

Mr. IGA presents real value with his ...



DOUG BIRD - YOUR MR. IGA AT BIRD'S IGA, STIRLING, ONT.

# TableRite BEEF



**BLADE BONE REMOVED**  
**Blade Roasts** or **Short Rib Roasts**  
**Cross Cut Rib Roasts** or **Shoulder Roasts**  
**62¢** LB.  
**85¢** LB.  
**Blade Steaks** LB. **69¢**  
**Cross Cut Steaks** LB. **89¢**  
**Wiener's** 1-LB. PKG. **65¢**  
**Farmer's Market Sausage** 1-LB. PKG. **\$1.29**  
**Bologna** BY THE PIECE LB. **45¢**  
**Corned Beef** 3-LB. AVG. LB. **\$1.59**  
**Side Bacon** 1-LB. PKG. **\$1.49**  
**SHOPSY BONUS OFFER**  
 GET A 1/2-LB. PKG. OF SHOPSY BEEF WIENERS WITH THE PURCHASE OF A SHOPSY OLD VIENNA SALAMI 18-OZ. CHUB AT THE SPECIAL PRICE OF \$1.85.

IGA, ASSORTED FLAVORS  
**Fruit Drinks**  
**3** 48 FL. OZ. TINS **\$1**

AUNT JEMIMA, REGULAR, BUTTERMILK OR BUCKWHEAT  
**Pancake Mixes** 2-LB. BOX **59¢**

IGA, ROYAL GOLD REGULAR WRAP, PROCESS  
**Cheese Slices**  
**\$1.19**  
 16-OZ. PKG.

IGA, CHOICE  
**Peas or Corn** 3 19-FL. OZ. TINS **\$1**

CHIP RING, DIGESTIVE, SHORTCAKE OR NICE  
**Peek Frean Biscuits**  
**79¢**  
 14 TO 15 OZ. PKGS.

COMFEES, DAYTIME  
**Disposable Diapers** PKG. OF 30 **\$2.69**  
 NORMAL OR OILY SHAMPOO  
**"Gee Your Hair Smells Terrific"** 350-ml BTL. **\$1.49**  
 IGA, PLASTIC, 1.5 ml, 26" x 36" SIZE  
**Garbage Bags** PKG. OF 10 **79¢**  
 TREASURE ISLE, FROZEN  
**Shrimp Mates** 8-OZ. PKG. **99¢**  
 DELUXE OR CHEESE, FROZEN, 4-PACK  
**Kellogg's Pizzas** 15 TO 16-OZ. PKGS. **\$1.49**  
 STILLMEADOW, FROZEN  
**Chicken & Chips** 22-OZ. PKG. **\$1.49**  
 SARA LEE, FROZEN, CHOCOLATE, VANILLA OR STRAWBERRY  
**Layer Cakes** 13-OZ. PKG. **89¢**  
 MONARCH (100% VEGETABLE OIL)  
**Margarine** 1-LB. PARCHEMENT PKG. **37¢**

PRICES EFFECTIVE WED., FEB. 16, TO SAT., FEB. 19, 1977  
 WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

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

Saves \$1.20 at IGA with these Coupons

WITH THIS COUPON  
**SAVE 8¢**  
 ON THE PURCHASE OF A 1 1/2-LB. PKG. OF SHIRRIFF INSTANT  
**Scalloped Potatoes**  
 COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 19, 1977

WITH THIS COUPON  
**SAVE 20¢**  
 ON THE PURCHASE OF A 1 1/2-LB. TIN OF BURNS, PRIDE OF CANADA  
**Canned Hams**  
 COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 19, 1977

WITH THIS COUPON  
**SAVE 15¢**  
 ON THE PURCHASE OF A BOX OF 3 x 6-OZ. POUCHES OF  
**Gaines Prime Beef**  
 COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 19, 1977

WITH THIS COUPON  
**SAVE 10¢**  
 ON THE PURCHASE OF A 6 TO 8-OZ. BOX OF ASSORTED VARIETIES  
**Hamburger Helper**  
 COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 19, 1977

WITH THIS COUPON  
**SAVE 10¢**  
 ON THE PURCHASE OF A 36 1/2-OZ. BOX OF BETTY CROCKER  
**Bisquik Mix**  
 COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 19, 1977

WITH THIS COUPON  
**SAVE 10¢**  
 ON THE PURCHASE OF A 7-OZ. CONTAINER OF AIR CARE, SOLID, HERBAL, ROSE, LAVENDER, FRESH FOREST, LEMON OR POWDER ROOM  
**Air Fresheners**  
 COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 19, 1977

WITH THIS COUPON  
**SAVE 15¢**  
 ON THE PURCHASE OF A 27-OZ. CAN OF JOHNSON'S  
**Super Bravo Floor Wax**  
 COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 19, 1977

WITH THIS COUPON  
**SAVE 10¢**  
 ON THE PURCHASE OF A 20-OZ. AERO. CAN OF  
**Easy On Speed Starch**  
 COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 19, 1977

WITH THIS COUPON  
**SAVE 12¢**  
 ON THE PURCHASE OF A 22-FL. OZ. PUMP BTL. OF SPRAY CLEANER  
**Formula 409**  
 COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 19, 1977

WITH THIS COUPON  
**SAVE 10¢**  
 ON THE PURCHASE OF A PKG. OF 10 JOHNSON & JOHNSON  
**Stayfree Minipads**  
 COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 19, 1977

FACELLE ROYALE, ASSORTED COLORS  
**Bathroom Tissue**  
**99¢**  
 4-ROLL PKG.

**Beehive Corn Syrup** 2-LB. TIN **59¢**

GRANULATED, FINE  
**White Sugar**  
**69¢**  
 2 kg BAG

FLAVORED, SWING  
**Orange Crystals** POLY BAG OF 4 x 3 1/2-OZ. PKGS. **89¢**

AYLMER, CHOICE CUT GREEN OR WAX  
**Beans or Sliced Beets**  
**4** 14 FL. OZ. TINS **\$1**

MARTIN'S, PURE, CHOICE  
**Apple Juice** 48-FL. OZ. TIN **69¢**  
 IGA, CHOICE  
**Dessert Pears** 14-FL. OZ. TIN **37¢**  
 SEAMIP, DAIRY OR CAT CHOW  
**Purina Cat Dinners** 1-lb. BOX **89¢**  
 CARNATION, WHITENER  
**Coffee Mate** 11-OZ. JAR **89¢**  
 OLD MILL, MINUTE, SLOW OR QUICK  
**Rolled Oats** 3-LB. BAG **79¢**  
 IGA  
**Sugared Donuts** PKG. OF 12 **49¢**  
 TOASTMASTER (5¢ OFF LABEL)  
**Tea Biscuits** PKG. OF 6 **64¢**  
 IGA  
**Cheese Logs** 250-g PKG. **59¢**  
 CHOOSE FROM 6 VARIETIES  
**IGA Candies** 250-g PKG. **65¢**

*Mrs. Paul Green*  
 Marie Paule Green  
 Director - Consumer Affairs Dept.  
**Vitamin E: The Wonder Vitamin?**  
 The subject of vitamin E and its benefits has been well talked about, but like most fads it has taken a back seat to newer trends. It is, however, an essential element in our daily nutritional requirements.  
 Foods with significant amounts of vitamin E include:  
 - vegetable oils (including corn, soybean and wheat germ)  
 - products made from these oils (such as margarine)  
 - cereal grain products (including whole wheat bread)  
 - fish and meat  
 - eggs  
 - dairy products  
 - green leaf vegetables.  
 Before experimenting with diets containing new fads it may be advisable to check with your local health clinic or your doctor.  
 MRS. GREEN IS AVAILABLE TO TALK "SHOPPING" TO GROUPS. PLEASE CALL (416) 236-1971, OR WRITE - 300 THE EAST MALL, ISLINGTON, ONTARIO M9B 5B6.

FRESH FOR FLAVOUR  
 PRODUCE OF U.S.A.  
 FLORIDA MARSH SEEDLESS  
**Red or White Grapefruit**  
**8** SIZE 48'S FOR **99¢**

PRODUCE OF U.S.A.  
**Sunkist Navel Oranges**  
**99¢**  
 SIZE 113'S DOZ.

FROM BRITISH COLUMBIA CANADA FANCY GRADE  
**Red or Golden Delicious Apples** 3 LBS. **99¢**

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

PRODUCE OF ONTARIO CANADA No. 1 GRADE  
**Cooking Onions** 2 2-LB. BAGS **\$1**

**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" oz. cups  
 • 4 x 7 1/2" plates • 4 x 5 1/2" saucers  
 • 4 x 8 1/2" deep plates  
 The price? Only \$10.99. Much less than you'd expect. And when you use this \$2.00 coupon, you'll get everything for just \$8.99. 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 \$8.99 FOR THE SET. OFFER AVAILABLE WHILE SUPPLIES LAST.  
**SAVE \$2.00**

**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