

PRODUCE OF U.S.A. FLORIDA MARSH SEEDLESS

Red or White Grapefruit

PRODUCE OF U.S.A.

Florida Oranges

Red or Golden Delicious Apples

LB. 39¢

LUJ

PRODUCE OF U.S.A. CANADA NO. 1 GRADE LB. 59¢ **Tomatoes** PRODUCE OF U.S.A. 2 FOR 39¢

Green Onions PRODUCE OF U.S.A. 2 6-0Z. 33¢ Cello Radish

PRODUCE OF U.S.A.

LB. 79¢ Walnuts In-The-Shell

RED ROSE, ORANGE PEKOE

Tea Bags

CEREAL Nabisco **Shreddies**

DEMPSTER'S (BONUS PACK OF 4 EXTRA) PKG. 69¢ Kaiser Rolls TOASTMASTER, (5¢ OFF LABEL) Blueberry or Bran Muffins PKG 70¢ REGULAR, RIPPLE, SALT & VINEGAR OR BARBECUE FLAVORED 250-g 79¢ **Hostess Potato Chips** ASSORTED BARS 5-REG. 79¢ **Lowney's Candy Bars** BIRDSEYE, FROZEN 1-LITRE 99¢ **Cool Whip Topping**

REGULAR OR DELUXE, FROZEN (12" SIZE) 20-0Z \$1.89 McCain Pizzas **CHILLED 100% PURE FROM FLORIDA**

Tropicana Orange Juice of St. \$1.15 IGA, 100% SOYA OIL 14B 44¢ **Soft Margarine**

ASSORTED VARIETIES PKG. 49¢ Nestlé's Souptime

MEAT DINNER, SEAFOOD, MEAT & GRAVY, OR MEAT & SEAFOOD 1-kg 89¢ Special Menu Cat Food SMOOTH OR CRUNCHY

16-0Z. 79¢ **Squirrel Peanut Butter PLAIN OR SWISS**

12-0Z. 99¢ **Ovaltine**

Mr. IGA for good old-fashioned

CARAMEL CRUNCH, ARROWROOT, DIGESTIVE, GINGER CRISP, NICE, SHORTCAKE, RICH TEA, FRUIT SHORTCAKE OR BUTTER RINGS Coca-

Peek Frean Biscuits

6 TO 71/2-0Z. PKGS. EA.

VALLEY FARMS CHOICE, FROZEN French Fries

PLUS 20¢ DEPOSIT ON BTL. ASSORTED COLORS
REGULAR OR BOUTIQUE

40-FL. OZ.

RETURNABLE BTL.

Kleenex Paper Towels

2-ROLL PKG.

Mir Liquid Detergent

TWIN PACK OF 2 x 24-FL. OZ. PLASTIC BTLS.

RASPBERRY OR Strawberry Tomato Jam (WITH PECTIN)

24-FL.

IGA — ROYAL GOLD, CANADIAN MILD, MEDIUM OR OLD Cheddar Cheese 12-0Z. WEDGE

Chicken Legs or Breasts

BRIGHT'S FANCY

Juice

TABLERITE BEEF

48-FL.

OZ. TIN

Prime Rib Roasts

Prime Rib Steaks

PRIDE OF CANADA, READY TO SERVE **Smoked Picnic Shoulders DEVON, RINDLESS, SLICED** Side Bacon

LB. 79¢

₁8 69¢

16-0Z. 89¢

79¢

Beef Braising Ribs

TRIANGLE, FROZEN **Beef Steakettes** TABLERITE

Wieners TABLERITE, SLICED Bologna

LB.

English Style Sausages CHEF'S PRIDE, TWIN PACK

2 x 7-0Z. \$1.29 Pepperoni Pizzas SWIFT'S PREMIUM, SLICED
JELLIED VEAL, HAM & CHEESE, CORNED BEEF JELLIED BEEF, OR POLISH SAUSAGE

6-0Z 75¢ Sandwich Meats LB \$1.49 Corned Beef

PRICES EFFECTIVE WED. NOV. 24 TO SAT. NOV. 27, 1976. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

LIQUID Javex

64-FL. OZ. PLASTIC BTL. 55¢ Bleach

really are!

WHITE SWAN, ASSORTED COLORS (1-PLY) Bathroom

Tissue REGULAR (30's) OR SUPER ABSORBENT (24's)

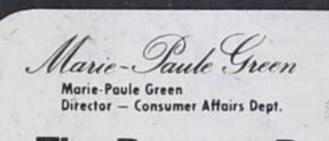
Babyscott Diapers

PKG. \$2.09

Sylvania Frosted Light Bulbs of 2 59¢ SAVADAY, ECONOMY PACK, PASTEL (9-INCH)

PKG. 69¢ **Paper Plates** Durashine Floor Wax PLASTIC BTL \$1.89

Dishwasher Detergent 50-0Z \$1.89





If you would like a little spice in your life, the addition of pepper to your food may just do the trick!

Although we are most familiar with black and white pepper, there are in fact a large variety of peppers, the names of which are derived from the places where they are grown-India, the Far East, and Brazil, for example. Black and white pepper both come from the same vine, Piper nigrum. Black pepper comes from slightly underripe whole berries which are a bit more aromatic; it is used widely on meats, chops and green salads. The white pepper is a fully-ripened berry with the husk removed during processing. The white color is more appealing for dishes of delicate color such as cream sauces, mayonnaise and noodle dishes.

MRS. GREEN IS AVAILABLE TO TALK "SHOPPING" TO GROUPS. PLEASE CALL (416) 236-1971, OR WRITE-300 HE 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