

Money Saving Coupons at IGA

WITH THIS COUPON
SAVE 8¢
ON THE PURCHASE OF A
33-FL. OZ. BTL. OF MOTT'S
**Bloody Mary
Mix**
EFFECTIVE UNTIL CLOSING
FRIDAY, DECEMBER 31, 1976

WITH THIS COUPON
SAVE 8¢
ON THE PURCHASE OF A
28-FL. OZ. BTL. OF
LEAHY, FANCY
Applesauce
EFFECTIVE UNTIL CLOSING
FRIDAY, DECEMBER 31, 1976

WITH THIS COUPON
SAVE 15¢
ON THE PURCHASE OF A
4 1/2-FL. OZ. TIN OF
**Highliner
Tiny Shrimp**
EFFECTIVE UNTIL CLOSING
FRIDAY, DECEMBER 31, 1976

WITH THIS COUPON
SAVE 8¢
ON THE PURCHASE OF A
12-OZ. PKG. OF PURINA
(ASSORTED FLAVORS)
**Tender
Vittles**
EFFECTIVE UNTIL CLOSING
FRIDAY, DECEMBER 31, 1976

WITH THIS COUPON
SAVE 10¢
ON THE PURCHASE OF A
BOX OF 10 x 1-OZ. PKGS.
OF INSTANT
**Nestlé
Hot Chocolate**
EFFECTIVE UNTIL CLOSING
FRIDAY, DECEMBER 31, 1976

WITH THIS COUPON
SAVE 30¢
ON THE PURCHASE OF A
65-OZ. KING SIZE PKG.
OF ALL
**Dishwasher
Detergent**
EFFECTIVE UNTIL CLOSING
FRIDAY, DECEMBER 31, 1976

WITH THIS COUPON
SAVE 15¢
ON THE PURCHASE OF A
PKG. OF 60 TODDLER
**Flushabys
Diapers**
EFFECTIVE UNTIL CLOSING
FRIDAY, DECEMBER 31, 1976

WITH THIS COUPON
SAVE 15¢
ON THE PURCHASE OF A
9-FL. OZ. BTL. OF MENNEN
**Baby Magic
Lotion**
EFFECTIVE UNTIL CLOSING
FRIDAY, DECEMBER 31, 1976

WITH THIS COUPON
SAVE 30¢
ON THE PURCHASE OF AN
8-FL. OZ. BTL. OF GREEN
APPLE, APRICOT, AVOCADO
OR STRAWBERRY
**Earthborn
Shampoo**
EFFECTIVE UNTIL CLOSING
FRIDAY, DECEMBER 31, 1976

WITH THIS COUPON
SAVE 10¢
ON THE PURCHASE OF A
PKG. OF 4 ADJUSTABLE
OR 5 DISPENSER BLADES
**Gillette
Trac II**
EFFECTIVE UNTIL CLOSING
FRIDAY, DECEMBER 31, 1976

PARTLY SKIMMED
**FRESH!
2% Milk**
\$1.19
3-QT. POLY BAG OR JUG
PLUS DEPOSIT ON JUGS

HOSPITALITY, SLICED
White Bread
24-OZ. LOAF
29¢

CANADA DRY ASSORTED FLAVORS
Soft Drinks
28-FL. OZ. RETURNABLE BTL.
29¢
PLUS 20¢ DEPOSIT ON BTL.

CHRISTIE'S
Ritz Crackers
16-OZ. PKG.
89¢

CARNATION, FROZEN BONUS PACK
Hash Brown Potatoes
3 2 1/2-LB. BAGS
\$1

Happy New Year
from **IGA**
Supplied by THE OSHAWA GROUP LIMITED
supply depot for progressive independents

CRUSHED, TIDBITS OR SLICED
Palanda Pineapple
19-FL. OZ. TIN
49¢

REGULAR, RIPPLE, SALT & VINEGAR OR BARBECUE FLAVORED
Hostess Potato Chips
250 g PKG.
67¢

TABLETITE BEEF
Standing Rib Roast **\$1.29** LB.
TABLETITE BEEF
Beef Rib Steaks **\$1.39** LB.

TANG
Orange Crystals
FLAVORED
POLY BAG OF 4 x 3 1/4-OZ. PKGS.
99¢

COOKED
Maple Leaf Hams **\$2.89**
1 1/2-LB. PEAR SHAPED TIN
Sunlight Liquid Detergent **89¢**
32-FL. OZ. KING SIZE PLASTIC BTL. ORANGE PEKOE
Tetley Tea Bags **\$1.99**
BOX OF 144 CARIBBEAN QUEEN
Chunk Light Tuna **59¢**
6 1/2-OZ. TIN

SUNNYMORN, RINDLESS, SLICED 1-LB. PKG. **\$1.19** **Beef Braising Ribs** LB. **78¢**
SHOPS 1-LB. PKG. **79¢** **Beef Wieners**
SHOPS 24-OZ. TUB **75¢** **Potato Salad**
TABLETITE 1-LB. PKG. **\$1.15** **Pork Sausages**
SHOPS 24-OZ. TUB **69¢** **Cole Slaw**
TABLETITE, SLICED MAC & CHEESE, CHICKEN, PICKLE & PIMENTO, DUTCH OR BOLOGNA 6-OZ. PKG. **44¢** **Sandwich Meats**
SWIFTS, VIENNA, POLISH, UKRAINIAN, ITALIAN 12-OZ. CHUBS **\$1.29** **Old World Salamis**

AT IGA WE STILL HAVE
AN EXCELLENT SELECTION OF FESTIVE
TURKEYS AND HAMS FOR YOUR NEW YEAR'S TABLE.

MAXWELL HOUSE
Instant Coffee 10-OZ. JAR **\$2.99**
WHOLE - NO GARLIC OR POLSKI ORGORKI
Bick's Dill Pickles 32-FL. OZ. JAR **69¢**
SEALTEST
Onion Chip Dip 8-OZ. TUB **49¢**
DEL MONTE
Pineapple Juice 48-FL. OZ. TIN **49¢**

IGA, ASSORTED VARIETIES
Meat Spreads 4 3-OZ. TINS **\$1**
FRENCH'S
Prepared Mustard 24-FL. OZ. JAR **49¢**
ROBIN HOOD, LEMON, SPICE OR DUTCH DEVL
Streusel Krone Cake Mixes 21-OZ. BOX **\$1.29**
DEMPSTER'S (11¢ OFF LABEL)
Kaiser Rolls PKG. OF 12 **99¢**
SOME OF EACH CRACKERS OR
McCormick's Party Crackers 12-OZ. PKG. **69¢**

FRESH for FLAVOUR
PRODUCE OF U.S.A., SWEET AND JUICY
Tangerines
2 DOZ. SIZE 176'S \$1
PRODUCE OF U.S.A. CANADA NO. 1 GRADE
Tomatoes 2 LBS 88¢
PRODUCE OF U.S.A. 3 BUNCHES FOR **99¢** **Bunch Carrots**
PRODUCE OF MEXICO CANADA NO. 1 GRADE 3 FOR **99¢** **Cucumbers**
PRODUCE OF U.S.A. 2 BUNCHES FOR **39¢** **Green Onions**
CANADA NO. 1 GRADE LB **12¢** **Rutabagas**

DANISH MAID, BEVERAGE OR OLD FASHIONED
Clear Plastic Tumblers PKG. OF 20 **69¢**
HOT OR COLD DRINK
Styrofoam Cups PKG. OF 51 **49¢**
EXTRA STRONG (8 1/4-INCH)
Chinet Plasticized Luncheon Plates PKG. OF 10 **49¢**
EXTRA STRONG (10 1/2-INCH)
Chinet Plasticized Dinner Plates PKG. OF 15 **89¢**
IGA, 1.5 MIL (26" x 36" SIZE) PKG. OF 20 **\$1.39** **Plastic Garbage Bags**
FROZEN, 4 PACK, 5" SIZE 16-OZ. PKG. **\$1.49** **Kellogg's Deluxe Pizza**
CHUN KING, PINEAPPLE CHICKEN, SWEET & SOUR BREADED SHRIMP OR PEPPER STEAK 11-OZ. PKG. **99¢** **Frozen Chinese Dinners**
KRAFT, CRACKER BARREL 16-OZ. BLOCKS **\$1.65** **Mild Cheddar Cheese**
100% PURE VEGETABLE OIL 3-LB. CRTN. **\$1.59** **Blue Bonnet Margarine**
ALKA SELTZER 83¢ BTL. OF 25 83¢ BTL. OF 48 **\$1.39**

PRICES EFFECTIVE TUES., DEC. 28, TO FRI. DEC. 31, 1976.
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

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

Dried Fruits
Dried fruits make a most enjoyable alternative to candies, especially during the holiday season. They can be eaten out of hand or used for attractive and nutritious desserts. They may seem expensive, but keep in mind that they increase four times in volume when reconstituted.
To cook, simmer the fruit in one inch of cold water in a covered pan; the steam will plump them up. If sugar is required it should be added about halfway through to prevent toughening of the fruit. Dried fruit will keep for six to eight months if stored in an airtight container.
To soften dried fruit that has gone leathery, store for a few days in an airtight jar with fresh lemon or orange peels.
Dried fruit provides us with a tasty and very nutritious snack that is available all year round.

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