

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

WHITE SWAN ASSORTED COLORS
Bathroom Tissue
4-ROLL PKG. **89¢**

KLEENEX ASSORTED COLORS
Facial Tissue
PKG. OF 200 **53¢**

IGA 100% PURE VEGETABLE OIL
Soft Margarine
1-LB. TUB **39¢**



Harold Tribe Meat Manager Stayner IGA

IGA
25th Anniversary
1951-1976
Supplied by THE OSHAWA GROUP LIMITED
supply depot for progressive independents

DETERGENT
Ivory Liquid
24-FL. OZ. PLASTIC BTL. **79¢**

NESCAFÉ
Instant Coffee
10-OZ. JAR **\$3.29**

BONIMART OR IGA-FANCY
Fruit Cocktail
19-FL. OZ. TIN **49¢**

Nabisco Shreddies
24-OZ. PKG. **75¢**

CANADA GRADE "A" Eviscerated

Fresh Chickens

59¢ LB.

3-LB. AVG.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

- IGA, FANCY Applesauce 14-FL. OZ. TIN **29¢**
- IGA, FANCY Asparagus Tips 12-FL. OZ. TIN **79¢**
- SWIFT'S Beef or Irish Stew 24-FL. OZ. TIN **69¢**
- BEF, LONDON GRILL OR GOURMET DINNER
- Mighty Dog, Dog Food 6 1/2-OZ. TIN **22¢**
- IGA Coffee Whitener 11-OZ. JAR **69¢**
- ASSORTED VARIETIES
- French's Hamburger 7 TO 8 1/2-OZ. BOX **57¢**
- Fixin's 12" WIDTH
- Alcan Aluminum Foil 50-FT. ROLL PKG. **89¢**
- SLICED, CRUSHED OR TIDBITS
- Palanda Pineapple 19-FL. OZ. TIN **49¢**

PRICES EFFECTIVE WED. TO SAT., SEPT. 15-18.
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

- SUGAR PLUM, READY TO SERVE HALVES CRYOVAC, BONE-IN **\$1.75** LB.
- QUARTERS **\$1.85** LB.
- PREVIOUSLY FROZEN PORK
- Side Spare Ribs 1-LB. PKG. **\$1.39**
- MAPLE LEAF
- Wiener's 1-LB. PKG. **85¢**
- LAZY MAPLE, RINDLESS, SLICED
- Side Bacon 1-LB. PKG. **\$1.75**
- PRIDE OF CANADA, SLICED
- Sandwich Meats 6-OZ. PKG. **43¢**
- MAC 'N CHEESE, MOCK CHICKEN, BOLOGNA, PICKLE & PIMENTO, DUTCH OR LUNCHEON
- SCHNEIDER'S REGULAR, BEEF OR COUNTRY MAPLE
- Mini Sizzler Sausages 1-LB. PKG. **\$1.09**

- DIGESTIVE, SHORTCAKE, NICE OR FRUIT CREME
- Peek Frean Biscuits 14 TO 15-OZ. PKG. **79¢**
- IGA Apple Pie 20-OZ. SIZE EA. **89¢**
- ASSORTED VARIETIES
- Neilson Candy Bars PKG. OF 10 REG. BARS **\$1.69**
- ASSORTED FLAVORS, REGULAR OR DIET
- IGA Soft Drinks CASE OF 24 x 10-FL. OZ. TINS **\$3.39**
- HOSTESS, REGULAR, DIP, SALT & VINEGAR OR BARBECUE FLAVORED
- Potato Chips 250-g PKG. **79¢**

- New Freedom Maxi Pads PKG. OF 30 **\$2.09**
- 60-ml JAR OR TUBE OR 100-ml LOTION
- Head & Shoulders Shampoo EA. **99¢**
- ZEE, DENIM 3 PKGS. OF 25 **98¢**
- GREEN BAGS
- LUNCH GIANT, FANCY FROZEN
- Kitchen Sliced Green Beans 2-LB. POLY BAG **93¢**
- OMSTEAD, FROZEN
- Dressed Smelts 16-OZ. POLY BAG **62¢**
- BIRDSEYE, FROZEN
- Cool Whip Topping 1/2-LITRE TUB **57¢**
- IGA ROYAL GOLD, CANADIAN PROCESS REGULAR WRAP
- Cheese Slices 16-OZ. PKG. **\$1.29**
- PRODUCER BRAND
- Baby Gouda Cheese 20-OZ. PKG. **\$2.19**
- PRE-PRICED 89¢
- ABC Detergent 2-LB. BOX **69¢**

FRESH for FLAVOUR

PRODUCE OF USA
Nectarines **39¢** LB.

ONTARIO GROWN CANADA NO. 1 GRADE
Celery Stalks SIZE 24'S EA. **33¢**

FROM BRITISH COLUMBIA CANADA FANCY GRADE
Bartlett Pears 3 LBS. **99¢**

ONTARIO GROWN CANADA NO. 1 GRADE
Cabbage 3 FOR **87¢**

ONTARIO GROWN CANADA NO. 1 GRADE
Cello Carrots 3-LB. BAG **39¢**

PRODUCE OF USA
California Oranges **69¢** DOZ.

Marie Poole Green
Director - Consumer Affairs Dept.

Thrifty and nutritious ideas

Have you ever thought of using the leaves or peel of fruits and vegetables in your recipes? They furnish good food value and extra flavor.

Instead of throwing away the outer leaves of lettuce, use for sandwiches or as a base for salads. These leaves are often richer in vitamin A than the inner leaves. Outer leaves of cabbage can be steamed and used for stuffed cabbage with any meat or rice filling.

Peels from apples add a touch of color and nutrition in salads and fruit cups. Orange rind can be used in desserts, pie fillings, and to flavor rice. Orange and grapefruit peel can act as a serving dish for salads or desserts. The outer part of celery can be used as a seasoning for stews and soup. Whenever possible bake vegetables with the peel on for added nutrition.

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