

Competitive Prices at



CUT FROM CANADA GRADE "A" BEEF "BONELESS", OUTSIDE CUT		POPULAR VARIETIES SLICED	
Round Steak Roasts	Maple Leaf Sandwich Meats		
1.98	.49		
LB.	175 g PKG.		
CUT FROM CANADA GRADE "A" BEEF BONELESS	REGULAR	CUT FROM CANADA GRADE "A" BEEF "BONELESS", FULL SLICE OR OUTSIDE CUT	
Top Round Steaks	Ground Beef	Round Steaks	
2.18	1.38	1.98	
LB.	LB.	LB.	
SLICED	500 g PKG.	CUT FROM CANADA GRADE "A" BEEF "BONELESS AND LEAN"	
Maple Leaf Side Bacon	Maple Leaf Wieners	Stewing Beef	1.89
1.79	1-LB. PKG. 1.69	LB.	
COOKED, 1 1/4-LB. AVG.	PORK OR BEEF	Maple Leaf Waxed Bologna Chub	1.19
Maple Leaf Mini Dinner Hams	Maple Leaf Sausages	2-LB. AVG. LB.	
2.39	500 g PKG. 1.99		
LB.	6-OZ. PKG.		
	Maple Leaf Ham Steaks		
	1.59		

VALLEY FARM CHOICE, FROZEN

French Fries

2-LB. POLY BAG

.29

IGA, FANCY

Tomato Juice

48-FL. OZ. TIN

.59

Cloverleaf Chunk Light Tuna

6 1/2-OZ. TIN

.99

IGA

Hamburg or Wiener Buns

PKG. OF 8

.49

QUENCH, FLAVORED ASSORTED FLAVORS

Drink Mix Crystals

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

1.49

INSTANT COFFEE

Nescafé

10-OZ. JAR

5.99

CALIFORNIA

Seedless Raisins

PKG. OF 6 x 1 1/2-OZ. BOXES

1.09

Coca-Cola or Sprite

CTN. OF 6 x 300 mL BTL.

1.59

PLUS .60 DEPOSIT ON BOTTLES

KELLOGG'S

Cracklin' Bran

550 g BOX

1.29

MILLI FIORI

Ice Wafer Biscuits

3 1/2-OZ. PKGS.

1.

REGULAR OR CHEESE

Christies Bits & Bites

200 g PKG.

.99

PARTY MINTS, TOFFEE, CRYSTAL FRUITS OR BUTTERSOTCH

Dares Candies

425 TO 450 g PKGS.

1.25

PLASTIC FOOD WRAP

Stretch n'Seal

30 m ROLL BOX

1.09

DISPOSABLE

Bic Razors

PKG. OF 5

.59

REGULAR OR LIME

Right Guard Deodorant

75 g STICK

1.39

Aquafresh Toothpaste

50 mL TUBE

.69

LUSTROWARE, 11-QT., HEAVY DUTY RUST RESISTANT HANDLE—VERY DURABLE

Plastic Pail

EA.

1.49

ASSORTED VARIETIES

9-Lives Cat Food

4 6-OZ. TINS

1.

CHEF-BOY-AR-DEE ROLLER COASTERS OR

Mini Bites

15-FL. OZ. TIN

.69

LIQUID

Palmolive Detergent

32-FL. OZ. PLST. BTL.

1.69

FOUR STAR

Mandarin Oranges

10-FL. OZ. TIN

.49

QUIKKI, POLY

Kitchen Garbage Bags

PKG. OF 12

.59

Ajax Cleanser

21-OZ. CONT.

.59

1 BAR FREE PACK

Irish Spring Soap

4 x 95 g BARS

1.29

CHOCOLATE CHIP, OATMEAL, CHOCOLATE CHIP, PEANUT BUTTER CHIP, BANANA CREME, TRIO PACK OR SHORTCAKE

Colonial Biscuits

400 TO 450 g PKGS.

1.25

FARMHOUSE, FROZEN

Strawberry / Rhubarb Pie

24-OZ. PKG.

1.29

FROZEN, CONCENTRATED MINUTE MAID, PURE

Orange Juice

16 2/3-FL. OZ. TIN

1.19

FBI, BREAKFAST

Orange Drink

64-FL. OZ. BTL.

.99

IMPERIAL 100% PURE VEGETABLE OIL

Sof-Spread Margarine

2-LB. TUB

1.79

Coca-Cola or Sprite

CASE OF 24 x 10-FL. OZ. TINS

4.89

SEALEST ASSORTED FLAVORS

Light'n' Lively Yogurt

175 g CUPS

3 1.

FRESH for FLAVOUR

ONTARIO GROWN CANADA NO. 1 GRADE

Head Lettuce

3 FOR **.89**

PRODUCE OF U.S.A. CANADA NO. 1 GRADE

California Plums

LB. **.59**

ONTARIO GROWN CANADA NO. 1 GRADE	Field cucumbers	3 FOR	.87	ONTARIO GROWN	Romaine Lettuce	2 FOR	.79
ONTARIO GROWN CANADA NO. 1 GRADE	Cabbage	2 FOR	.88	ONTARIO GROWN	Bunch Radishes	3 FOR	.99
ONTARIO GROWN	Spinach	10-OZ. PKG.	.69	ONTARIO GROWN	Green Onions	4 FOR	.99

PRODUCE OF REPUBLIC OF SOUTH AFRICA

Navel Oranges

SIZE 88's DOZ.

1.99

PRODUCE OF U.S.A. ONTARIO NO. 1 GRADE, "SWEET"

Green Peppers

LB.

.59

PRODUCE OF CENTRAL AMERICA CHIQUITA OR DOLE

Bananas

3 LBS.

.99

PRODUCE OF U.S.A.

Peanuts-in-the-Shell

LB.

.99

SKIPPY, REGULAR OR SUPER CRUNCHY

Peanut Butter

500 g JAR

.99

POWDERED

Fab Detergent

12 L BOX

4.99

PRICES EFFECTIVE WED., JULY 16 TO SAT., JULY 19, 1980. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

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