



Mr. IGA for good old-fashioned

Value



FRESH for FLAVOUR
PRODUCE OF U.S.A.
FLORIDA MARSH SEEDLESS

Red or White Grapefruit
10 SIZE 48'S FOR **88¢**

PRODUCE OF U.S.A.
Florida Oranges
2 SIZE 125'S DOZ. **\$1**

FROM BRITISH COLUMBIA CANADA FANCY GRADE
Red or Golden Delicious Apples LB. **39¢**

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

PRODUCE OF U.S.A.
Green Onions 2 FOR **39¢**

PRODUCE OF U.S.A.
Cello Radish 2 6-OZ. PKGS. **33¢**

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

Coca-Cola 40-FL. OZ. RETURNABLE BTL. **39¢**
PLUS 20¢ DEPOSIT ON BTL.

CARAMEL CRUNCH, ARROWROOT, DIGESTIVE, GINGER CRISP, NICE, SHORTCAKE, RICH TEA, FRUIT SHORTCAKE OR BUTTER RINGS
Peek Frean Biscuits 6 TO 7 1/2-OZ. PKGS. EA. **39¢**

VALLEY FARMS CHOICE, FROZEN
French Fries 2-LB. BAG **35¢**

ASSORTED COLORS REGULAR OR BOUTIQUE
Kleenex Paper Towels 2-ROLL PKG. **87¢**

Mir Liquid Detergent TWIN PACK OF 2 x 24-FL. OZ. PLASTIC BTLs. **99¢**

BRIGHT'S FANCY
Tomato Juice 48-FL. OZ. TIN **55¢**

IGA RASPBERRY OR
Strawberry Jam (WITH PECTIN) 24-FL. OZ. JAR **79¢**

IGA — ROYAL GOLD, CANADIAN MILD, MEDIUM OR OLD
Cheddar Cheese 12-OZ. WEDGE **\$1.19**

RED ROSE, ORANGE PEKOE
Tea Bags PKG. OF 60 **\$1.09**

CEREAL
Nabisco Shreddies 675-g BOX **79¢**

DEMPSTER'S (BONUS PACK OF 4 EXTRA)
Kaiser Rolls PKG. OF 12 **69¢**

TOASTMASTER, (5¢ OFF LABEL)
Blueberry or Bran Muffins PKG. OF 6 **70¢**

REGULAR, RIPPLE, SALT & VINEGAR OR BARBECUE FLAVORED
Hostess Potato Chips 250-g PKG. **79¢**

ASSORTED BARS
Lowney's Candy Bars 5-REG. BAR PKG. **79¢**

BIRDSEYE, FROZEN
Cool Whip Topping 1-LITRE TUB **99¢**

REGULAR OR DELUXE, FROZEN (12" SIZE)
McCain Pizzas 20-OZ. PKG. **\$1.89**

CHILLED 100% PURE FROM FLORIDA
Tropicana Orange Juice 64-FL. OZ. BTL. **\$1.15**

IGA 100% SOYA OIL
Soft Margarine 1-LB. TUB **44¢**

ASSORTED VARIETIES
Nestlé's Souptime PKG. OF 4 **49¢**

MEAT DINNER, SEAFOOD, MEAT & GRAVY, OR MEAT & SEAFOOD
Special Menu Cat Food 1-kg PKG. **89¢**

SMOOTH OR CRUNCHY
Squirrel Peanut Butter 16-OZ. JAR **79¢**

PLAIN OR SWISS
Ovaltine 12-OZ. JAR **99¢**

FRESH!
Chicken Legs or Breasts LB. **89¢**

TABLERITE BEEF
Prime Rib Roasts LB. **\$1.19**

Prime Rib Steaks LB. **\$1.29**

PRIDE OF CANADA, READY TO SERVE
Smoked Picnic Shoulders LB. **89¢**

DEVON, RINDLESS, SLICED
Side Bacon 1-LB. PKG. **\$1.15**

Beef Braising Ribs LB. **79¢**

SCHNEIDER'S, TRAY PACK
English Style Sausages LB. **\$1.19**

CHEF'S PRIDE, TWIN PACK
Pepperoni Pizzas 2 x 7-OZ. PIES **\$1.29**

SWIFT'S PREMIUM, SLICED JELLIED VEAL, HAM & CHEESE, CORNED BEEF JELLIED BEEF, OR POLISH SAUSAGE
Sandwich Meats 6-OZ. PKG. **75¢**

TABLERITE
Wieners 1-LB. PKG. **79¢**

SWIFT'S, OVEN ROAST
Corned Beef 3-LB. AVG. LB. **\$1.49**

TABLERITE, SLICED
Bologna 16-OZ. PKG. **89¢**

LIQUID
Javex Bleach 64-FL. OZ. PLASTIC BTL. **55¢**

WHITE SWAN, ASSORTED COLORS (1-PLY)
Bathroom Tissue 4-ROLL PKG. **89¢**

REGULAR (30" s) OR SUPER ABSORBENT (24" s)
Babyscott Diapers PKG. **\$2.09**

15, 25, 40, 60 OR 100 WATT
Sylvania Frosted Light Bulbs PKG. OF 2 **59¢**

SAVADAY, ECONOMY PACK, PASTEL (9-INCH)
Paper Plates PKG. OF 32 **69¢**

ACRYLIC
Durashine Floor Wax 46-FL. OZ. PLASTIC BTL. **\$1.89**

CALGONITE
Dishwasher Detergent 50-OZ. BOX **\$1.89**

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

The Pungent Peppers

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 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