

# IGA RED TAG SALE

BUDGET, ASSORTED COLORS

## Bathroom Tissue

4-ROLL PKG. **69¢**

## Tea Flake Saltines

16-OZ. PKG. **55¢**

60% WHOLE WHEAT, CRACKED WHEAT OR WHITE SANDWICH

## IGA Sliced Bread

3 24-OZ. LOAVES **\$1**

SOMMERDALE, FROZEN, CHOICE

## French Fries

2-LB. POLY BAG **29¢**

IN TOMATO SAUCE

## IGA Spaghetti

19-FL. OZ. TIN **33¢**

LONG SPAGHETTI OR READY CUT MACARONI

## Catelli Pasta

2-LB. BOX **59¢**

FAN

## Solid Light Tuna

7-OZ. TIN **79¢**

FLAVORED

## Swing Orange Crystals

POLY BAG OF 4 x 3 1/4-OZ. PKGS. **89¢**

FRESH!

## Pork Picnic Shoulder Roasts

LB. **79¢**

FRESH!

## Pork Shoulder Butt Roasts

LB. **99¢**

FRESH!

## Pork Loin Roasts

RIB PORTION TENDERLOIN PORTION

LB. **\$1.09** LB. **\$1.19**

FRESH, SHOULDER, BUTT

## Pork Chops

LB. **\$1.09**

PREVIOUSLY FROZEN

## Pork Side Ribs

LB. **\$1.09**

16-OZ. PKG. **\$1.25**

FRESH, CENTRE CUT

## Pork Loin Chops

LB. **\$1.49**

SCHNEIDER'S, REGULAR OR MAPLE

## Side Bacon

1-LB. PKG. **\$1.49**

SKINLESS, DUTCH TREAT, BEEF OR RED HOTS

## Schneider's Wieners

1-LB. PKG. **98¢**

SCHNEIDER'S, REGULAR, BEEF OR MAPLE

## Mini-Sizzler Sausages

1-LB. PKG. **\$1.35**

TABLETTE, VARIETY PACK

CHOICE

## IGA Dessert Pears

14-FL. OZ. TIN **39¢**

## IGA Dog or Cat Food

6 15-OZ. TINS **99¢**

CANADA No. 1 GRADE, LIQUID OR CREAMED

## Billy Bee Honey

32-OZ. JAR **\$1.89**

NESTLÉ, REGULAR

## Hot Chocolate

23-OZ. JAR **\$1.99**

ORANGE PEKOE

## Salada Tea Bags

BOX OF 60 **\$1.79**

## IGA Donuts

REGULAR, RIPPLE, SALT & VINEGAR OR BARBECUE FLAVORED

PKG. OF 12 **49¢**

## Humpty Dumpty Potato Chips

225-g PKG. **89¢**

## Penaten Baby Shampoo

450-ml PLASTIC BTL. **\$1.49**

REGULAR OR MINT

## Crest Toothpaste

150-ml TUBE **\$1.19**

FROSTED, 40, 60 OR 100 WATT

## Sylvania Light Bulbs

PKG. OF 2 **59¢**

MACFEEFER'S, NATURAL OR CINNAMON

## Honey Butter

10-OZ. TUB **69¢**

1-LB. CTN. **59¢**

## Sno Flake Shortening

RUPERT, FROZEN

12-OZ. PKG. **59¢**

## Homestake Fish Cakes

THRIFT PACK, FROZEN

32-OZ. PKG. **\$1.79**

PRICES EFFECTIVE WED., JAN. 4, TO SAT., JAN. 7, 1978. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

PEA, VEGETABLE OR PEA WITH HAM

## Habitant Soups

28-FL. OZ. TIN **49¢**

POWDERED

## ABC Detergent

80-OZ. KING SIZE BOX **\$1.79**

ROYAL GOLD, PROCESS INDIVIDUALLY WRAPPED

## Cheese Slices

16-OZ. PKG. **\$1.39**

DEEP BROWNEED, IN TOMATO SAUCE

## Libby's Beans with Pork

19-FL. OZ. TIN **49¢**

FRESH for FLAVOUR

CANADA No. 1 GRADE

## P.E.I. Potatoes

10-LB. BAG **69¢**

PRODUCE OF U.S.A. RED OR WHITE FLORIDA MARSH SEEDLESS

## Grapefruit

10 SIZE 48's FOR **\$1**

PRODUCE OF USA

## Bunch Carrots

EACH **39¢**

ONTARIO GROWN CANADA No. 1 GRADE

## Rutabagas

LB. **12¢**

ONTARIO GROWN CANADA FANCY GRADE

## McIntosh Apples

3-LB. BAG **89¢**

ONTARIO GROWN CANADA No. 1 GRADE

## Cooking Onions

2-LB. BAG **29¢**

Mario-Paule Green  
Director, Consumer Affairs

**Bananas**

Bananas are a good food value at only 85 calories for a 3 1/2 ounce, 6-inch banana. They contain Vitamins A, C and B6; thiamine, riboflavin, niacin, potassium and some iron.

Serving suggestions: Add overripe bananas to puddings, pies, muffins, cookies, and milkshakes. Their natural sweetness will help save on sugar, and their flavour and moisture will enliven any recipe or mix.

Banana Chips: Into a deep fryer or large, heavy saucepan, pour about 2-3 inches of vegetable oil or shortening. Heat to 375° F. Peel and slice about 1 pound of very green bananas into paper-thin rounds.

Deep-fry slices, about a dozen at a time, for 3-4 minutes, turning with a slotted spoon. When they are golden brown or both sides, transfer to paper towels to drain. Serve warm or at room temperature.

Banana Pops: Cut banana into 4 chunks and spear each with wooden toothpick or small skewer. Freeze and serve like popsicles.

MRS. GREEN IS AVAILABLE TO TALK SHOPPING TO GROUPS. PLEASE CALL (416) 597-1020, OR WRITE: MARIE-PAULE GREEN, IGA CANADA LTD., 790 BAY ST., TORONTO, ONTARIO M5G 1P1.