



Supplied by THE OSHAWA GROUP LIMITED supply depot for progressive independents

Table Rite Beef

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

TABLERITE BEEF
Cross Cut Rib Roasts
 OR
Boneless Shoulder Roasts
88¢
 LB.

PREVIOUSLY FROZEN PORK
Side Spare Ribs
\$1.35
 LB.

MAPLE LEAF REGULAR OR BEEF
Wieners
 1-LB. PKG. **69¢**

TABLERITE FEATURE OF THE WEEK
 EXCLUSIVE AT I.G.A. I
 TABLERITE, SLICED
Bologna
 16-OZ. PKG. **79¢**

TABLERITE BEEF
 CUT FROM THE CHUCK
Blade Steaks LB. **68¢**

TABLERITE BEEF
 CUT FROM THE CHUCK
Cross Cut Steaks LB. **98¢**

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

LEAN, BONELESS
Stewing Beef LB. **88¢**

SUNNY MORN. RINDLESS, SLICED
 1-LB. PKG. **\$1.45**

Side Bacon
 MAPLE LEAF, SLICED
 6-OZ. PKG. **\$1.09**

Cooked Ham
 SWIFT'S PREMIUM
 1-LB. PKG. **\$1.19**

Pork Sausages
 UNIVERSAL, 12-INCH
 21-OZ. PIE **\$1.59**

- FANCY IGA Asparagus Tips** 12-FL. OZ. TIN **79¢**
- IGA Dog Kibble** 2-kg BAG **79¢**
- COFFEE WHITENER**
Borden's Cremelle 22-OZ. JAR **\$1.59**
- Mazola Corn Oil** 32-FL. OZ. BTL. **\$1.49**
- POST**
Sugar Crisp Cereal 400-g BOX **99¢**
- REGULAR, RIPPLE, SALT & VINEGAR OR BARBECUE FLAVORED**
Hostess Potato Chips 225-g PKG. **89¢**
- CARAMINT, BUTTERSCOTCH, HUMBUGS, SOUR LEMON OR FRUIT DROPS**
Tavener Candies 200-g TIN **69¢**
- BOIL-IN-BAG, FROZEN BEEF, SALISBURY OR BEEFBURGER**
Shopsy Meat Entrées 6-OZ. PKG. **49¢**
- GLEN VALLEY, STANDARD**
Bartlett Pears 14-FL. OZ. TIN **39¢**

FRESH for FLAVOUR
 PRODUCE OF CENTRAL AMERICA
 DOLE OR CHIQUITA
Bananas LB. **16¢**

PRODUCE OF REPUBLIC OF SOUTH AFRICA
Outspan Navel Oranges SIZE 112'S DOZ. **99¢**

ONTARIO GROWN CANADA NO. 1 GRADE
Celery Stalks SIZE 24'S 3 FOR **99¢**

ONTARIO GROWN
Pepper Squash 2 FOR **49¢**

ONTARIO GROWN
Bunch Carrots 3 BUNCHES FOR **87¢**

ONTARIO GROWN
Green Onions 2 BUNCHES FOR **29¢**

ONTARIO GROWN
Bunch Radishes 2 BUNCHES FOR **29¢**

- BABY DILLS, SWEET MIXED OR SWEET BREAD AND BUTTER**
Rose Brand Pickles 24-FL. OZ. JAR **79¢**
- GREEN**
Q.H.P. Liquid Detergent 32-FL. OZ. PLASTIC BTL. **99¢**
- ROLL-ON**
Arrid Deodorant 1½-OZ. SIZE **\$1.19**
- EXTRA DRY, UNSCENTED OR LIGHT POWDER**
Arrid Deodorant 6-OZ. AERO. CAN **\$1.19**
- ASSORTED VARIETIES**
Tame Creme Rinse 8-FL. OZ. PLASTIC BTL. **\$1.19**
- 40, 60 OR 100 WATT, FROSTED**
Sylvania Light Bulbs PKG. OF 2 **59¢**
- FROZEN, CONCENTRATED**
Sunny Orange Drink 12½-FL. OZ. TIN **49¢**
- ALORA, 6-PACK, FROZEN**
Pepperoni Pizzas 19-OZ. PKG. **\$1.69**

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

MARTIN'S, ASSORTED FLAVORS
Fruit Drinks
 48-FL. OZ. TIN **39¢**

GRAIN OF GOLD
White Sliced Bread
 3 24-OZ. LOAVES **\$1**

CORNISH WAFER, CARAMEL CRUNCH, ARROWROOT, DIGESTIVE, GINGER CRISP, NICE, SHORTCAKE, RICH TEA, FRUIT SHORTCAKE OR BUTTER RINGS
Peek Frean Biscuits
 6 TO 7-OZ. PKGS. EACH **49¢**

FLAVORED
IGA Orange Crystals
 POLY BAG OF 4 x 3¼-OZ. PKGS. **59¢**

LYNN VALLEY, STANDARD
Cream Style Corn 10-FL. OZ. TIN **19¢**

GAY LEA, 100% VEGETABLE OIL
Soft Margarine SLEEVE OF 2 x 8-OZ. TUBS **69¢**

ORANGE PEKOE
Red Rose Tea Bags BOX OF 60 **\$1.89**

GOLD SEAL
Sockeye Salmon
 7¼-OZ. TIN **\$1.23**

Heinz CREAM OF Mushroom Soup
 10-FL. OZ. TIN **23¢**

PROCESS, 2/3-OZ. SINGLE THINS
Kraft Cheese Slices
 8-OZ. PKG. **75¢**

750-ml RETURNABLE BTL.
Coca-Cola **29¢**
 PLUS 20¢ DEPOSIT ON BTL.

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
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