

REGULAR OR DIET  
**Pepsi-Cola**  
750-ml RETURNABLE BTL  
**25¢**  
PLUS 20¢ DEPOSIT PER BTL.

DRACH'S  
**Corned Beef Loaf** 12-OZ. TIN **79¢**

60% WHOLE WHEAT, CRACKED WHEAT OR WHITE SANDWICH  
**IGA Sliced Bread**  
3 24-OZ. LOAVES **\$1**

FANCY  
**IGA Peach Halves** 28 FL. OZ. TIN **69¢**  
BEEF, MEALTIME OR STEW  
**Kal Kan Cat Food** 2 6 OZ. TINS **45¢**  
SUGAR SWEETENED, ASSORTED FLAVORS  
**Kool-Aid** 660 g TIN **\$1.59**  
CONVERTED  
**Uncle Ben's Rice** 2 LB. BOX **\$1.29**  
MANUFACTURER'S PREPRICED \$1.79  
**Downy Fabric Softener** 2 LITRE PLASTIC BTL. **\$1.69**  
POWDERED  
**Tide Detergent** 12 LITRE BOX **\$5.29**

WITH PECTIN  
**IGA Raspberry or Strawberry Jam**  
24-FL. OZ. JAR **79¢**

CULVERHOUSE, CHOICE  
**Small Whole Potatoes** 3 19-FL. OZ. TINS **\$1**

CHOCOLATE CHIP, PEANUT BUTTER, VENETIAN CREME OR PEANUT BUTTER CREME  
**Colonial Biscuits**  
14 TO 16-OZ. PKGS. **89¢**

BABYSCOTT, DISPOSABLE  
**Super Toddler Diapers** PKG. OF 30 **\$2.29**  
LIGHT POWDER OR REGULAR  
**Right Guard Antiperspirant** 6-OZ. AERO. TIN **\$1.29**  
DISPOSABLE  
**Bic Lady's Razor** PKG. OF 2 **39¢**  
ONE SIZE FITS ALL, NOISETTE, SPICE OR TAUPE SHADES  
**Discretion Panty Hose** PKG. OF 3-PAIR **\$1.99**  
KRAFT, CRACKER BARREL  
**Medium Cheddar Cheese** 16-OZ. PKG. **\$1.99**

SALUBRA OR DEVONSHIRE  
**Mushroom Pieces & Stems** 10-FL. OZ. TIN **59¢**

**Nescafé Instant Coffee** 10-OZ. JAR **\$5.39**

# At home or away



We treat you royally

shop at

**IGA**

FRESH OR FROZEN, CANADA GRADE **A** EVISCERATED, YOUNG

## Turkeys

UNDER 12-LBS. **89¢** LB.

CANADA GRADE A EVISCERATED, YOUNG, FROZEN  
**Tablerite Self-Basted Turkeys** UNDER 12-LBS. LB. **\$1.08**

- |  |   |
|--|---|
| MARY MILES, SLICED<br><b>Side Bacon</b> 1-LB. PKG. <b>\$1.68</b>                     | SCHNEIDER'S, BEEF, MUSHROOM, CHEESE, ONION OR BBQ<br><b>1/4-Lb. Beef Burgers</b> 1-LB. PKG. <b>\$1.59</b> |
| SCHNEIDER'S, REGULAR, BEEF OR MAPLE<br><b>Mini Sizzlers</b> 1-LB. PKG. <b>\$1.49</b> | MARY MILES, SLICED<br><b>Bologna</b> 16-OZ. PKG. <b>\$1.09</b>  |
| CANADIAN QUEEN, SLICED<br><b>Cooked Ham</b> 6-OZ. PKG. <b>\$1.29</b>                 | SHOPSYS<br><b>Beef Wieners</b> 1-LB. PKG. <b>\$1.29</b>   |
| SCHNEIDER'S<br><b>Skillet Strips</b> 1-LB. PKG. <b>\$1.39</b>                        | SCHNEIDER'S, COOKED<br><b>Olde Fashioned Hams</b> 2 TO 3-LB. AVG. LB. <b>\$3.29</b>                       |

CHECK YOUR LOCAL IGA FOR HOLIDAY STORE HOURS. PRICES EFFECTIVE WED., AUG. 2, TO SAT., AUG. 5, 1978. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

**Ontario Summer Salad '78 July-August**

ONTARIO GROWN CANADA NO. 1 GRADE  
**Cauliflower** SIZE 12'S **49¢** EA.

ONTARIO GROWN CANADA NO. 1 GRADE  
**Corn on the Cob** **89¢** DOZ.

PRODUCE OF U.S.A.  
**Nectarines** **49¢** LB.

GOOD THINGS GROW IN ONTARIO

BABY DILLS, SWEET MIXED OR BREAD AND BUTTER  
**Rose Pickles**  
24-FL. OZ. JAR **69¢**

**Kellogg's Corn Flakes** 675-g PKG. **99¢**

FROZEN, CHOICE  
**Valley Farms French Fries**  
2-LB. POLY BAG **29¢**

SLIM PACK  
**Sifto Table Salt** 1 Kg BOX **29¢**  
BEAVER  
**Peanuts in the Shell** 16-OZ. PKG. **99¢**  
REGULAR, RIPPLE, SALT & VINEGAR OR BARBECUE FLAVORED  
**Hostess Potato Chips** 225-g PKG. **89¢**  
OLD SOUTH, CONCENTRATED, FROZEN, 100% PURE FROM FLORIDA  
**Grapefruit Juice** 12 1/2-FL. OZ. TIN **65¢**  
MCCAIN, FROZEN, CHOCOLATE, GLAZED OR CINNAMON-RAISIN  
**Deep 'N' Delicious Donuts** 9-OZ. PKG. **79¢**

100% VEGETABLE OIL  
**Parkay Soft Margarine**  
SLEEVE OF 2 x 8-OZ. TUBS **79¢**

PROCESS, SINGLE THINS  
**Black Diamond Cheese Slices** 8-OZ. PKG. **79¢**

CHOICE  
**Bright's Pure Apple Juice**  
48-FL. OZ. TIN **75¢**

*Marie-Paule Green*  
Director - Consumer Affairs  
**The Versatile Onion**

Onion is a universal seasoning and readily available in many convenient forms - powder, salt, flakes, instant minced, freeze-dried chopped, and frozen chopped. Any of these can substitute for fresh raw onion:

- 1 tbsp frozen chopped onion equals 1 tbsp fresh chopped onion
- 1 tbsp onion powder equals 1 medium size fresh onion
- 1 tbsp instant minced onion equals 1/4 minced raw onion
- 1 tbsp onion flakes equals 1/4 chopped raw onion
- 1 tbsp freeze-dried onion equals 1/4 fresh onion

Onion powder is stronger than the salt, the latter being combined onion and table salt. Instant minced onion can be added as is to a cooked mixture, such as soup or sauce. However, before adding it to salads or sandwich fillings, or sauteeing it, mix it with equal amounts of water, and let it stand for 5 minutes.

Fresh onion can add flavour magic to many other dishes - casseroles, omelets, and stuffings. Or, serve it alone as a vegetable, baked or boiled, with cream sauce and curry powder.

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., M5G 1P1, TORONTO, ONTARIO

**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