



Supplied by THE OSHAWA GROUP LIMITED supply depot for progressive independents



Table Rite Beef

ASSORTED FLAVORS
IGA Soft Drinks
750-ml RETURNABLE BTL.
19c
PLUS 20¢ DEPOSIT ON BTL.

BUDGET ASSORTED COLORS
Bathroom Tissue
4-ROLL PKG.
69c

60% WHOLE WHEAT, CRACKED WHEAT, OR WHITE SANDWICH BREAD
IGA Bread
24-OZ. LGAVES
3 \$1

FROZEN, CONCENTRATED 100% PURE FROM FLORIDA
Old South Orange Juice
12 1/2-FL. OZ. TIN
59c

WELCH'S
Pure Grape Jam or Jelly
24-FL. OZ. JAR
89c

PIECES AND STEMS, CHOICE
Riviera Mushrooms
10-FL. OZ. TIN
59c

BEEF OR IRISH
Swift's Stews
24-OZ. TIN
79c

TABLERITE BEEF
Blade Roasts
BLADE BONE REMOVED OR
Short Rib Roasts LB. **58c**

TABLERITE BEEF
Cross Cut Rib Roasts OR BONELESS
Shoulder Roasts LB. **84c**

TABLERITE BEEF
Blade Steaks CUT FROM THE CHUCK LB. **64c**

TABLERITE BEEF
Cross Cut Steaks CUT FROM THE CHUCK LB. **94c**

LEAN, BONELESS
Stewing Beef LB. **98c**

FRESHLY MINCED
Medium Ground Beef LB. **88c**

SUNNY MORN. RINDLESS, SLICED
Side Bacon 1-LB. PKG. **\$1.49**

MAPLE LEAF
Wieners 1-LB. PKG. **85c**

PRIDE OF CANADA
Pork Sausages 1-LB. PKG. **\$1.09**

TABLERITE SLICED, MAC & CHEESE, CHICKEN, PICKLE & PIMENTO, DUTCH OR BOLOGNA
Sandwich Meats 6-OZ. PKG. **42c**

SWIFT'S, OVEN ROASTING
Corned Beef 3-LB. AVG. LB. **\$1.49**

MILD, MEDIUM, OLD COLORED OR OLD WHITE ROYAL GOLD, RANDOM WEIGHTS
IGA Cheddar Cheese LB. **\$1.69**

100% PURE VEGETABLE OIL
Monarch Margarine 1-LB. PARCHMENT PKG. **59c**

LIQUID
Fleecy Fabric Softener 128-FL. OZ. PLASTIC BTL. **\$1.69**

MFG. PRE-PRICED AT 74¢
Dove Liquid Detergent 24-FL. OZ. PLASTIC BTL. **65c**

REGULAR OR ULTRA
Kotex Tampons PKG. OF 30 **\$2.09**

Glad Sandwich Bags PKG. OF 50 **55c**

ASSORTED FLAVORS
Laura Secord Puddings SLEEVE OF 4x5-OZ. TINS **85c**

IGA
Choice Peas OR **Cream Style Corn** 14-FL. OZ. TIN **29c**

IGA, CHOICE
Dessert Pears 14-FL. OZ. TIN **39c**

Master Dog Dinner 2-kg BAG **\$1.29**

ORANGE, GRAPE, LEMONADE OR FRUIT PUNCH FLAVORED
Sun-Rite Drink Mixes 25-OZ. PKG. **\$1.19**

CHOCOLATE, GINGER, OATMEAL OR SUGAR 'N' SPICE
McCormick's McBig Snaps 2-LB. PKG. **\$1.25**

REGULAR, RIPPLE, SALT & VINEGAR OR BARBECUE FLAVORED
Hostess Potato Chips 225-g PKG. **89c**

McCormick's A.B. Gums 16-OZ. PKG. **79c**

FROZEN, RASPBERRY OR STRAWBERRY
McCain Shortcakes 32-OZ. PKG. **\$1.49**

FROZEN
High Liner Cod Fillets 16-OZ. PKG. **\$1.29**

KRAFT SALAD DRESSING
Miracle Whip 32-FL. OZ. JAR **\$1.19**

Crisco Salad Oil 24-FL. OZ. BTL. **99c**

FRESH FOR FLAVOUR
PRODUCE OF U.S.A. CANADA NO. 1 GRADE
Cantaloupes 2 SIZE 36's FOR **88c**

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

PRODUCE OF REPUBLIC OF SOUTH AFRICA "NEW CROP"
Outspan Navel Oranges SIZE 112'S DOZ **99c**

PRODUCE OF U.S.A. CANADA FANCY GRADE
Anjou Pears LB. **39c**

ONTARIO GROWN CANADA NO. 1 GRADE
Green Cabbage 3 FOR **99c**

LIQUID
Clorox Bleach
64-FL. OZ. PLASTIC BTL. **49c**

Mary-Paula Green
Director, Consumer Affairs Dept.
PICNIC LUNCHES

In summer, many people enjoy packing a picnic basket for a day in the open air. The day's fun can be ruined by stomach upsets caused by foods spoiling because of the heat.

Although mayonnaise is often blamed, it is not the cause of such illnesses. Commercial mayonnaise or other salad dressings are too acidic to cause bacterial growth even after being unrefrigerated for several hours. The problem is the fish, meat, poultry or egg used in the filling. These spoil quickly in warm temperatures. A styrofoam or other cooler, filled with an ice pack or bag of ice will keep these perishables safe for the day.

When this is not available, why not try sandwiches made with cheese, garnished with lettuce or a dill pickle? There is always a wide variety of cheeses.

Try lots of fresh vegetables and fruits. It's sure to keep everyone happy.

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