



for good old-fashioned

# Value

IGA  
**Tomato or Vegetable Soup**  
10-FL. OZ. TIN **17¢**

ASSORTED COLORS  
**Scot-towels**  
2-ROLL PKG. **88¢**

CHIPS AHOY, OREO OR PIRATES  
**Christie's Biscuits**  
15.9 TO 16-OZ. PKGS. **79¢**

IGA ROYAL GOLD ASSORTED FLAVORS  
**Ice Cream**  
2-LITRE CRTN. **99¢**

FACELLE ROYALE LILAC, WHITE OR PINK  
**Bathroom Tissue**  
4-ROLL PKG. **99¢**

CREAMETTE  
**Spaghetti OR READY CUT Macaroni**  
2-LB. BOX **59¢**

SHIRRIFF ASSORTED FLAVORS  
**Jelly Powders**  
3-OZ. PKG. **17¢**

IGA  
**Evaporated Milk**  
16-OZ. TINS **3 \$1**

- CORDON BLEU  
**Beef or Irish Stew** 24-OZ. TIN **69¢**  
PEACH, PINEAPPLE, RASPBERRY OR STRAWBERRY
- Berry Box Jams** WITH PECTIN 24-FL. OZ. JAR **99¢**  
NORMAL, LEMON, EGG, STRAWBERRY, APRICOT, HERBAL OR BABY
- Suave Shampoo** 350-ml BTL **79¢**  
SHEER TO THE WAIST, PETITE TO MEDIUM, MEDIUM TO TALL (BEIGE AND SPICE ONLY) MFG. PRE-PRICED 99¢
- No Nonsense Panty Hose** PKG. **79¢**  
TRESWEET — FROZEN, CONCENTRATED 100% PURE FROM FLORIDA
- Orange Juice** 12½-FL. OZ. TIN **49¢**
- HIGHLINER — FROZEN, FAMILY PACK  
**Fish & Chips** 32-OZ. PKG. **\$1.39**
- FROZEN, BEEFBURGER & ONION, GRAVY & ROAST BEEF, SALISBURY STEAK & MUSHROOMS OR TURKEY & GRAVY  
**Shopsy's Meat Entrées** 5-OZ. PKG. **55¢**
- KRAFT CANADIAN, PROCESS SINGLES  
**Cheese Slices** 8-OZ. PKG. **75¢**
- GAY LEA — 100% VEGETABLE OIL  
**Soft Margarine** SLEEVE OF 2 X 8-OZ. TUBS **69¢**

FRESH! 3 LB. AVG.  
**Pork Loin Roasts**  
RIB PORTION **89¢** TENDERLOIN PORTION **99¢** LB.  
FRESH, QUARTER PORK LOIN  
**Loin Pork Chops** (8 TO 11 CHOPS PER PKG.) **\$1.09** LB.  
LAZY MAPLE, READY-TO-SERVE (BONE IN) HALVES — LB. **\$1.69**  
QUARTERS — LB. **\$1.79**  
LAZY MAPLE, READY TO SERVE BONELESS 3 LB. AVG. LB. **\$1.95**  
SUGAR PLUM, RINDLESS, SLICED  
**Side Bacon** 1-LB. PKG. **\$1.59**  
SCHNEIDER'S **Red Hot Wieners** 1-LB. PKG. **85¢**  
OLD MILL, PORK OR BEEF STORE PACKED  
**Breakfast Sausage** LB. **89¢**  
SWIFT'S PREMIUM, SLICED, HEADCHEESE, DUTCH SALAMI, LUNCHEON OR PEPPERONI  
**Sandwich Meats** 6-OZ. PKG. **55¢**

- JOLLY MILLER — FLAVORED  
**Orange Crystals** POLY BAG OF 3 X 3¼-OZ. PKGS. **59¢**
- IGA — ORANGE PEKOE  
**Tea Bags** PKG. OF 60 **79¢**
- IGA — IN MOLASSES SAUCE OR IN TOMATO SAUCE  
**Beans with Pork** 14-FL. OZ. TIN **29¢**
- LARGE DOG BISCUIT  
**Milkbone** 32-OZ. BOX **85¢**
- OLD MILL — MINUTE, SLOW OR QUICK  
**Rollled Oats** 3-LB. BAG **79¢**
- IGA Raisin Bread  
DEMPSTER'S (5¢ OFF LABEL) 16-OZ. LOAF **49¢**
- IGA — RIPPLE OR PLAIN  
**Old World Rolls** PKG. OF 12 **69¢**
- IGA — RIPPLE OR PLAIN  
**Potato Chips** 250-g PKG. **69¢**
- ROPE TWISTS, GRAPE TWISTS, LICORICE TWIZZLERS, LICORICE NOVELTIES OR STRAWBERRY SHOESTRINGS  
**Y & S Licorice** 6 TO 8-OZ. PKGS. **49¢**

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

**Vitamin supplements**  
In winter many people wonder what emphasis should be placed on vitamins in the diet.  
No matter what the season, winter or summer, vitamins are a very important part of our diet. Vitamins are a group of organic substances that are needed in small quantities by the body. Without them we wouldn't be able to "utilize" our food because vitamins serve as essential catalysts during the digestion, absorption and utilization of food nutrients.  
Healthy people who maintain a good diet, following Canada's Food Guide, should not need vitamin supplements. A good diet alone will supply ample essential vitamins as well as other important nutrients. However, vitamin pills alone, which provide only a few of the nutrients needed, will not make up for a poor diet.  
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. NOV. 3 TO SAT. NOV. 6, 1976.  
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

PRODUCE OF U.S.A.  
**Red or White Grapefruit** SIZE 48'S FOR **10 \$1**

FROM BRITISH COLUMBIA CANADA FANCY GRADE RED OR GOLDEN  
**Delicious Apples** LB. **39¢**

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

PRODUCE OF CANADA CANADA NO. 1 GRADE  
**Cello Onions** 2-LB. BAG **39¢**

ONTARIO GROWN CANADA NO. 1 GRADE  
**Rutabagas** LB. **12¢**

PRODUCE OF U.S.A.  
**Walnuts In-The-Shell** JUMBO SIZE LB. **79¢**

PRODUCE OF U.S.A.  
**Florida Oranges** SIZE 125'S DOZ. **59¢**

FRESH for FLAVOUR

- ELMVALE I.G.A.**  
Thurs. & Fri. 8:30 a.m.-9:00 p.m.
- PENETANG I.G.A.**  
Poynitz Plaza, Penetang
- MIDLAND I.G.A.**  
397 Russell St., Midland
- Victoria Harbour I.G.A.**  
Victoria Harbour