

OATMEAL, SUGAR DADDY,
CHOCOLATE CHIP
OR GRANOLA

Dad's Cookies

14 TO 16-
OZ. PKGS.

89¢



and

adventure tours

bring you
the chance to win a

FREE

1 Week Holiday For 2 to Grand Bahama Hotel and Country Club

REGULAR OR DIET
Pepsi-Cola
750-ml
RETURNABLE
BTL **29¢**
PLUS 20¢ DEPOSIT PER BTL.

IGA, ROYAL GOLD, MILD, MEDIUM OR OLD COLORED

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

POWDERED
**Tide
Detergent**
6-LITRE
BOX **\$2.49**

BURNS "PRIDE OF CANADA"

Cooked Ham 1 1/2-LB. PEAR
SHAPED TIN **\$3.49**
Milkbone Dog Biscuits 1-LB.
BOX **49¢**
CANADA No. 1 GRADE LIQUID OR CREAMED
Beemaid Honey 1-LB.
JAR OR TUB **99¢**
IGA Ketchup 11-FL.
OZ. BTL **37¢**
Hot Cross Buns PKG.
OF 6 **79¢**

CREAM OF CHICKEN, BEEF NOODLE,
TOMATO RICE OR CREAM OF CELERY
**Aylmer
Fancy Soups**
4 10-FL.
OZ. TINS **\$1**

Open up a
can of sunshine...
from Ontario orchards

AYLMER, CHOICE
Fruit Cocktail
OR BARTLETT **3** 10-FL.
OZ. TINS **\$1**
CULVERHOUSE, CHOICE
Lombard or Prune Plums 2 19-FL.
OZ. TINS **\$1**

100% PURE, FROM FLORIDA FROZEN, CONCENTRATED
**Old South
Orange Juice** 12 1/2-FL.
OZ. TIN **79¢**

ONTARIO GROWN
CANADA No. 1 GRADE
Cooking Onions 2-LB.
BAG **29¢**

CUT FROM CANADA GRADE "A" BEEF
Blade Roasts
BLADE BONE REMOVED OR
**Short Rib
Roasts** LB. **69¢**

CUT FROM CANADA GRADE "A" BEEF
**Cross Cut
Rib Roasts or
Shoulder Roasts** LB. **89¢**

PREVIOUSLY FROZEN **Side Spare Ribs** LB. **\$1.29**
LEAN, BONELESS **Stewing Beef** LB. **\$1.09**
BLADE CUT **Chuck Steaks** LB. **89¢**
CROSS CUT **Smoked Hams** HALVES LB. **\$2.09**
QUARTERS LB. **\$2.19**

SAVARIN **Chicken Cutlets** LB. **69¢**
PRIDE OF CANADA, SLICED **Side Bacon** 1-LB. PKG. **\$1.65**
SWIFT'S PREMIUM **Wieners** 1-LB. PKG. **95¢**
MAPLE LEAF **Golden Fry Sausages** 1-LB. PKG. **\$1.29**
CAMPFIRE, BY THE PIECE **Bologna** LB. **59¢**
TABLERITE SLICED, VARIETY PACK **Sandwich Meats** 1-LB. PKG. **\$1.29**

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

LIQUID
**Clorox
Bleach** 128-FL. OZ.
PLASTIC BTL. **99¢**

**Tea Flake
Saltines**
16-OZ.
PKG. **49¢**

REGULAR, RIPPLE, SALT & VINEGAR OR BARBECUE FLAVORED 225-g
PKG. **Humpty Dumpty Potato Chips** **89¢**
CHOOSE FROM 14 VARIETIES 6-OZ.
PKG. **Kerr's Candies** **45¢**
50-ml JAR
60-ml TUBE OR
100-ml BTL. **Head & Shoulders Shampoo** **89¢**
REGULAR OR MINT
100-ml TUBE **Close-up Toothpaste** **\$1.19**
ASSORTED FRAGRANCIES
7-OZ. PKG. **Air Care Solid Air Fresheners** **63¢**

MONARCH, ASSORTED VARIETIES
**Added Touch
Cake Mixes**
WITH PUDDING
18 1/2-OZ.
BOX **75¢**

**Mother
Parker's
Tea Bags**
ECONOMY
POLY BAG
OF 100 **\$1.79**

NABISCO
**Shredded
Wheat**
450-g
BOX **59¢**

FRESH
for FLAVOUR

PRODUCE OF U.S.A.
FLORIDA MARSH SEEDLESS
**White
Grapefruit** LARGE SIZE 32's **6 FOR 89¢**
PRODUCE OF U.S.A.
CANADA No. 1 GRADE
Head Lettuce SIZE 24's **39¢**
EACH
PRODUCE OF U.S.A.
Spinach 2 10-OZ.
CELLO PKGS. **\$1**
PRODUCE OF U.S.A.
CANADA No. 1 GRADE
Cabbage EACH **59¢**

SUN BLEST, STANDARD
**Cream Style
Corn** 10-FL.
OZ. TIN **14¢**
MAPLE LEAF, PURE 1-LB.
PKG. **Tenderflake Lard** **59¢**
ROYAL GOLD, PROCESS, INDIVIDUALLY WRAPPED 8-OZ.
PKG. **IGA Cheese Slices** **75¢**
FARMHOUSE, FROZEN, ASSORTED VARIETIES
**Dessert
Cakes** 13 TO 15-
OZ. PKGS. **99¢**
FROZEN, 100% WHOLE WHEAT OR WHITE
PKG. OF 5 x
16-OZ. LOAVES **Rhodes Bread Dough** **\$1.39**

from Sunny Mexico
PRODUCE OF MEXICO
CANADA No. 1 GRADE "SWEET"
Green Peppers LB. **49¢**

PRICES EFFECTIVE WED., MARCH 8, TO SAT., MARCH 11, 1978.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

ELMVALE I.G.A. PENETANG I.G.A. MIDLAND I.G.A.

Open Thurs. & Fri., 8:30 a.m. - 9:00 p.m.

HIGH POINT MALL 9:00 - 6:00 Mon., Tues., Wed., Sat. 9:00 - 9:00 Thursday, Friday

Yonge and Russell Sts.
Mon., Tues., Wed. and Sat. 9-6, Thurs. and Fri. 9-9, Sunday 11-5