO  
DUTCH OR BOLOGNA

BACK AGAIN BY POPULAR DEMAND

Play **LUCKY SPIN**

AT THE CNE, VISIT OUR IGA BOOTH IN THE FOOD PRODUCTS BUILDING.

WED, AUG. 25TH, is Food Products Day (over 20,000 prizes to be given away) throughout the Food Products Building.



USE ONTARIO GROWN FRUITS & VEGETABLES IN YOUR DAILY SALAD.

ONTARIO GROWN  
CANADA NO. 1 GRADE

SIZE  
12'S

**Cauliflower 2 FOR 89¢**

PRODUCE OF U.S.A.

**Sunkist Oranges**

SIZE  
11'S  
DOZ.

**89¢**

ONTARIO GROWN  
CANADA NO. 1 GRADE

**Head Lettuce** SIZE 18'S EA. **39¢**

ONTARIO GROWN  
**Bunch Carrots 3 BUNCHES FOR 87¢**

ONTARIO GROWN  
CANADA NO. 1 GRADE  
**Cabbage** SIZE 16'S **3 FOR 99¢**

PRICES EFFECTIVE WED. TO SAT. AUG. 25-28.  
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

PRODUCE OF U.S.A.  
CANADA NO. 1 GRADE

**Spanish Onions** PKG. OF 3 **49¢**

Produce of U. S. A. Canada Fancy Grade  
**Bartlett Pears** LB. **39¢**

GAY LEA, ASSORTED FLAVORS  
**Cheese Cake Desserts** 4-OZ. CUP **25¢**

KRAFT PROCESSED, CANADIAN SINGLES  
**Cheese Slices** 16-OZ. PKG. **\$1.39**

100% PURE CORN OIL  
**Fleischmann's Soft Margarine** SLEEVE OF 2 x 8-OZ. TUBS **89¢**

IGA, FANCY  
**Whole Kernel Corn** 12-FL. OZ. TIN **37¢**

DOG FOOD  
**Derby Meat Mix** 15-OZ. TIN **19¢**

**Stayfree Maxipads** PKG. OF 30 **\$2.49**

ESSO RUFF 'N' REDDI HIGH DENSITY PLASTIC  
**Sandwich Bags** PKG. OF 50 **49¢**

GLAD, MEDIUM (11" x 14")  
**Freezer Bags** PKG. OF 20 **59¢**

IGA  
**White Serviettes** 3 PKGS. OF 60 **\$1**

FANCY  
**IGA Applesauce** 14-FL. OZ. TIN **29¢**

AYLMER, CHOICE CUT  
**Green or Wax Beans** 14-FL. OZ. TIN **27¢**

DETERGENT  
**Lux Liquid** 32-FL. OZ. PLASTIC BTL. **99¢**

BABY DILLS, SWEET MIXED OR SWEET YUM YUM  
**Bick's Pickles** 32-FL. OZ. JAR **85¢**

**Red Rose Tea Bags** BOX OF 60 **\$1.05**

ASSORTED FLAVORS  
**IGA Fruit Drinks**  
**35¢**  
48-FL. OZ. TIN

HEINZ, STRAINED MEATS EXCEPTED  
**Baby Food**  
**19¢**  
4 1/2-FL. OZ. JAR

VIVA ASSORTED COLORS  
**Paper towels**  
**89¢**  
2-ROLL PKG.

SUNSQEEZE, FROZEN CONCENTRATED  
**Pink or White Lemonade**  
**29¢**  
12 1/2-FL. OZ. TIN

TOASTMASTER (4¢ OFF LABEL)  
**French Pastry** PKG. OF 4 **75¢**

IGA  
**Raisin Bread** 16-OZ. LOAF **49¢**

COCONUT RUFFLES OR COCONUT MACAROONS  
**McCormick's Biscuits** 11 TO 11 1/2 OZ. PKG. **89¢**

TOPPING  
**Dream Whip** 4-OZ. BOX **69¢**

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

GIANT BARS, MILK CHOCOLATE, ALMOND OR SPECIAL DARK  
**Hershey Candy Bars** BANDED PKGS. OF 3 BARS **\$1.09**

FAMOSA BRAND, FROZEN, 15" FULLY DRESSED DELUXE  
**Pizza** 31-OZ. PKG. **\$2.49**

SARA LEE, FROZEN, (CHOCOLATE, VANILLA OR STRAWBERRY FLAVOR)  
**Layer Cakes** 13-OZ. PKG. **99¢**

IGA  
**Salad Dressing**  
**79¢**  
32-FL. OZ. JAR

REGULAR OR DIET  
**Shasta Soft Drinks**  
**\$2.99**  
CASE OF 24 x 10-FL. OZ. TINS

POWDERED  
**Surf Detergent**  
**\$1.65**  
5-LB. KING SIZE BOX

Marie-Paule Green  
Director - Consumer Affairs Dept.  
**Cottage Cheese**  
Cottage cheese is made from either fresh or reconstituted pasteurized, skim milk. It is sold as dry, creamed and flavored. The dry form is the original cheese. If the label reads "creamed," three tablespoons of fresh dairy cream have been added to every eight ounces of dry cheese. Creamed cottage cheese must have a 4% fat content by weight, supplying 60 calories for 1/4 cup. The same amount of the dry cottage cheese supplies 42 calories. The flavored kind contains fruit or onion pieces. 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.**  
397 Russell St., Midland

**Victoria Harbour I.G.A.**  
Victoria Harbour