

ASSORTED FLAVORS  
POUCH PACK

# Robin Hood Cake Mixes

**4** 8 TO 9-OZ. POUCH PACKS **\$1**

ASSORTED FLAVORS

# Royal Jelly Powders

**5** 3-OZ. PKGS. **\$1**

IGA, FANCY

# Whole Kernel Corn

**3** 12-FL. OZ. TINS **\$1**

IGA, ROYAL GOLD, ASSORTED FLAVORS

# Ice Cream

1-LITRE CARTON **69¢**

IN TOMATO SAUCE OR WITH PORK IN TOMATO SAUCE

# Heinz Beans

**3** 14-FL. OZ. TINS **\$1**

2% PARTLY SKIMMED, EVAPORATED

**Carnation Milk** 3 16-OZ. TINS **\$1**

IGA

**Salad Dressing** 32-FL. OZ. JAR **\$1**

IGA

**Long Grain Rice** 2 2-LB. BAGS **\$1**

MARGARET'S

**Honey Dipped Donuts** 2 PKGS. OF 9 **\$1**

VICTORIA, APPLE OATMEAL, DUTCH CHOCOLATE, RASPBERRY TURNOVER, DATE FILLED OR CHERRY TURNOVER

**Voortman Biscuits** 2 9 TO 11-OZ. PKGS. **\$1**

ASSORTED FLAVORS

# IGA Soft Drinks

**4** 26-FL. OZ. NON-RETURN BTL. **\$1**

IGA GINGER ALE 30-FL. OZ. RETURNABLE BTL. 29¢ PLUS 20¢ DEPOSIT ON BTL.

SPAGHETTI, SPAGHETTINI OR READY CUT MACARONI

**Catelli Pasta** 3 16-OZ. BOXES **\$1**

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

**Special Today - Leftovers**

Although leftovers do not have a fantastic reputation, they can be used for a multitude of things. "Second time around" can be made twice as good with a bit of imagination. And by planning for leftovers you also can lower your food bill. Here are just a few ideas:

- add a white sauce to any vegetable to make old-fashioned creamed vegetables. Then top with grated cheese.
- make simple Stroganoff by adding gravy and sour cream to cubed cooked beef. Serve on noodles.
- use leftover mashed potatoes for potato soup, casserole toppings or fried potato patties.
- add leftover diced fruit to pancake or fritter batter.

The list is endless. All you need is a little confidence, some imagination and, of course, "leftovers".

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



Supplied by THE OSHAWA GROUP LIMITED  
supply depot for progressive independents

ASSORTED COLORS

# IGA Facial Tissue

**2** BOXES OF 200 SHEETS **\$1**

PALANDA

# Mandarin Oranges

**3** 10-FL. OZ. TINS **\$1**

RIO, FROZEN CHOICE

# Strawberries OR CRUSHED Pineapple

**3** 9-OZ. CARTONS **\$1**

SYLVANIA FROSTED, 40, 60, OR 100 WATT

# Light Bulbs

**2** PKGS. OF 2 **\$1**

100% PURE VEGETABLE OIL

# Sunny Morn Margarine

**3** 1-LB. PARCHEMENT PKGS. **\$1**

MARTIN'S CHOICE, FROM CONCENTRATE

**Apple Juice** 2 48-FL. OZ. TINS **\$1**

FLAVORED, TANGY

**Orange Crystals** POLY BAG OF 2 X 7-OZ. PKG. **\$1**

IGA FANCY

**Apple Sauce** 3 14-FL. OZ. TINS **\$1**

DOG HOUSE

**Dog Food** 6 15-OZ. TINS **\$1**

IGA (FISH)

**Cat Food** 6 15-OZ. TINS **\$1**

60% WHOLE WHEAT, CRACKED WHEAT OR WHITE SANDWICH

# IGA Breads

**3** 24-OZ. LOAVES **\$1**

FRASERVALE, FRENCH CUT GREEN BEANS OR CHOPPED BROCCOLI

**Frozen Vegetables** 3 10-OZ. PKGS. **\$1**

CARNATION FROZEN

**Hash Brown Potatoes** 3 2-LB. POLY BAGS **\$1**

UTILITY (25'S) OR KITCHEN GARBAGE (12'S)

**Quikki Plastic Bags** 2 PKGS. **\$1**

FIRM OR EXTRA FIRM

**IGA Hairspray** 10-OZ. AERO. CAN **\$1**

IGA, ROYAL GOLD MILD, MEDIUM OR OLD COLORED

**Cheddar Cheese** 12-OZ. PKG. **\$1.29**

**SAVE \$2.00**

FOR THIS IMPORTED FROM FRANCE 20-PIECE SET OF BREAK-RESISTANT SPECIALLY TEMPERED AT INTRACTIVE GLASS

**MARLY**

Smoke Dinnerware  
WITH THIS COUPON  
YOU PAY ONLY \$8.98  
FOR THE SET  
OFFER AVAILABLE WHILE SUPPLIES LAST

**SAVE \$2.00**

# Dollar Days

TABLETITE BEEF  
BONELESS, FULL SLICE OR BOTTOM CUT

# Round Steaks

LB. **\$1.15**

LEAN, BONELESS

# Stewing Beef

LB. **88¢**

FRESHLY MINCED

# Medium Ground Beef

LB. **75¢**

MAPLE LEAF, SWEET PICKLED

# Cottage Rolls

3-LB. AVG. LB. **\$1.19**

SWIFT'S PREMIUM, RINDLESS, SLICED

**Side Bacon** 1-LB. PKG. **\$1.38**

PRIDE OF CANADA

**Wieners** 1-LB. PKG. **75¢**

TABLETITE BEEF

**Top Round Steaks** LB. **\$1.35**

## "Dollar Days" Features

SCHNEIDER'S, REGULAR OR GARLIC

**Country Style Sausage** 1-LB. TRAY **\$1**

BURN'S

**Minute Fry Strips** 1-LB. PKG. **\$1**

SHOPSYS, BRISKET

**Corned Beef** 3-LB. AVG. LB. **\$1**

SWIFT'S PREMIUM, SLICED

**Bologna** 16-OZ. PKG. **\$1**

TABLETITE, SLICED

**Cooked Ham** 6-OZ. PKG. **\$1**

NEW! PRIDE OF CANADA

**Deli Sausage** SUMMER, SALAMI, BIERWURST, PEPPERONI OR HAM 10-OZ. CHUB **\$1**

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

PRODUCE OF U.S.A.

**Cello Spinach** 2 10-OZ. PKGS. **88¢**

ONTARIO GROWN CANADA FANCY GRADE

**McIntosh Apples** 3-LB. BAG **89¢**

PRODUCE OF ONTARIO CANADA NO. 1 GRADE

**Cello Carrots** 2 2-LB. BAGS **\$1**

PRODUCE OF U.S.A.

**Lemons** 6 SIZE 140'S FOR **49¢**

PRICES EFFECTIVE WED., MARCH 16, TO SAT., MARCH 19, 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