

Money Saving Coupons at IGA

WHITE SWAN ASSORTED COLORS
Bathroom Tissue
37¢
2-ROLL PKG.

CAVALIER ASSORTED FLAVORS
Soft Drinks
\$2.39
CASE OF 24 x 10-FL. OZ. TINS

IGA
Tomato or Vegetable Soup
15¢
10-FL. OZ. TIN

GRANULATED
White Sugar
69¢
2-kg BAG

WITH THIS COUPON
SAVE 8¢
ON THE PURCHASE OF A 40-FL. OZ. BTL. OF WELCH'S
Prune Nectar
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 5, 1977

WITH THIS COUPON
SAVE 10¢
ON THE PURCHASE OF A 13-FL. OZ. TIN OF E.D. SMITH
Tomato Paste
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 5, 1977

WITH THIS COUPON
SAVE 12¢
ON THE PURCHASE OF A 48-FL. OZ. TIN OF VAN CAMP (IN TOMATO SAUCE)
Beans with Pork
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 5, 1977

WITH THIS COUPON
SAVE 10¢
ON THE PURCHASE OF A 24-FL. OZ. TIN OF CORDON BLEU
Beef or Irish Stew
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 5, 1977

WITH THIS COUPON
SAVE 10¢
ON THE PURCHASE OF A 1-LB. TIN OF MAPLE LEAF
Canned Hams
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 5, 1977

WITH THIS COUPON
SAVE 10¢
ON THE PURCHASE OF A BOX OF 50 LIPTON ONE CUP
Orange Pekoe Tea Bags
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 5, 1977

WITH THIS COUPON
SAVE 25¢
ON THE PURCHASE OF A 5-LB. BOX OF
Bold Detergent
(PRE-PRICED \$2.45)
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 5, 1977

WITH THIS COUPON
SAVE 10¢
ON THE PURCHASE OF A 12-OZ. BOX OF COLD WATER WASH
Zero
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 5, 1977

WITH THIS COUPON
SAVE 12¢
ON THE PURCHASE OF A 12" x 150' ROLL BOX OF ALCAN
Aluminum Foil
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 5, 1977

WITH THIS COUPON
SAVE 10¢
ON THE PURCHASE OF A 2-OZ. TIN OF
Penaten Cream
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 5, 1977

2nd BIG WEEK

IGA TABLETTE BEEF ROUND-UP

PARTLY SKIMMED
Fresh 2% Milk
\$1.19
3-QT. JUG OR POLY BAGS PLUS DEPOSIT ON EACH JUG

ASSORTED VARIETIES
Pamper Cat Food
5 6 1/2-OZ. TINS 99¢

WHITE OR 100% WHOLE WHEAT FROZEN
Rhodes Bread Dough
\$1.09
PKG. OF 5 18-OZ. LOAVES

IGA, FANCY
Tomato Juice
19-FL. OZ. TIN 25¢

IGA, CHOICE
Whole Potatoes
25¢
19-FL. OZ. TIN

SCHNEIDER'S, PURE
Crispcrust Lard
1-LB. PKG. 49¢

IGA EXCLUSIVE
If you need a new table setting, or just a few extra dishes, here's the dinnerware for you. Imported exclusively from France, break-resistant and specially tempered, this attractive set of glass Marly Smoke Dinnerware contains 20 pieces:
• 4 x 9 1/2" plates • 4 x 7 1/2" cups
• 4 x 7 1/2" plates • 4 x 5 1/2" saucers
• 4 x 8 1/2" deep plates
The price? Only \$10.98. Much less than you'd expect. And when you use this \$2.00 coupon, you'll get everything for just \$8.98. Now that's quite a deal!
...all from Mr. IGA.
MARLY Smoke Dinnerware
SAVE \$2.00
ON THIS IMPORTED FROM FRANCE 20-PIECE SET OF BREAK-RESISTANT, SPECIALLY TEMPERED ATTRACTIVE GLASS
MARLY Smoke Dinnerware
WITH THIS COUPON YOU PAY ONLY \$8.98 FOR THE SET.
SAVE \$2.00

BONELESS, BOTTOM CUT
Round Steak Roasts LB. **\$1.17**
Sirloin Steaks LB. **\$1.49**
Porterhouse Steaks LB. **\$1.59**
BONELESS, FULL SLICE OR BOTTOM CUT
Round Steaks LB. **\$1.27**
Top Round Steaks LB. **\$1.37**
LEAN AND BONELESS
Stewing Beef LB. **85¢**
SLICED PREVIOUSLY FROZEN
Beef Liver LB. **39¢**
BONIMART 2 OZ.
Beef Patties 2 LB. BOX **\$1.69**
PRIDE OF CANADA
Beef Wieners 1 LB. PKG. **79¢**
PRIDE OF CANADA
Beef Sausages 1 LB. PKG. **\$1.15**
SCHNEIDER'S SLICED
Beef Bologna 16 OZ. PKG. **95¢**
SHOPS, 2 OZ.
Corned Beef or Pastrami 4 PKGS. **\$1.09**
DEVON, RINDLESS, SLICED
Side Bacon 1 LB. PKG. **\$1.25**
PRIDE OF CANADA, SLICED
MAC & CHEESE, CHICKEN, DUTCH PICKLE & PIMENTO, LUNCHEON OR BOLOGNA 6 OZ. PKG. **39¢**
Sandwich Meats

100% PURE VEGETABLE OILS
IGA Soft Margarine
39¢
1-LB. TUB

ASSORTED FLAVORS
Hi "C" Fruit Drinks
49¢
48-FL. OZ. TIN

ASSORTED VARIETIES READY-TO-SERVE
Quaker Oatmeal
59¢
9 TO 13-OZ. PKGS.

DADDY-O-COOKIES, PEANUT BUTTER, CHOCOLATE FUDGE, PLAIN MALLOWS OR COCONUT MALLOWS
Dad's Biscuits
89¢
14 TO 16-OZ. PKGS.

PROCESS
Kraft Cheez Whiz
\$1.19
16-OZ. JAR

STUART HOUSE, 12" WIDTH
Aluminum Foil
79¢
50-FT. ROLL BOX

Baggies Alligator Utility Bags
49¢
PKG. OF 20

FROZEN, ALL-DRESSED
Pizza Famosa
\$2.39
31-OZ. PKG.

KRAFT, PROCESS
Velveeta Cheese
\$1.45
1-LB. PKG.

Marie-Paule Green
Marie-Paule Green
Director - Consumer Affairs Dept.
What are pilchards?
The pilchard is a firm fleshed, deliciously flavored fish, similar to a large sardine. It is sold in cans - everything contained is edible, and at low cost.
Pilchard Cheese Toastwich
15 oz. pilchards 6 slices strong cheese
6 slices brown bread 1 tsp French mustard
2 tsp. butter or margarine paprika
Drain pilchards and split in half lengthwise. Combine butter and mustard. Spread bread with mustard butter. Place pilchards on bread and cover with cheese. Sprinkle with paprika. Bake on foil covered tray at 450 F. 8 to 10 minutes.
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 U.S.A. CANADA No. 1 GRADE
Lettuce 3 FOR 99¢
PRODUCE OF U.S.A. CANADA No. 1 GRADE
Cauliflower 59¢ EACH
FROM BRITISH COLUMBIA CANADA FANCY GRADE
Red or Golden Delicious Apples 3 LBS. 99¢
PRODUCE OF U.S.A.
Bunch Carrots 3 BUNCHES FOR 99¢
ONTARIO GROWN
Mushrooms LB. 99¢
PRICES EFFECTIVE WED., FEB. 2, TO SAT., FEB. 5, 1977 WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

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