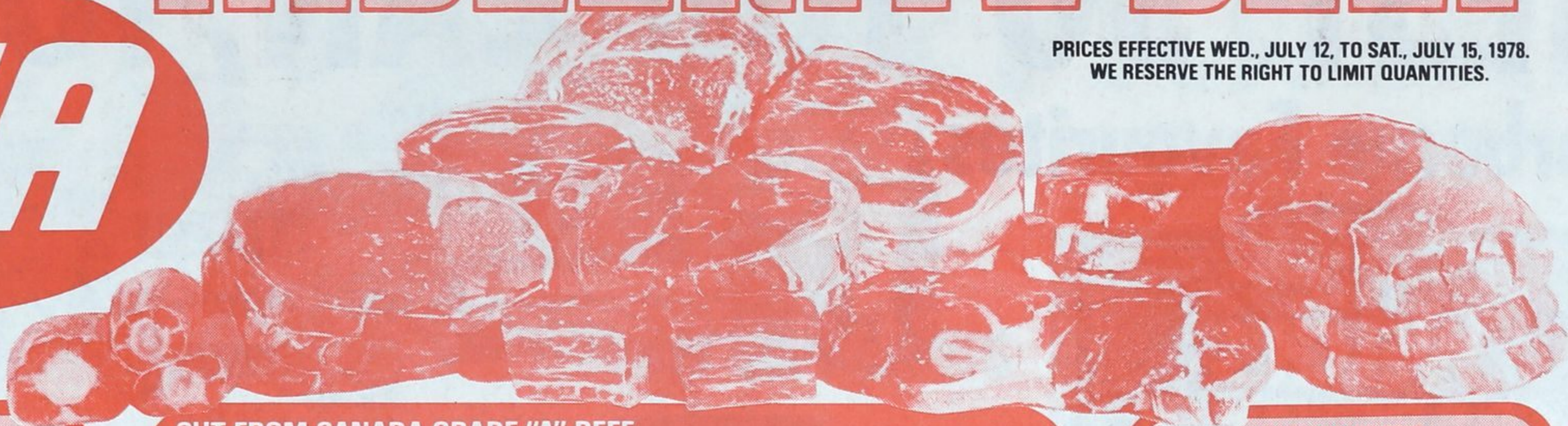


TABLERITE BEEF

PRICES EFFECTIVE WED., JULY 12, TO SAT., JULY 15, 1978.
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.



ASSORTED FLAVORS
IGA Fruit Drinks
48-FL. OZ. TIN **39¢**

- FIRM OR EXTRA FIRM
IGA Hairspray 10-OZ. AERO. TIN **\$1.09**
- ASSORTED VARIETIES
IGA Shampoo or Creme Rinse 500-ml PLASTIC BTL. **89¢**
- PINK OR LEMON
IGA Liquid Detergent 500-ml PLASTIC BTL. **49¢**

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

- IGA Long Grain Rice** 2-LB. BAG **59¢**
- CEREAL
Post Sugar Crisp 400-g BOX **99¢**
- ZION
Fig Bar Biscuits 1½-LB. PKG. **89¢**
- REGULAR, RIPPLE OR SALT & VINEGAR FLAVORED
IGA Potato Chips 225-g PKG. **69¢**
- CHOOSE FROM 7 VARIETIES
IGA Candies 250-g PKG. **59¢**

CHOICE
IGA Peas
10-FL. OZ. TIN **15¢**

- IGA Sugared Donuts** PKG. OF 12 **59¢**
- REGULAR OR STRONG
IGA Mouthwash 16.5-FL. OZ. BTL. **89¢**
- 100% VEGETABLE OIL
IGA Soft Margarine 1-LB. TUB **59¢**
- IGA Coffee Whitener** 16-OZ. JAR **97¢**

CUT FROM CANADA GRADE "A" BEEF
Blade Roasts
BLADE BONE REMOVED
or Chuck Short Rib Roasts LB. **98¢**

CUT FROM CANADA GRADE "A" BEEF
Cross Cut Rib Roasts or Boneless Shoulder Roasts LB. **\$1.29**

- CUT FROM CANADA GRADE "A" BEEF
Blade Steaks LB. **\$1.19**
- CUT FROM CANADA GRADE "A" BEEF
Cross Cut Steaks LB. **\$1.39**
- SCHNEIDER'S, SLICED
Side Bacon 1-LB. PKG. **\$1.78**
- SCHNEIDER'S, SLICED
Cooked Ham 6-OZ. PKG. **\$1.39**
- SCHNEIDER'S, BEEF, CHICKEN, PORK OR STEAK
Meat Pies 8-OZ. PKG. **75¢**
- FEARMAN'S, STORE PACKAGED
Beef Steakettes LB. **98¢**
- SCHNEIDER'S, WHOLE, CUT UP
Fried Chicken 2-LB. BOX **\$3.69**
- SHOPSY
Beef Wieners 1-LB. PKG. **\$1.19**
- SHOPSY'S, BOILABLE BAG
Corned Beef 4 x 2-OZ. PKGS. **\$1.39**
- S & M, 9" x 14"
Deluxe Pizza 25-OZ. PIZZA **\$2.29**

FINE, GRANULATED
White Sugar
2-kg BAG **79¢**

- FRASERVALE, FANCY, FROZEN
Broccoli Spears 10-OZ. PKG. **49¢**
- BLUE WATER, FROZEN
Haddock Fish & Chips 10-OZ. PKG. **99¢**
- ROYAL GOLD, ASSORTED FLAVORS
IGA Ice Cream 1-LITRE CARTON **79¢**

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

- CHOICE
IGA Cream Style Corn 3 14-FL. OZ. TINS **\$1**
- CHOICE
IGA Whole Tomatoes 28-FL. OZ. TIN **49¢**
- IN TOMATO SAUCE
IGA Spaghetti 14-FL. OZ. TIN **29¢**
- IGA Peanut Butter** 32-OZ. UTILITY JAR **\$1.49**
- IGA Instant Coffee** 10-OZ. JAR **\$3.99**

IN TOMATO SAUCE
Libby's Deep Browned Beans
WITH PORK OR VEGETARIAN STYLE
19-FL. OZ. TIN **49¢**

ASSORTED VARIETIES
BETTY CROCKER
Snackin' Cake Mixes
14-OZ. BOX **75¢**

ASSORTED COLORS
"BABIES ONLY, PLEASE"
Bathroom Tissue
4-ROLL PKG. **99¢**

FRESH for FLAVOR
PRODUCE OF U.S.A.
THOMPSON SEEDLESS
Green Grapes LB. **79¢**

ONTARIO GROWN
Mushrooms LB. **99¢**

PRODUCE OF REPUBLIC OF SOUTH AFRICA
Outspan Navel Oranges SIZE 112's DOZ. **\$1.39**

- PRODUCE OF U.S.A.
CANADA No. 1 GRADE
Tomatoes LB. **49¢**
- ONTARIO GROWN
Spinach 10-OZ. CELLO PKG. **59¢**
- IGA Liquid Bleach** 128-FL. OZ. PLASTIC BTL. **67¢**
- IGA Dog or Cat Food** 2 15-OZ. TINS **35¢**

ELMVALE IGA | PENETANG IGA | MIDLAND IGA

8:30-6:00 Mon., Tues., Wed., Sat. 8:30-9:00 Thursday, Friday

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