

Competitive Prices at



CANADA GRADE A, EVisCERATED

Be sure to visit the CANNING & PRESERVING SHOW in the coliseum at the C.N.E. and receive a FREE IGA \$10.00 COUPON BOOK and SHOPPING BAG.

Fresh Chickens

3-LB. AVG. PER FAMILY. LIMIT 3 BIRDS PER FAMILY. B.B.Q. FEATURE

79

ASSORTED VARIETIES READY-TO-SERVE

Heinz Soups

8-FL. OZ. TIN

.19

IGA ASSORTED FLAVORS

Soft Drinks

CASE OF 24 X 10-FL. OZ. PULL-TAB TINS

4.29

VALLEY FARM FROZEN, CHOICE

French Fries

2-LB. POLY BAG

.29

CLOVERLEAF

Solid White Tuna

7-OZ. TIN

1.49

FRESH! WHOLE

Cut-up Chicken

NEW ZEALAND, FROZEN

Leg 'O' Lamb Roasts

NEW ZEALAND, FROZEN SHOULDER

Lamb Chops

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| NEW ZEALAND, FROZEN Lamb Leg Steaks | 500 g PKG | 1.99 | NEW ZEALAND, FROZEN Lamb Shanks | LB | 1.19 | NEW ZEALAND, FROZEN Loin Lamb Chops | 1-LB. PKG | 2.49 |
| PRIDE OF CANADA, SLICED Side Bacon | 500 g PKG | 1.59 | MAPLE LEAF, COOKED Dinner Pork Shoulders | LB | 1.99 | MAPLE LEAF, COOKED Wieners | 1-LB. PKG | 1.59 |
| MAPLE LEAF Pork Sausages | 500 g PKG | 1.59 | MAPLE LEAF, SWEET PICKLED Deli Sausage | 250 g CHUB | 1.39 | MAPLE LEAF, COOKED Ham Steaks | 175 g PKG | 1.59 |
| MAPLE LEAF, SLICED Bologna | 375 g PKG | 1.19 | Peamealed Back Bacon | BY THE PIECE LB | 2.49 | ASSORTED VARIETIES Shoppy's Salads | 500 g TUB | .99 |

FRESH for FLAVOUR

ONTARIO GROWN CANADA NO. 1 GRADE Field Tomatoes

4-QT. BASKET

1.99

WEATHER PERMITTING

PRODUCE OF U.S.A.

Watermelons

16-LB. AVG. EA.

1.99

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| ONTARIO GROWN CANADA NO. 1 GRADE Cabbage | 3 FOR | .99 | ONTARIO GROWN Green Beans | LB | .59 |
| ONTARIO GROWN Pepper Squash | 2 FOR | .79 | ONTARIO GROWN Bunch Radishes | 3 FOR | .99 |
| ONTARIO GROWN Bunch Carrots | 2 FOR | .79 | ONTARIO GROWN Green Onions | 4 BUNCHES FOR | .99 |
| ONTARIO GROWN CANADA NO. 1 GRADE Celery Stalks | 2 FOR | .79 | PRODUCE OF THE REPUBLIC OF SOUTH AFRICA Valencia Oranges | SIZE 88'S DOZ | 1.99 |
| ONTARIO GROWN Field Cucumbers | 3 FOR | .87 | PRODUCE OF CENTRAL AMERICA DOLE OR CHIQUITA Bananas | 3 LBS | .99 |
| ONTARIO GROWN Zucchini Squash | 3 LBS FOR | .99 | PRODUCE OF U.S.A. Peanuts-in-the-Shell | LB | .99 |
| LOCALLY GROWN ONTARIO NO. 1 GRADE, "SWEET" Green Peppers | LB | .59 | | | |

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| CANADA DRY ASSORTED FLAVORS Soft Drinks | CTN OF 6 x 300 mL BTLs | 1.79 |
| BONI Mackerel Fillets | 125 g TIN | .49 |
| LITTER GREEN Cat Filler Box | 4-LB BOX | 1.39 |
| BORDENS COFFEE WHITENER Cremelle | 22-OZ JAR | 1.89 |
| CANADA BRAND EXTRA STRENGTH FOR PICKLING White Vinegar | 128-FL OZ PLST JUG | 1.39 |
| CLUB HOUSE Garlic Salt | 88 g JAR | .69 |
| CLUB HOUSE, GROUND Black Pepper | 106 g CRTN | 1.39 |
| WHITE OR PINK Camay Soap | 3 x 140 g BATH SIZE BARS | 1.49 |
| LIQUID Mir Detergent | PACK OF 2 x 750 mL PLST BTLs | 1.59 |
| FLAVORED DRINK MIX CRYSTALS, ASSORTED FLAVORS Freshie | 880 g CANISTER | 1.49 |
| MFG 8" OFF LABEL TOASTMASTER Crusty Bread | 16-OZ LOAF | .59 |
| JERSEY MILK, CRISPY CRUNCH, MR BIG, MALTED MILK OR SWEET MARIE Neilson Candy Bars | PKG OF 4 REG BARS | .99 |
| REGULAR, SUPER OR PLUS Tampax Tampons | PKG OF 40 | 2.99 |
| MINT OR REGULAR Crest Toothpaste | 150 mL TUBE | 1.39 |
| KINGSFORD Charcoal Briquets | 10-LB BAG | 2.39 |
| IGA, POLY Garbage Bags | PKG OF 10 | .83 |
| SWANSON, FROZEN Hungry Man Beef Entrée | 11 1/2-OZ PKG | 1.19 |

IGA, UNSWEETENED, FROM CONCENTRATE BLENDED, GRAPEFRUIT OR ORANGE

48-FL. OZ. TIN

Citrus Juices

IGA SMOOTH OR CRUNCHY

500 g JAR

Peanut Butter

15-FL. OZ. BTL

IGA Ketchup

CHOCOLATE CHIP, CREME ASSORTMENT, OR COOKIE ASSORTMENT

700 g PKG

McCormicks Biscuits

ASSORTED VARIETIES PUSS N' BOOTS

3 15-OZ. TINS

Cat Food

A TASTY CHEESE FLAVORED SNACK

225 g PKG

IGA Cheese Logs

100% PURE VEGETABLE OIL QUARTERS

3-LB CTN

Monarch Margarine

MAPLE LEAF Tenderflake Pure Lard

3-LB TUB

FRONTENAC OR FAVORITE

Ice Cream

2L CTN.

1.29

FOUR STAR

Mushrooms Pieces & Stems

10-FL. OZ. TIN

.69

PRICES EFFECTIVE WED., AUGUST 13 TO SAT., AUGUST 16, 1980.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

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| ELMVALE IGA 8:30-6:00 Mon., Tues., Wed., Sat. 8:30-9:00 Thursday, Friday | PENETANG IGA HIGH POINT MALL 9:00-6:00 Mon., Tues., Wed., Sat. 9:00-9:00 Thursday, Friday | MIDLAND IGA Yonge and Russell Sts. Mon., Tues., Wed. and Sat. 9-6, Thurs. and Fri. 9-9, Sunday 11-5 |
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