



Remember When the produce had that just-picked look?

At IGA it still does!



FRESH for FLAVOUR
ONTARIO NO. 1 GRADE
Ontario Potatoes
99¢
 20-LB. BAG

PRODUCE OF REPUBLIC OF SOUTH AFRICA
Outspan Oranges
89¢
 SIZE 112'S DOZ.

ONTARIO GROWN CANADA NO. 1 GRADE
Cabbage SIZE 16'S **3 FOR 87¢**
 ONTARIO GROWN CANADA NO. 1 GRADE
Cooking Onions 2-LB BAG **39¢**
 FROM BRITISH COLUMBIA CANADA FANCY GRADE
Bartlett Pears 3 LBS **99¢**
 ONTARIO GROWN
Pepper Squash 3 FOR **69¢**

IGA, UNSWEETENED, FROM CONCENTRATE BLENDED, GRAPEFRUIT OR
Orange Juice 48-FL. OZ. TIN **43¢**

GRADE "B", KETCH
Pink Salmon
69¢
 7 3/4-OZ. TIN

FROZEN, ALL DRESSED
Gusto Pizza 24-OZ. PKG. **\$2.59**
 FROZEN, BANANA, CHOCOLATE, COCONUT OR LEMON
Farm House Cream Pies 12-OZ. PKG. **59¢**
 FROZEN
Downyflake Waffles 10-OZ. PKG. **49¢**
 IGA
Brick or Colby Cheese Cuts RANDOM WT CUTS LB. **\$1.49**
 ALL VEGETABLE
Crisco Shortening 3-LB. TIN **\$1.69**

Fresh! Pork Roasts
85¢ **95¢**
 SHOULDER PORTION LB. BUTT PORTION LB.
FRESH! Butt Pork Chops LB. **\$1.09**

SLICED, PREVIOUSLY FROZEN
Beef Liver LB. **45¢**
 SWIFT'S PREMIUM, SWEET PICKLED
Cottage Rolls 3-LB. AVG. LB. **\$1.29**
 TABLETTE
Wieners 1-LB. PKG. **85¢**
 LAZY MAPLE
Pork Sausages 1-LB. PKG. **\$1.09**
 SCHNEIDER'S (2 PIES PER PKG.) BEEF, PORK, CHICKEN OR STEAK
Meat Pies 8-OZ. PKG. **59¢**
 CAMPFIRE, RINDLESS, SLICED
Side Bacon 1-LB. PKG. **\$1.69**
 SWIFT'S OVEN ROASTING
Corned Beef 3-LB. AVG. LB. **\$1.49**
 MAPLE LEAF, SLICED
Cooked Ham 6-OZ. PKG. **99¢**

FANCY, IGA
Tomato Juice 4 19-FL. OZ. TINS **\$1**
 CHOICE, IGA
Cream Style Corn 19-FL. OZ. TIN **39¢**
 CHOICE, IGA
Whole Tomatoes 2 19-FL. OZ. TINS **89¢**
 IN TOMATO SAUCE
IGA Spaghetti 19-FL. OZ. TIN **35¢**
 BOUNCE
Fabric Softener Sheets BOX OF 20 **99¢**
 IGA
Sugared Donuts PKG. OF 12 **49¢**
 TROPHY SALTED
Blanched Peanuts 16-OZ. PKG. **79¢**
 CHOOSE FROM 17 VARIETIES
Dare's Candies 7 TO 12.4 OZ. PKG. **69¢**
 LOTION, SCENTED OR UNSCENTED
Ultra Ban Roll-On 2.5-OZ. BTL. **\$1.59**
 QUIKKI PLASTIC
Sandwich Bags PKG. OF 100 **59¢**
 QUIKKI (26" X 36") 1.5 MIL
Plastic Garbage Bags PKG. OF 10 **79¢**

McCORMICK'S
Crackers or Saltines
59¢
 16-OZ. PKG.

DEL MONTE, ASSORTED FLAVORS
Pudding Cups SLEEVE OF 4 X 5-FL. OZ. TINS **79¢**

ROMI
Spaghetti or Macaroni
59¢
 2-LB. BAG

100% PURE FROM FLORIDA FROZEN CONCENTRATE
Old South Orange Juice
39¢
 12 1/2-FL. OZ. TIN

100% PURE VEGETABLE OIL
Monarch Margarine 1-LB. PARCHMENT PKG. **39¢**

Coca-Cola or Tab
\$3.59
 CASE OF 24 X 10-FL. OZ. TINS

PARTLY SKIMMED
FRESH! 2% Milk
\$1.19
 3-QT. JUG OR POLY BAGS (PLUS DEPOSIT ON JUGS)

ORANGE PEKOE
Tetley Tea Bags BOX OF 72 **\$1.05**

ALL-PURPOSE
Five Roses Flour
79¢
 5-LB. BAG

MACARONI & CHEESE
Catelli Dinner
18¢
 7 1/4-OZ. BOX

Marie-Paule Green
 Marie-Paule Green
 Director - Consumer Affairs Dept.

Freezing homemade bread

Freezing your homemade bread will save you time. Yeast dough may be frozen unbaked but volume and texture are better if the dough is baked before freezing.

To freeze unbaked white bread, make a dough according to the recipe but double the amount of active dry yeast and sugar. Following kneading, cover the dough and allow it to rest for 20 minutes. Shape the dough into loaves, place on a greased baking sheet and brush with melted fat. Cover and freeze until firm (about 1 hour). Then, wrap the loaves in freezer bags or aluminium foil and return to the freezer. The dough can be stored for two to four weeks at 0° F or colder.

To bake, remove from the freezer, place in a greased pan and brush with melted fat. Cover and allow to thaw in the refrigerator for about 16 hours. Remove the dough and, covered, allow it to rise in a warm place until double in bulk (about 1 hour). Bake as you would fresh dough.

MRS. GREEN IS AVAILABLE TO TALK "SHOPPING" TO GROUPS. PLEASE CALL (416) 236-1971, OR WRITE-300 THE EAST MALL, ISLINGTON, ONTARIO M9B 6B8.

PRICES EFFECTIVE WED. TO SAT., SEPT. 8-11.

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