

ASSORTED FLAVORS

Royal Jelly Powders

IGA, FANCY Whole Kernel Corn

IGA, ROYAL GOLD, ASSORTED FLAVORS

Ice Cream

1-LITRE CARTON 69¢

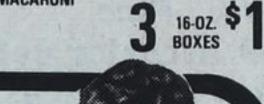
IN TOMATO SAUCE OR WITH PORK IN TOMATO SAUCE OZ. TINS

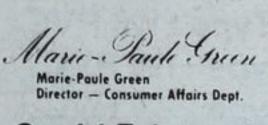
3 16-0Z. \$1 **Carnation Milk** 32-FL. \$1 0Z. JAR **Salad Dressing** 2 24B. \$1 **Long Grain Rice** 2 PKGS. \$1 **Honey Dipped Donuts**

2 9 TO 11-\$1 **Voortman Biscuits**

ASSORTED FLAVORS IGA Soft BTLS. IGA GINGER ALE 30-FL. OZ. RETURNABLE BTL. 290 PLUS 20¢ DEPOSIT ON BTL.

SPAGHETTI, SPAGHETTINI OR READY CUT MACARON Catelli Pasta





Special Today — Leftovers

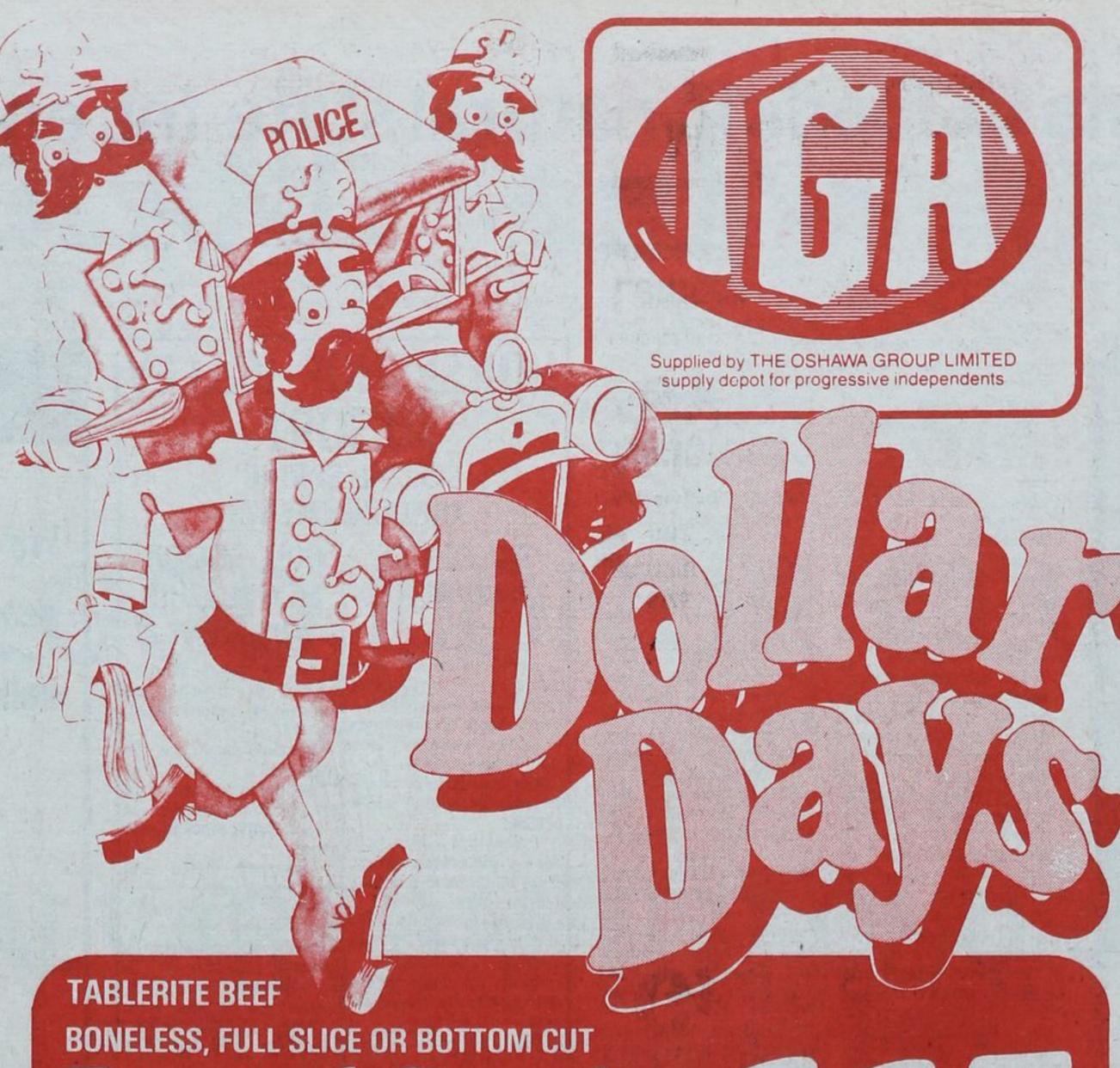
Although leftovers do not have a fantastic reputation, they can be used for a multitude of things. "Second time around" can be made twice as good with a bit of imagination. And by planning for leftovers you also can lower your food bill. Here are just a few ideas:

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.

Thurs. & Fri., 8:30 a.m. - 9:00 p.m.



Round Steaks or Roasts LEAN, BONELESS

Stewing Beef

Ground Beef MAPLE LEAF, SWEET PICKLED

Cottage Rolls

1-LB. \$1.38

PRIDE OF CANADA Wieners

3-LB.

ւ⁸1.35

1 LB. 75¢

Top Round Steaks "Dollar Days" Features

Country Style Sausage

SHOPSY'S, BRISKET Corned Beef 3-LB. AVG. TABLERITE, SLICED

Side Bacon

Cooked Ham

Minute Fry Strips SWIFT'S PREMIUM, SLICED

Bologna

NEW! PRIDE OF CANADA SUMMER, SALAMI Deli Sausage BIERWURST, PEPPERONI

PRODUCE OF U.S.A. FLORIDA MARSH SEEDLESS

Red or White Grapefruit

SIZE 48'S **FOR**

PRODUCE OF U.S.A.

Sunkist Navel Oranges

Cello Spinach

PRODUCE OF ONTARIO CANADA NO. 1 GRADE **Cello Carrots**

210-0Z. 88¢

2 2-LB. \$ 1

ONTARIO GROWN CANADA FANCY GRADE McIntosh **Apples**

PRODUCE OF U.S.A. Lemons

PRICES EFFECTIVE WED., MARCH 16, TO SAT., MARCH 19, 1977.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

ASSORTED COLORS IGA Facial Tissue BOXES OF 200 SHEETS

PALANDA Mandarin **Oranges**

RIO, FROZEN CHOICE Pineapple

CARTONS

SYLVANIA FROSTED, 40, 60, OR 100 WATT

Light Bulbs

2 48-FL. \$1

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

3 14-FL \$1

6 15-0Z. \$1

6 15-0Z. \$1

PKGS. OF 2

100% PURE VEGETABLE OIL

MARTIN'S CHOICE, FROM CONCENTRATE **Apple Juice Orange Crystals** Apple Sauce DOG HOUSE **Dog Food** IGA (FISH) **Cat Food**

OR WHITE SANDWICH Breads

3 10-0Z. \$1 Frozen Vegetables **Hash Brown Potatoes** 2 PKGS. \$1 Quikki Plastic Bags 10-OZ. \$ **IGA Hairspray** 12-0Z. \$1.29 PKG. **Cheddar Cheese**



PENETANG I.G.A. ELMVALE I.G.A.

Poyntz Plaza, Penetang

MIDLAND I.G.A.

Victoria Harbour I.G.A. 397 Russell St., Midland

Victoria Harbour