

IGA
Choice Peas
4 ^{14-FL. OZ. TINS} \$1

RICH'S—FROZEN
Coffee Rich 2 ^{32-FL. OZ. CTNS.} \$1

IGA REGULAR, 60% WHOLE WHEAT, CRACKED WHEAT OR
White Sandwich Bread
3 ^{24-OZ. LOAVES} \$1

IGA
Pineapple Juice 2 ^{48-FL. OZ. TINS} \$1

CAMPBELL'S
Cream of Mushroom Soup
5 ^{10-FL. OZ. TINS} \$1

IGA—FANCY
Applesauce 3 ^{14-FL. OZ. TINS} \$1

PALANDA—SLICED, CRUSHED OR TIDBITS
Pineapple 2 ^{19-FL. OZ. TINS} \$1

IGA—CHOICE
Whole Potatoes 4 ^{19-FL. OZ. TINS} \$1

MEAT MIX
Derby Dog Food 4 ^{15-OZ. TINS} \$1

ALL-PURPOSE
Five-Roses Flour 10-LB. BAG \$1.79

READY-TO-SERVE, ASSORTED FLAVORS
Robino Oatmeal 2 ^{12 TO 13-OZ. BOXES} \$1

IGA
Fruit Cake 16-OZ. SIZE \$1

REGULAR OATMEAL
Dad's Cookies 24-OZ. PKG. \$1

ASSORTED FLAVORS
IGA Soft Drinks
4 ^{26-FL. OZ. NON-RETURN BTL.} \$1
IGA GINGER ALE—30-FL. OZ. RETURNABLE BTL. 29¢ PLUS 20¢ DEPOSIT ON BTL.

PRICES EFFECTIVE WED., NOV. 17 TO SAT., NOV. 20, 1976. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.



TABLERITE BEEF
Blade Roasts
BLADE BONE REMOVED
or Short Rib Roasts LB. **67¢**

TABLERITE BEEF
Cross Cut Rib Roasts
or Boneless Shoulder Roasts LB. **88¢**

CUT FROM THE CHUCK
Blade Steaks LB. **79¢**

CUT FROM THE CHUCK
Cross Cut Steaks LB. **99¢**

LEAN, BONELESS
Stewing Beef LB. **84¢**
SWIFT'S PREMIUM, READY TO SERVE BONELESS, 3-LB. AVG.
Dinner Hams LB. **\$1.89**
SCHNEIDER'S, RINDLESS, SLICED
Side Bacon 1-LB. PKG. **\$1.59**
MAPLE LEAF
Wieners 1-LB. PKG. **79¢**

MAPLE LEAF
Golden Fry Sausages 1-LB. PKG. **\$1**
TABLERITE, SLICED
Cooked Ham 6-OZ. PKG. **\$1**
SHOPLY
Corned Beef or Pastrami 4 2-OZ. PKGS. **\$1**
TABLERITE, SLICED
Sandwich Meats 3 6-OZ. PKGS. **\$1**
MAC & CHEESE, CHICKEN, DUTCH, PICKLE & PIMENTO OR BOLOGNA

SAVARIN—BEEF, CHICKEN, TURKEY OR SALISBURY STEAK
Frozen Dinners 11-OZ. PKG. **67¢**
ROBIN HOOD—FROZEN
Easy Make Pancake Batter 20-OZ. CTN. **75¢**

IGA—RANDOM WEIGHTS
Brick or Colby Cheese LB. **\$1.49**
HONEY DEW—CHILLED
Orange Drink 64-FL. OZ. BTL. **\$1**
SCHNEIDER'S
Crispycrust Lard 1-LB. PKG. **39¢**

WHITE, PINK OR YELLOW
Scotties Facial Tissue
2 ^{BOXES OF 200} \$1

IGA—PINK LOTION
Liquid Detergent 2 ^{24-FL. OZ. PLASTIC BTL.} \$1

Mom's Margarine
4 ^{1-LB. PARCHMENT PKGS.} \$1

IGA—STARBRITE
Liquid Bleach 2 ^{64-FL. OZ. PLASTIC BTL.} \$1

CARNATION PARTLY SKIMMED
Evaporated 2% Milk
3 ^{16-OZ. TINS} \$1

QUIKKI—PLASTIC
Utility Bags 2 PKGS. OF 25 \$1

QUIKKI—PLASTIC
Sandwich Bags 2 PKGS. OF 100 \$1

QUIKKI—PLASTIC, KITCHEN
Garbage Bags 2 PKGS. OF 12 \$1

WOODBURY—REGULAR
Facial Soap PKG. OF 6 BARS \$1

NEW FREEDOM-MAXI
Feminine Napkins PKG. OF 12 \$1

PIZZA SPINS, WHISTLES, CHEEZ WHILLAKERS, HOTCHOS, CRISP-I-TATERS OR BUGLES
Big "G" Snacks 4.5 TO 6-OZ. BOX **69¢**

ROSEBUDS, MACARON OR CARAMEL ROLLS
Neilson Candies 12-OZ. PKG. **\$1.25**

MACARONI & CHEESE
Catelli Dinner
5 ^{7 1/2-OZ. PKGS.} \$1

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

Canned Tomatoes

One way to brighten our Fall meals is by using canned tomatoes. Canned tomatoes are not only economical but are nutritious as well! One 1/2 cup (an average serving) contains only 21 calories but is an excellent source of vitamin C (20.5 mg) and a good source of vitamin A and phosphorus.

When shopping for canned tomatoes, you'll find Canada Choice is the most popular, although Canada Fancy is also available. Canada Choice is more economical and is suitable for most purposes.

These tomatoes can be used as they come from the can or drained to replace fresh tomatoes. One 19-fluid-ounce can of Canada Choice yields not less than 1 1/2 cups of drained tomatoes or five half-cup servings of tomatoes and juice. A 28-fluid-ounce can yields not less than 2-1/16 cups drained tomatoes or seven half-cup servings of tomatoes and juice.

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

FRESH for FLAVOUR
PRODUCE OF CENTRAL AMERICA
DOLE OR CHIQUITA
Bananas
LB. **15¢**

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¢**
ONTARIO GROWN CANADA NO. 1 GRADE
Cello Carrots 3 2-LB. BAGS FOR **99¢**
ONTARIO GROWN CANADA NO. 1 GRADE
Spanish Onions PKG. OF 2 **49¢**

PRODUCE OF U.S.A.
SIZE 120'S
Tangelos
DOZ. **59¢**

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