

INSTANT
Nescafé Coffee
\$2.89
10-OZ. JAR

60% WHOLE WHEAT,
CRACKED WHEAT OR WHITE SANDWICH
IGA Bread
3 \$1
24-OZ. LOAVES

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

Mom's Margarine
25¢
1-LB. PARCHMENT PKG.

LIQUID
Javex Bleach
88¢
128-FL. OZ. PLASTIC BTL.

IGA 2nd BIG WEEK Table Rite

Heinz Ketchup
55¢
15-FL. OZ. BTL.

ASSORTED VARIETIES
Heinz Soups
7 \$1
8-FL. OZ. TINS

BEEF ROUND-UP

BETTY CROCKER ASSORTED VARIETIES
Snackin' Cake Mixes
69¢
14-OZ. BOX

UNSWEETENED, FROM CONCENTRATE BLENDED, GRAPEFRUIT OR ORANGE

IGA Fruit Juices
48-FL. OZ. TIN **43¢**

IGA **All-Purpose Flour**
5-LB. BAG **65¢**

REGULAR OR MINT **Crest Toothpaste**
100-ml TUBE **99¢**

QUAKER STATE, SUPER BLEND (10W30) **Motor Oil**
1-QT. TIN **77¢**

Round Steak \$1.19
Roasts BONELESS LB.

Sirloin Steaks \$1.49
LB.

Porterhouse Steaks \$1.59
LB.

FULL SLICE OR BOTTOM CUT BONELESS
Round Steaks \$1.29
LB.

BONELESS
Top Round Steaks \$1.39
LB.

BONE IN
Rump Roasts \$1.19
LB.

Boneless Rump Roasts \$1.29
LB.

Fast Fry Loin Steaks \$1.69
LB.

BONELESS
Sirloin Tip Steaks or Roasts \$1.59
LB.

Cube or Sandwich Steaks \$1.69
LB.

FRESHLY MINCED
Medium Ground Beef 79¢
LB.

SLICED PREVIOUSLY FROZEN
Beef Liver 39¢
LB.

LEAN BONELESS
Stewing Beef 85¢
LB.

IGA BONELESS SLICED
Tablerite Side Bacon \$1.59
1-LB. PKG.

IGA SLICED
Tablerite Cooked Ham 99¢
6-OZ. PKG.

IGA
Tablerite Wieners 79¢
1-LB. PKG.

IGA SLICED
Tablerite Bologna 89¢
16-OZ. PKG.

IGA
Tablerite Pork Sausages \$1.09
1-LB. TRAY

POWDERED
Tide Detergent \$2.19
5-LB. BOX

COOKED
Maple Leaf Hams \$3.29
1 1/2-LB. PEAR-SHAPED TIN

BUDGET
Dog Food 15¢
15-OZ. TIN

Swift's Beef or Irish Stew 89¢
24-OZ. TIN

CONTADINA - CHOICE
Whole Tomatoes 49¢
28-FL. OZ. TIN

COFFEE CREAMER
Borden Cremelle \$1.49
22-OZ. JAR

Beehive
Corn Syrup 69¢
2-LB. TIN

CHOOSE FROM 8 VARIETIES
Jacques Candies 59¢
7-OZ. PKG.

McCAIN'S - FROZEN, SUPER FRIES STRAIGHT OR CRINKLE CUT
French Fries 75¢
2-LB. PKG.

HOLIDAY FARMS - FROZEN
Cabbage Rolls \$1.09
16-OZ. PKG.

FARMHOUSE - FROZEN, BANANA, CHOCOLATE, COCONUT OR LEMON FLAVORS
Cream Pies 57¢
12-OZ. PKG.

IGA - ROYAL GOLD
Mild Cheddar Cheese \$1.19
12-OZ. WEDGE

PRODUCER BRAND
Baby Gouda Cheese \$1.39
10-OZ. PKG.

ALL VEGETABLE
Crisco Shortening 59¢
1-LB. PKG.

CHILLED, ORANGE OR GRAPEFRUIT
F.B.I. Fruit Juices 45¢
32-FL. OZ. BTL.

send for a **10% cash refund**

Downy Fabric Softener \$1.69
46-FL. OZ. KING SIZE PLASTIC BTL.

Comet Cleanser 89¢
2 22-OZ. GIANT SIZE CONTAINERS

Oxydol Detergent \$2.59
5-LB. KING SIZE BOX

Spic & Span \$1.29
40-OZ. GIANT SIZE BOX

(MAXIMUM REFUND \$5.00)
ON YOUR GROCERY PURCHASES IN OUR STORE
SEE OUR DISPLAYS FOR DETAILS

FRESH for FLAVOUR
PRODUCE OF U.S.A. CANADA NO. 1 GRADE
Tomatoes 49¢
LB.

PRODUCE OF CANADA CANADA FANCY GRADE
Red or Golden Delicious Apples 39¢
LB.

PRODUCE OF CANADA CANADA FANCY GRADE
Anjou Pears 99¢
3 LBS FOR

ONTARIO GROWN CANADA NO. 1 GRADE
Cabbage 87¢
3 FOR SIZE 16'S

PRODUCE OF U.S.A. CANADA NO. 1 GRADE
Spanish Onions 49¢
PKG. OF 3

PRODUCE OF REPUBLIC OF SOUTH AFRICA
Outspan Oranges 79¢
SIZE 112'S DOZ.

Marie-Paule Green
Director - Consumer Affairs Dept.
Hot ideas on coffee

With the coming of colder weather, more people now start their day with a steaming hot cup of coffee. There are endless ways to vary a good cup of coffee to make it a little different and more interesting. For example, to a half cup of hot coffee add a half cup of scalded milk. Mix well, and you have - café au lait.

Whipped cream added to the top of a hot cup of coffee gives a rich, creamy flavor. This is Viennese coffee.

Ground cinnamon sprinkled onto hot coffee gives a distinctly Mexican flavor. To make Serbian coffee you need 1 1/2 cups of water, a lump of sugar and 1 1/2 teaspoons of finely ground coffee. Add the water and the sugar into a small pot and, just as the water starts to boil, throw in the coffee.

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., OCT. 27 TO OCT. 30. WE RESERVE THE RIGHTS 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