

IGA, FANCY
Tomato Juice
48-FL. OZ. TIN **49¢**

FANCY, WHOLE KERNEL
Green Giant Corn Niblets
12-FL. OZ. TIN **37¢**

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

PEANUT BUTTER CHIP, OAT SUPREME, FUDGE CHIP, LEMON CREME, OR SUGAR COOKIES
Dare Cookies
14 TO 15-OZ. PKGS. **79¢**

CHICKEN NOODLE, CHICKEN WITH RICE OR CREAM OF MUSHROOM
Aylmer Soups 4 10-FL. OZ. TINS **\$1**

DEMPSTER'S (5¢ OFF LABEL)
Malt Bread 16-FL. LOAF **51¢**

CONFIDETS, BELTLESS
Sanitary Napkins PKG. OF 12 **77¢**

POWDERED
Sani Flush 47-OZ. CAN **89¢**

ASSORTED COLORS
Scottowels 2-ROLL PKG. **99¢**

KELLOGG'S, FROZEN, REGULAR OR BLUEBERRY
Eggo Waffles 11-OZ. PKG. **59¢**

Chunky Chocolate Bar 6-OZ. BAR **69¢**

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" plates
• 4 x 7 1/2" saucers
• 4 x 8 1/2" deep plates
• 4 x 7 1/2" oz. cups
• 4 x 5 1/2" saucers
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.
OFFER AVAILABLE WHILE SUPPLIES LAST.

SAVE \$2.00



Supplied by THE OSHAWA GROUP LIMITED supply depot for progressive independents

Top quality at a low price, that's **Value**



FRESH, 3-LB. AVG.
Pork Loin Roasts
RIB PORTION TENDERLOIN PORTION

\$1.09 **\$1.19**
LB. LB.

FRESH, BONE IN
Veal Cutlets OR
Sirloin **\$1.69**
Veal Steaks LB.

FRESH, CENTRE CUT
Loin Pork Chops 3-LB. AVG. **\$1.39** LB.

MAPLE LEAF, READY TO SERVE, BONELESS
Dinner Hams 3-LB. AVG. **\$1.89** LB.

SUNNY MORN. RINDLESS, SLICED
Side Bacon 1-LB. PKG. **\$1.39**

FRESH, QUARTER PORK LOIN 8-11 CHOPS PER PKG.
Loin Pork Chops 1-LB. **\$1.19** LB.

TABLETTE
Pork Sausages 1-LB. PKG. **\$1.15**

MAPLE LEAF
Wieners 1-LB. PKG. **79¢**

MAPLE LEAF
Breakfast Slices 1-LB. PKG. **\$1.09**

MAPLE LEAF, SLICED MINCED HAM, CHOPPED HAM, SUMMER SAUSAGE, BEER SAUSAGE, KOLBASSA SAUSAGE OR NEW ENGLAND SAUSAGE
Sandwich Meats 6-OZ. PKG. **69¢**

PRIDE OF CANADA, SLICED
Bologna 16-OZ. PKG. **89¢**

STRAIGHT OR CRINKLE CUT, FROZEN
McCain's Superfries 2-LB. POLY BAG **69¢**

Flamingo Butter Tarts PKG. OF 12 **99¢**

FRESH for FLAVOUR
PRODUCE OF U.S.A.
CANADA No. 1 GRADE
Lettuce 3 FOR **99¢**

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

PRODUCE OF U.S.A.
Bunch Carrots 3 BUNCHES FOR **99¢**

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

PRODUCE OF U.S.A.
Lemons SIZE 140'S 6 FOR **49¢**

FROM BRITISH COLUMBIA, CANADA FANCY GRADE
Spartan Apples 3-LB. BAG **89¢**

PRODUCE OF U.S.A.
Radishes 2 6-OZ. PKGS. FOR **39¢**

PRICES EFFECTIVE WED., FEB. 23, TO SAT., FEB. 26, 1977. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

BETTY CROCKER ASSORTED VARIETIES
Snackin' Cake Mixes
14-OZ. BOX **69¢**

MAPLE LEAF, PURE
Tenderflake Lard
1-LB. PKG. **45¢**

IGA, IN MOLASSES SAUCE OR IN TOMATO SAUCE
Beans with Pork
14-FL. OZ. TIN **25¢**

SYLVANIA FROSTED 40, 60 OR 100 WATT
Light Bulbs
PKG. OF 2 **49¢**

IGA, FANCY
Fruit Cocktail or Peach Halves 28-FL. OZ. TIN **59¢**

Zip Dog Food 15-OZ. TIN **17¢**

IGA, PURE SOYA
Vegetable Oil 32-FL. OZ. BTL. **99¢**

IGA Ketchup 32-FL. OZ. BTL. **89¢**

IGA, ROYAL GUEST
Instant Coffee 10-OZ. JAR **\$3.69**

BONUS PACK OF 2-LBS. EXTRA, FIVE ROSES
All-Purpose Flour 22-LB. BAG **\$3.19**

100% VEGETABLE OIL, PARKAY
Soft Margarine 1-LB. MAXI-BOWL **69¢**

REGULAR, RIPPLE, SALT & VINEGAR OR BARBECUE FLAVORED, HUMPTY DUMPTY
Potato Chips 8.8-OZ. PKG. **79¢**

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

Snacks Are Okay!
Many people have misconceptions of snacking and snack foods. Snacks do not always imply a quick doughnut and coffee on the run. Instead, make snacks work for you rather than against you; make them provide more than just calories. Cheese with whole wheat crackers, grapes and celery, vegetable sticks or fruit can fill in as a midday holdover. For children, try a quick and easy treat...

Nutritious Snacks
1/2 cup peanut butter (smooth or crunchy)
2 tbsp. skim milk powder
2 tbsp. honey
2 tbsp. raisins
shredded coconut

Combine peanut butter, skim milk powder, honey and raisins. Shape into a log. Roll in coconut and refrigerate. Each slice is tasty and nutritious.

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

Save \$1.27 at IGA with these Coupons

- WITH THIS COUPON
SAVE 8¢
ON THE PURCHASE OF 4 x 3 1/2-OZ. PKGS. OF FLEADED
Swing Grape Crystals
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 26, 1977
- WITH THIS COUPON
SAVE 8¢
ON THE PURCHASE OF A 28-FL. OZ. JAR OF PLAIN, MEAT OR MUSHROOM, RAGU
Spaghetti Sauce
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 26, 1977
- WITH THIS COUPON
SAVE 15¢
ON THE PURCHASE OF A 1-KG BOX OF GAINES
Puppy Choice
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 26, 1977
- WITH THIS COUPON
SAVE 16¢
ON THE PURCHASE OF A 2-LB. TUB OF CANADA No. 1 BEEMAI, PASTEURIZED
Creamed Honey
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 26, 1977
- WITH THIS COUPON
SAVE 12¢
ON THE PURCHASE OF A 6-OZ. BAG OF MILK CHOCOLATE, BUTTERSCOTCH OR SEMI-SWEET
Chipits Chips
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 26, 1977
- WITH THIS COUPON
SAVE 10¢
ON THE PURCHASE OF A 24-OZ. BAG OF ECONOMY
Farmkist Prunes
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 26, 1977
- WITH THIS COUPON
SAVE 10¢
ON THE PURCHASE OF A 34-OZ. CAN OF CRYSTAL
Vanish Toilet Cleaner
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 26, 1977
- WITH THIS COUPON
SAVE 20¢
ON THE PURCHASE OF A 14-FL. OZ. CAN OF ARM & HAMMER
Oven Cleaner
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 26, 1977
- WITH THIS COUPON
SAVE 8¢
ON THE PURCHASE OF A PKG. OF 50 BAGGIES, PLASTIC, ALLIGATOR
Sandwich Bags
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 26, 1977
- WITH THIS COUPON
SAVE 20¢
ON THE PURCHASE OF AN 8 OZ. NON-AERO. BTL. OF SCENTED OR UNSCENTED
Final Net Hair Spray
COUPON VALID UNTIL CLOSING SATURDAY, FEBRUARY 26, 1977

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