

RECONSTITUTED
**Martin's
Apple
Juice**

48-FL.
OZ. TIN **49¢**

**IGA Tomato
or Vegetable
Soup** 10-FL.
OZ. TIN **18¢**

COLORED - MILD, MEDIUM OR OLD

**IGA Cheddar
Cheese** 12-OZ.
WEDGE **\$1.29**

FLAVORED, SWING POLY BAG OF
Orange Crystals 4 x 3 1/4-OZ.
PKGS. **99¢**

KAM 12-OZ.
Luncheon Meat SQUARE TIN **89¢**

ASSORTED VARIETIES 1-kg
Special Menu Cat Food BOX **99¢**

IGA Ketchup 11-FL.
OZ. BTL. **35¢**

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

GRAIN OF GOLD
**White
Sliced
Bread**

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

BEEF AND KIDNEY, BEEF, CHICKEN,
OR TURKEY, FROZEN

**York
Meat Pies**

8-OZ.
PKG. **37¢**

**IGA Liquid
Bleach** 64-FL. OZ.
PLASTIC BTL. **49¢**

**Downy
Fabric Softener** 2-LITRE
PLASTIC
BTL. **\$1.69**

PINK OR LEMON 24-FL. OZ.
IGA Liquid Detergent PLASTIC BTL. **55¢**

JOHNSON & JOHNSON 125-ml
Baby Oil BTL. **\$1.09**



**Friendly
Service
at IGA**

Service that's speedy ...
clerks who smile ... attention,
consideration ... and courteo-
us people to carry out your
order. At IGA, when you've
finished choosing your
groceries, our service is just
beginning.

TABLERITE BEEF
BONELESS, BOTTOM CUT

Round Steak \$1.15
Roasts LB.

TABLERITE BEEF
BONELESS, FULL SLICE OR BOTTOM CUT

Round Steaks \$1.25
LB.

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

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

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

MARY MILES, 4-OUNCE
Beef Steakettes 2-LB. BOX **\$1.19**

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

SCHNEIDER'S, REGULAR, BEEF OR MAPLE
Mini Sizzler Sausages 1-LB. PKG. **\$1.24**

MARY MILES, SLICED
MAC & CHEESE, CHICKEN OR BOLOGNA
Sandwich Meats 16-OZ. PKG. **79¢**

TABLERITE FEATURE OF THE WEEK
EXCLUSIVE AT IGA!
**Tablerite
Wieners**
1-LB. PKG. **59¢**

MARY MILES
Bologna BY-THE-PIECE LB. **45¢**

MAPLE LEAF
Breakfast Slices 1-LB. PKG. **99¢**

SHOPSYS
Old Vienna Salami 18-OZ. CHUB **\$1.88**

ASSORTED VARIETIES
**Monarch
Cake
Mixes**

3 9 TO 10-
OZ. POUCHES **\$1**

ASSORTED VARIETIES
**Monarch
Icing
Mixes**

3 7 1/2-OZ.
POUCHES **\$1**

FRESH
for FLAVOUR

PRODUCE OF U.S.A.

Nectarines LB. **39¢**

FROM BRITISH COLUMBIA
CANADA NO. 1 GRADE

Cherries LB. **59¢**

ONTARIO GROWN
CANADA NO. 1 GRADE, GREENHOUSE
Seedless Cucumbers EA. **49¢**

ONTARIO GROWN
CANADA NO. 1 GRADE
Cabbage EA. **29¢**

PRODUCE OF REPUBLIC OF SOUTH AFRICA
CANADA FANCY GRADE
**Granny Smith
Apples** LB. **59¢**

ONTARIO GROWN
**Bunch Radishes
or Green Onions** 2 BUNCHES FOR **33¢**

IGA, CHOICE
**Peas or
Corn**

CREAM STYLE
5 10-FL.
OZ. TINS **\$1**

PRIMROSE

**Glazed
Donuts** 2 PKGS.
OF 9 **\$1**

CEREAL

**Nabisco
Shreddies** 350-g
BOX **49¢**

FROZEN, CONCENTRATED BIRDSEYE AWAKE
Orange Drink 12-FL.
OZ. TIN **59¢**

FRASERVALE, FROZEN, FANCY
Peas and Carrots 2-LB.
POLY BAG **69¢**

KRAFT, PHILADELPHIA, ASSORTED FLAVORS
Creamed Cheese 4-OZ.
PKG. **39¢**

REGULAR
Imperial Margarine 3-LB.
PKG. **\$1.89**

FINE, MEDIUM OR EXTRA BROAD
Romi Egg Noodles 12-OZ.
BAG **33¢**

CHOCOLATE CHIP, COCONUT
CREME OR SUPER FUDGE

**Weston's
Biscuits**

400-g
PKG. **69¢**

PRIDE OF CANADA

**Burn's
Cooked
Ham**

1 1/2-LB.
PEAR-SHAPED
TIN **\$2.99**

60 OR 100 WATT

Sylvania Bug Lights PKG.
OF 2 **99¢**

REDSKIN, SPANISH, BLANCHED OR BARBECUE
Beaver Salted Peanuts 16-OZ.
PKG. **79¢**

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

PRICES EFFECTIVE WED., JULY 20, TO SAT., JULY 23, 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