



Merry Christmas

from your friendly staff at IGA

Money Saving Coupons at IGA

SAVE 10¢

WITH THIS COUPON, ON THE PURCHASE OF A 17-OZ. BOX OF INSTANT SHIRRIFF

Mashed Potatoes

EFFECTIVE UNTIL CLOSING FRIDAY, DECEMBER 24, 1976

SAVE 15¢

WITH THIS COUPON ON THE PURCHASE OF ONE PKG. (3 X 6-OZ. POUCH PAKS) OF GAINES BEEF-FLAVORED

Prime Dog Food

EFFECTIVE UNTIL CLOSING FRIDAY, DECEMBER 24, 1976

SAVE 30¢

WITH THIS COUPON ON THE PURCHASE OF A 22-OZ. JAR OF COFFEE WHITENER

Borden's Cremelle

EFFECTIVE UNTIL CLOSING FRIDAY, DECEMBER 24, 1976

SAVE 50¢

WITH THIS COUPON ON THE PURCHASE OF AN 80-OZ., KING SIZE BOX OF POWDERED

Cheer Detergent

EFFECTIVE UNTIL CLOSING FRIDAY, DECEMBER 24, 1976

SAVE 15¢

WITH THIS COUPON ON THE PURCHASE OF A 4-ROLL PKG. OF PENNYWORTH (ASST'D COLORS)

Bathroom Tissue

EFFECTIVE UNTIL CLOSING FRIDAY, DECEMBER 24, 1976

SAVE 7¢

WITH THIS COUPON ON THE PURCHASE OF A 3-BAR BANDED PKG. (ASSORTED VARIETIES)

Hershey Candy Bars

EFFECTIVE UNTIL CLOSING FRIDAY, DECEMBER 24, 1976

SAVE 20¢

WITH THIS COUPON ON THE PURCHASE OF A 3-LB. PKG. (QUARTERS) OF 100% PURE VEGETABLE OIL

Monarch Margarine

EFFECTIVE UNTIL CLOSING FRIDAY, DECEMBER 24, 1976

SAVE 15¢

WITH THIS COUPON ON THE PURCHASE OF 4-OZ. PUMP BTL. NON-AEROSOL (SCENTED OR UNSCENTED)

Final Net Hairspray

EFFECTIVE UNTIL CLOSING FRIDAY, DECEMBER 24, 1976

SAVE 20¢

WITH THIS COUPON ON THE PURCHASE OF A 200 ml BTL. OF REVLON (NORMAL OILY OR DAMAGED)

Milk Plus 6 Shampoo

EFFECTIVE UNTIL CLOSING FRIDAY, DECEMBER 24, 1976

SAVE 10¢

WITH THIS COUPON ON THE PURCHASE OF A 50 ml TUBE

Pepsodent Toothpaste

EFFECTIVE UNTIL CLOSING FRIDAY, DECEMBER 24, 1976

FANCY
Bright's Tomato Juice
48-FL. OZ. TIN **48¢**

DEL MONTE, SEASONED
Green or Wax Beans or Fancy Peas
14-FL. OZ. TIN **29¢**

IGA, ASSORTED FLAVORS
REGULAR OR DIET
Soft Drinks
CASE OF 24 x 10-FL. OZ. TINS
\$2.99

ASSORTED FLAVORS
Jell-o Jelly Powders
3-OZ. PKG. **19¢**

OCEAN SPRAY
JELLIED OR WHOLE
Cranberry Sauce
14-FL. OZ. TIN **48¢**

GRADE "A" FROZEN EVisCERATED
Young Turkeys OVER 20 LBS. **78¢ LB.**

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

FANCY
Dole Fruit Cocktail
19-FL. OZ. TIN **49¢**

BURNS, READY TO SERVE
WHOLE, HALVES OR QUARTERS
HOCK, RIND AND EXCESS FAT REMOVED
Smoked Hams **\$1.19 LB.**

IGA
Brown & Serve Rolls
PKG. OF 12 **39¢**

PINT 25'S, QUART 20'S OR POULTRY 8'S QUIKKI, PLASTIC
Freezer Bags PKG. **39¢**

D-CELL FLASHLITE, C-CELL OR D-CELL TRANSISTOR
Eveready Batteries CARD OF 2 **77¢**

9-VOLT TRANSISTOR
Eveready Battery CARD OF 1 **77¢**

BABY DILLS, SWEET MIXED OR BREAD & BUTTER
Rose Brand Pickles 15-FL. OZ. JAR **57¢**

PALANDA
Mandarin Oranges 10-FL. OZ. TIN **29¢**

IGA
Mincemeat Pies 20-OZ. SIZE **99¢**

DEMPSTER'S (5¢ OFF LABEL)
Old World Rolls PKG. OF 12 **68¢**

REGULAR, RIPPLE, SALT & VINEGAR OR BARBECUE FLAVORED
Hostess Potato Chips 25.9 PKG. **79¢**

PRIDE OF CANADA, READY TO SERVE
CRYOVAC, BONE IN HALVES
Smoked Hams LB. **\$1.65**

PRIDE OF CANADA, READY TO SERVE
BONELESS 3-LB. AVG.
Dinner Hams LB. **\$1.89**

TABLETITE, RINDLESS
Sliced Side Bacon 1-LB. PKG. **\$1.29**

SUGAR PLUM, READY TO SERVE
CRYOVAC BONE-IN QUARTERS
Smoked Hams LB. **\$1.75**

MAPLE LEAF
Sausage Meat 1-LB. ROLL **59¢**

APPLE CRUMB OR APPLE, FROZEN
Mrs. Smith Pies 26-OZ. PKG. **99¢**

IGA, ROYAL GOLD, INDIVIDUALLY WRAPPED, PROCESS
Cheese Slices 16-OZ. PKG. **\$1.29**

LIME CORDIAL, LEMON SQUASH OR ORANGE SQUASH
Idris Drink Concentrate 25-FL. OZ. BTL. **\$1.29**

SEALTEST
Egg Nog 1-QT. CRTN. **89¢**

UNSWEETENED, PURE
F.B.I. Orange Juice 64-FL. OZ. BTL. **89¢**

ASSORTED COLORS
Scotties Facial Tissue PKG. OF 200 **55¢**

REYNOLD'S WRAP, 18" WIDTH
Aluminum Foil 25-FT. ROLL PKG. **89¢**

FRENCH'S
Prepared Mustard 24-FL. OZ. JAR **49¢**

BLUE DOT
Sylvania Flash Cubes CARD OF 3 **\$1.59**

BLUE DOT
Sylvania Magicubes CARD OF 3 **\$1.99**

GREEN GIANT, FANCY, FROZEN
Peas or Whole Kernel Niblets Corn 12-OZ. PKG. **39¢**

MCCORMICK'S - SOME OF EACH OR
Party Crackers 12-OZ. PKG. **69¢**

MARTIN'S, ASSORTED FLAVORS
Fruit Drinks 48-FL. OZ. TIN **39¢**

CHOOSE FROM 7 VARIETIES
Peek Frean Biscuits 6 TO 7-OZ. PKGS. FOR **89¢**

PRICES EFFECTIVE TUES., DEC. 21, TO FRI. DEC. 24, 1976.
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

PRODUCE OF U.S.A.
Sunkist Navel Oranges SIZE 113'S DOZ. **79¢**

FROM BRITISH COLUMBIA CANADA FANCY GRADE RED OR GOLDEN
Delicious Apples 3 LBS. **99¢**

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

PRODUCE OF U.S.A.
Bunch Carrots BUNCH EA. **39¢**

PRODUCE OF U.S.A.
Brussels Sprouts 16-OZ. PKG. **59¢**

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

Mrs. Pauline Green
Morris Pauline Green
Director - Consumer Affairs Dept.

Thawing the Bird

Whether you've decided on turkey, or chicken, or duck for Christmas, care must be taken at home to ensure safe storing and thawing. Keep fresh birds in the refrigerator (not in the garage or outdoors in a box) no longer than two to three days.

For frozen birds, there are two recommended thawing methods:

- 1) In the refrigerator. Allow about five hours per pound, and keep the original wrapper on the bird.
- 2) In a cold water bath. This is a quicker method requiring one hour per pound. Again keep the original wrapper on, and change the water a few times during defrosting. The cold water will keep the bird at a sufficiently cool temperature on the outside while the inside defrosts.

Cooking - Use a slow 325°F oven, and for a dependable guide insert a meat thermometer in the drumstick, avoiding the bone. When the temperature reaches 190°F in the drumstick the bird is done.

Carving - For easier carving let the bird stand for twenty minutes before cutting.

MERRY CHRISTMAS AND A HAPPY NEW YEAR!

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

Check your IGA for Holiday store hours

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