ASSORTED FLAVORS IGA Fruit Drinks 48-FL. S

FANCY

Bright's Tomato Juice

Sunlight Liquid Detergent

24-FL. OZ. GIANT SIZE PLASTIC BTL.

Kam Luncheon Meat

ASSORTED COLORS Delsey

ASSORTED VARIETIES Alpo Dog Food VEGETABLE

Crisco Oil

3 141/2-0Z. \$1 38-FL. \$1.49 OZ. BTL.

IGA, INSTANT **Chocolate Drink Mix**

1-LB. 79¢

SINGLE THINS, PROCESS

Black Diamond Cheese Slices

CHRISTIE'S

Bits 'n' Bites

200-g 69¢

ORANGE & LEMON SLICES, JU JUBES, GUM DROPS OR JELLY BEANS

340 TO 397-9 79¢ **Dare's Candies**

TWIN PACK, FLUORIDE

Aim Toothpaste

2 x 100-ml \$ 1.99

REINFORCED, ONE SIZE BEIGE, SPICE OR TAUPE

Little Devils Panti Hose \$1.49

IS SUNDAY MAY 8th





is part of your order



3-LB. AVG.

Pork Loin Roasts

TENDERLOIN RIB END

Loin Pork Chops LB.

LEGS OR BREASTS

Cooked Chicken

Side Bacon

Wieners

Sausages

Anjou

Pears

PRODUCE OF U.S.A.

Green

Onions

SCHNEIDER'S, SKINLESS

SCHNEIDER'S, MINI-SIZZLERS

Country Maple

BONIMART, 2-DUNCE Beef Patties

FRESH! CENTRE CUT Loin Pork Chops

REGULAR OR COUNTRY MAPLE

PRODUCE OF U.S.A.

CANADA No. 1 GRADE

1-LB. \$1.29 PKG. \$1.29

1-LB. **79**¢

Country Maple

Cooked Ham SCHNEIDER'S Mini Deli

SCHNEIDER'S

Bologna

1-LB. 99¢

8 VARIETIES

THICK SLICED

8-0Z. **79¢**

1-LB. 89¢

6-0Z. **99¢** PKG.

SIZE 24's FOR

PRODUCE OF U.S.A. Bunch Carrots

PRODUCE OF U.S.A. **CANADA FANCY GRADE**

FROM BRITISH COLUMBIA CANADA FANCY GRADE **CONTROLLED ATMOSPHERE**

BUNCHES

FOR

Spartan **Apples**

PRICES EFFECTIVE WED., MAY 4, TO SAT., MAY 7, 1977.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

Poyntz Plaza, Penetang

MIDLAND I.G.A.

100% PURE FROM FLORIDA FROZEN, CONCENTRATED

CHOICE

IGA Whole **Tomatoes**

OR DOUBLE CHOCOLATE

Weston's Wagon Wheels

Nabisco Shredded Wheat 59¢

Vegetable Soup

BONUS PACK OF 30% MORE

Saran Wrap

65-FT. ROLL BOX 49¢

IGA Apple Pie

20-0Z. 79¢

11° OFF LABEL

Dempster's Kaiser Rolls OF 12 99¢

ASSORTED FLAVORS Nestlé's Mini-Puddings

SLEEVE OF 3x5-0Z

RUPERT, FROZEN Flip 'n' Fry Sole

16-0Z. \$2.19

BANANA, CHOCOLATE, COCONUT OR LEMON, FROZEN **Farmhouse Cream Pies** PRODUCER BRAND

12-0Z. 55¢ 30-0Z. \$3.29 PKG.

GAY LEA, 100% VEGETABLE OIL Soft Margarine

Baby Edam Cheese

SLEEVE OF 65¢ TUBS

Han - Link ! men Marie Paule Green



One of the surest ways to ensure a restful Mother's Day is to buy weekend foods that Dad and the kids can cook for you. There are many such products, from prepared frozen entrées

to steaks. And all of them will be less costly than restaurant If your family has already indicated they're taking over the

kitchen on Sunday, stocking up on fresh fruits and vegetables for salads will make their job easier too.

As a Mother's Day starter, you may hint that you'd like pancakes for breakfast. Frozen pancake mix is a cinch to prepare-just thaw it overnight and let the kids serve you breakfast in bed.

Whatever your plans, enjoy!

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

ELMVALE I.G.A.

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

PENETANG I.G.A.

397 Russell St., Midland

Victoria Harbour I.G.A.

Victoria Harbour