

CHOICE, PURE
IGA Apple Juice
48-FL. OZ. TIN **59¢**

PARTLY SKIMMED
Carnation 2% Evaporated Milk
3 16-OZ. TINS **\$1**

IGA
Raspberry or Strawberry Jam
(WITH PECTIN)
24-FL. OZ. JAR **79¢**

CHOICE, FROZEN
Valley Farms French Fries
3 2-LB. POLY BAGS **\$1**

SOLID, LIGHT
Paramount Tuna
7-OZ. TIN **69¢**

Mr. IGA for old-fashioned



BOVRIL
Luncheon Meat
12-OZ. TIN **79¢**

IGA, UNSWEETENED FROM CONCENTRATE
Blended, Grapefruit or Orange Juice
48-FL. OZ. TIN **53¢**



BABY DILLS, SWEET MIXED OR BREAD AND BUTTER
Rose Brand Pickles
15-FL. OZ. JAR **59¢**

CREAMETTE, THIN SPAGHETTI, SHELL MACARONI OR READY CUT MACARONI
Spaghetti or Macaroni
3 7-OZ. BOXES **49¢**

100% PURE VEGETABLE OIL
Sunny Morn Margarine
1-LB. PARCHMENT PKG. **45¢**

LIQUID
Javex Bleach
128-FL. OZ. PLASTIC BTL. **88¢**

IGA, CHOICE
Peas or Corn
CREAM STYLE
4 10-FL. OZ. TINS **\$1**

FANCY
Mitchell's Applesauce
3 14-FL. OZ. TINS **\$1**

LIVER, BEEF OR CHICKEN
Pep Dog Food
3 25 1/2-OZ. TINS **\$1**

ALL PURPOSE, GRIND
Maxwell House Coffee
1-LB. BAG **\$3.99**

IGA Shortcake
EACH **49¢**

GRANDMOTHER ALMOND, SPRITZ COOKIES, COCO SHORTBREAD, SUGAR 'N' SPICE OR CRUNCHY OATMEAL
Hollandia Cookies
2 6 TO 8-OZ. PKGS. **\$1**

DATE, CHERRY, RASPBERRY, PINEAPPLE, BLUEBERRY OR APPLE
Archway Turnovers
2 7.5-OZ. PKGS. **\$1**

REGULAR OR RUFFLES
Lay's Potato Chips
250-g PKG. **79¢**

BLANCHED, SPANISH OR REDSKIN
Trophy Salted Peanuts
1 1/2-LB. PKG. **99¢**

FROZEN, CONCENTRATED 100% PURE FROM FLORIDA
Treesweet Orange Juice
12 1/2-FL. OZ. TIN **49¢**

FROZEN
High Liner Cod in Batter
14-OZ. PKG. **\$1.29**

PROCESS
Kraft Velveeta Cheese
2-LB. PKG. **\$2.89**

MAPLE LEAF, PURE
Tenderflake Lard
1-LB. CRTN. **59¢**

TABLERITE BEEF
Rib Steaks LB. **\$1.19**

FRESH! 3-LB. AVG.
Pork Loin Roasts RIB END LB. **\$1.19**

TASTY KING, 2-OZ.
Beef Patties 2-LB. BOX **\$1.39**

FRESH! QUARTER PORK LOIN 8 TO 11 CHOPS PER PKG.
Loin Pork Chops LB. **\$1.39**

PREVIOUSLY FROZEN PORK
Side Spare Ribs LB. **\$1.39**

FRESH, 3-LB. AVG.
Pork Loin Roasts TENDERLOIN END LB. **\$1.29**

LAZY MAPLE
Pork Sausages 1-LB. PKG. **\$1.09**

PRIDE OF CANADA, RINDLESS, SLICED
Side Bacon 1-LB. PKG. **\$1.49**

TABLERITE, SLICED
Bologna 1-LB. PKG. **89¢**

SHOPS
Potato Salad or Cole Slaw 12-OZ. TUB **49¢**

Mr. Freeze Pops 4 PKGS. OF 8 **\$1**

REGULAR 30" OR SUPER ABSORBENT 24" DISPOSABLE
Babyscott Diapers PKG. **\$2.09**

SCENTED, UNSCENTED OR HARD TO HOLD 8-OZ. NON-AERO. BTL.
Final Net Hairspray **\$1.99**

ASSORTED COLORS
Lady Scott Bathroom Tissue 4-ROLL PKG. **\$1.07**

PASTEL, 9-INCH SIZE
Fonda Paper Plates PKG. OF 80 **\$1.29**

Maria Paula Green
Director - Consumer Affairs Dept.
Edible Oils
Shoppers are often confused by the label on whipped cream aerosol cans which lists "an edible oil product" as an ingredient. Edible oils are made from the oils of certain plant seeds such as soyabean, groundnut, cottonseed, sunflower, rapeseed, sesame and coconut. Edible oils are consumed in various ways. The most common uses are in salad dressings and ice cream, and in cooking as fats or oils. Because of their soft textures and creaming properties, some are used for the manufacture of ready-to-eat toppings in aerosol cans. Toppings contain sugar, flavouring, and a stabilizer packed under pressure to cause whipping when released. They are imitations and should not be confused with real whipping cream, which also appears in aerosol cans as well as in the familiar cartons.

FRESH for FLAVOUR
PRODUCE OF CENTRAL AMERICA
DOLE OR CHIQUITA
Bananas
LB. **18¢**

PRODUCE OF U.S.A.
Nectarines
LB. **49¢**

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

PRODUCE OF U.S.A. CANADA FANCY GRADE
Red or Golden Delicious Apples LB. **49¢**
PRODUCE OF U.S.A.
Sunkist Valencia Oranges SIZE 112'S DOZ. **99¢**

PRICES EFFECTIVE WED., JUNE 22, TO SAT., JUNE 25, 1977. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

ELMVALE I.G.A. Open Thurs. & Fri., 8:30 a.m.-9:00 p.m.
PENETANG I.G.A. HIGH POINT MALL 9:00-6:00 Mon., Tues., Wed., Sat. 9:00-9:00 Thursday, Friday
MIDLAND I.G.A. 397 RUSSELL ST., MIDLAND
Victoria Harbour I.G.A. VICTORIA HARBOUR