

CAMPBELL'S
Cream of Mushroom Soup
10-FL. OZ. TIN **23¢**

SMOOTH
Skippy Peanut Butter 32-OZ. JAR **\$1.39**

AYLMER (WITH PECTIN) RASPBERRY OR
Strawberry Jam
24-FL. OZ. JAR **99¢**

BEST ASSORTMENT OR CHOCOLATE CHIP
Colonial Biscuits 2-LB. PKG. **\$1.59**

IGA, ROYAL GOLD MILD MEDIUM OR OLD COLORED
Cheddar Cheese
12-OZ. WEDGE **\$1.23**

IGA CHOICE
Cream Style Corn 3 14-FL. OZ. TINS **\$1**
Del Monte Peas 14-FL. OZ. TIN **33¢**
ARKELL
Choice Tomatoes 19-FL. OZ. TIN **47¢**
CHUNK LIGHT
Cloverleaf Tuna 6½-OZ. TIN **65¢**
Purina Seanip Dinner 1-kg BOX **79¢**
REGULAR GRIND
Red Rose Coffee 1-LB. BAG **\$1.79**
FROSTED OR BROWN SUGAR
Kellogg's Mini-Wheats 13-OZ. PKG. **75¢**
DEMPSTER'S (4¢ OFF LABEL)
Old World Rolls PKG. OF 12 **69¢**
CRUNCHY, RUM & BUTTER, DAIRY MILK, CARAMEL OR SNACK BAR FAMILY PACK
Cadbury's Candy Bars 4-BAR REGULAR SIZE PKG. **65¢**
FLAVORED
McCormick's Ju Jubes 16-OZ. PKG. **85¢**

PRICES EFFECTIVE WED. TO SAT., SEPT. 1 TO 4. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

UNIVERSAL, SLICED
White Bread
16-OZ. LOAF **27¢**



Labour Day SPECIALS
featuring
good old-fashioned prices that will make you Remember When!

CANADA GRADE "A", Eviscerated
FRESH! Young Turkeys UNDER 10-LB. AVG. **79¢ LB.**
EXCLUSIVE AT I.G.A!
CANADA GRADE "A", Eviscerated Young
TABLERITE, FROZEN, UNDER 10-LBS.
Self-Basted Turkeys LB. **98¢**
LAZY MAPLE, READY TO SERVE
CRYOVAC, BONE-IN
Smoked Hams \$1.75 LB. \$1.85 LB.
SWIFT'S PREMIUM, READY TO SERVE
BONELESS, 3-LB. AVG.
Dinner Hams \$1.89 LB.
TABLERITE, SLICED
Bologna 16-OZ. PKG. **89¢**
SHOPSY
Old Vienna Salami 18-OZ. CHUB **\$1.49**
SHOPSY
Potato Salad or Cole Slaw 24-OZ. TUB **69¢**
Side Bacon 1-LB. PKG. **\$1.65**
PRIDE OF CANADA
Wieners 1-LB. PKG. **85¢**
SHOPSY
Beef Sausages 1-LB. PKG. **99¢**

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

PINK OR LEMON 128-FL. OZ. PLASTIC BTL.
Austin's Fabric Softener **99¢**

SAVARIN, FROZEN CHICKEN, BEEF, TURKEY OR BEEF AND KIDNEY
Pot Pies
8-OZ. PKG. **29¢**

IGA 100-FT. ROLL PKG.
Wax Paper **47¢**

FINE, GRANULATED
White Sugar
2-kg BAG **79¢**

JEANIE ONE SIZE, BEIGE OR SPICE
Panty Hose 3-PAIR PKG. **99¢**
REGULAR (PKG. OF 30) OR SUPER ABSORBENT (PKG. OF 24)
Babyscott Diapers PKG. **\$1.99**
FRASERVALE, FANCY FROZEN
Mixed Vegetables 2-LB. PKG. **75¢**
THRIFT PACK, BLUEWATER, FROZEN
Fish & Chips 32-OZ. PKG. **\$1.29**
HOLIDAY FARMS, FROZEN
Cabbage Rolls or Lasagna 32-OZ. PKG. **\$2.09**
100% PURE VEGETABLE OIL (QUARTERS)
Imperial Margarine 3-LB. PKG. **\$1.49**
DRAIN BOARDS, KING SIZE DISH DRAINER, DISH PANS, WASTE BASKETS, GIANT COLANDER
128-OZ. DECANTER, UTILITY PAILS ASSORTED COLORS
Plastic Housewares EACH **77¢**
BUY ONE 300-g PKG. OF HUMPTY DUMPTY CORN CHIPS (PLAIN OR BBQ) AT 79¢
GET ONE 300-g PKG. FREE

ASSORTED FLAVORS
Jell-o Jelly Powders
3-OZ. BOX **18¢**

Marie-Paule Green
Marie-Paule Green
Director - Consumer Affairs Dept.
Food additives
What exactly are food additives? They are substances that are added to foods for better consistency, flavor, seasoning or preserving.
An example of an additive is an emulsifier. Emulsifiers help to make a product smooth and creamy. Basically, they help the vegetable fats within a product stay thoroughly mixed with the other ingredients. Examples of emulsifiers are mono- and di-glycerides which are found in breads, process cheeses, cocoa, ice cream and milk chocolate. Another example is sodium stearoyl 1-2-lactylate which is found in icing and icing mixes, fillings, puddings and pudding mixes.
MRS. GREEN IS AVAILABLE TO TALK "SHOPPING" TO GROUPS. PLEASE CALL (416) 238-1971, OR WRITE-300 THE EAST MALL, ISLINGTON, ONTARIO M9B 6B8.

USE ONTARIO GROWN FRUITS & VEGETABLES IN YOUR DAILY SALAD.
PRODUCE OF U.S.A. CANADA NO. 1 GRADE
California Plums 39¢ LB.
CANADA NO. 1 GRADE SIZE 24'S
Ontario Grown Celery Stalks EA. **35¢**
CANADA NO. 1 GRADE
Ontario Grown Cucumbers 2 FOR **39¢**
PRODUCE OF CANADA
Ontario Grown Pepper Squash 2 FOR **49¢**
PRODUCE OF U.S.A. CANADA FANCY GRADE
California Bartlett Pears LB. **39¢**
PRODUCE OF CANADA
Ontario Grown Green Onions 2 BUNCHES FOR **29¢**
PRODUCE OF REPUBLIC OF SOUTH AFRICA
Outspan Oranges LB. **89¢**

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