

Competitive Prices at



IGA, RECONSTITUTED
Apple Juice
48-FL. OZ. TIN **.69**

BETTY CROCKER SUPER MOIST ASSORTED VARIETIES
Cake Mixes
510g BOX **.79**

ALL PURPOSE
Five Roses Flour
5 kg BAG **2.99**

CHEFMASTER 100% PURE VEGETABLE OIL
Margarine
1-LB. PARCH. PKG. **.39**

ORIGINAL OATMEAL, OATMEAL, CHOCOLATE CHIP OR GOLDEN COUNTRY
Dad's Cookies
400 TO 450g PKGS. **.99**

ORANGE PEKOE
Red Rose Tea Bags PKG. OF 60 **1.59**

McCAIN, FANCY, FROZEN BEEFEATER, STRAIGHT, CRINKLE OR SHOESTRING CUTS
French Fries 2-LB. POLY BAG **.89**

BURNS, TENDER
Flakes of Ham 6 1/2-OZ. TIN **.99**

Sprite or Coca-Cola 750 mL BTL. **.39**
PLUS 25¢ DEPOSIT PER BTL.

3 WEEKS TO GO TO SAVE YOUR TAPES FOR TOTES.
COMPLETE YOUR SET OF MATCHING IMPORTED LUGGAGE NOW!

PRICES EFFECTIVE WED., NOV. 19 TO SAT., NOV. 22, 1980. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

FRESH for FLAVOUR
PRODUCE OF U.S.A. **Florida Tangerines** SIZE 176'S DOZ. **.79**
PRODUCE OF U.S.A. **Florida Oranges** SIZE 125'S DOZ. **.79**

ONTARIO GROWN **Mushrooms** LB. **1.29**

PRODUCE OF U.S.A. Spinach 10-OZ. PKG. EA. .69	ONTARIO GROWN Brussels Sprouts LB. .69
FROM BRITISH COLUMBIA CANADA FANCY GRADE Anjou Pears LB. .69	ONTARIO GROWN Pepper Squash 4 FOR .99
FROM BRITISH COLUMBIA CANADA FANCY GRADE Red or Golden Delicious Apples LB. .59	PRODUCT OF ONTARIO Bean Sprouts LB. .39
PRODUCE OF U.S.A. Romaine Lettuce EA. .69	PRODUCT OF ONTARIO Fried Noodles LB. .99
PRODUCE OF U.S.A. Green Onions 3 BUNCHES FOR .99	PRODUCT OF ONTARIO Alfalfa Sprouts 2 4 OZ. PKGS. 1.
PRODUCE OF U.S.A. Avocadoes SIZE 16'S EA. .59	PRODUCE OF U.S.A. Walnuts in the Shell LB. 1.39
PRODUCE OF U.S.A. CANADA NO. 1 GRADE Spanish Type Onions PKG. OF 2 .99	

CUT FROM CANADA GRADE A BEEF
Standing Rib Roasts LB. **2.49**

Wieners 1-LB. PKG. **1.59**

PAN READY, FROZEN Whitefish 1 1/2-LB. AVG. LB. 1.39	PREVIOUSLY FROZEN Sole Fillets LB. 2.59
Beef Burgers 500g PKG. 2.39	CUT FROM CANADA GRADE A BEEF Beef Rib Steaks LB. 2.79
SLICED Bologna 175g PKG. .89	SWIFT'S PREMIUM, SLICED Side Bacon 500g PKG. 1.99
BOILABLE BAG Corned Beef 4 x 2-OZ. PKGS. 2.29	NEW ZEALAND, FROZEN Leg 'O Lamb Roasts LB. 1.75
Smoked Ham Steaks 175g PKG. 1.89	NEW ZEALAND, FROZEN Lamb Leg Steaks LB. 1.95
Cocktail Sausages 250g PKG. 1.29	NEW ZEALAND, FROZEN Loin Lamb Chops LB. 2.59
	SHOPS'S Potato Salad or Cole Slaw 24-OZ. TUB 1.19

FRESH! LEG OR BREAST
Chicken Quarters LB. **.99**

NEW ZEALAND FROZEN
Shoulder Lamb Chops LB. **1.59**

Bathroom Tissue PKG. OF 4-ROLLS 1.39	DELUXE ASSORTED COLORS Festive Swirls, Party Treat, Coconut Shortbread or Scottish Style Shortbread
Hollandia Festive Cookies 2 225g PKGS. 1.39	FRUIT 'N' NUT, CARAMEL, DAIRY MILK OR HAZELNUT Cadbury Candy Bars FAMILY SIZE BAR .69
Kotex Lightdays 3 PKG. OF 30 1.79	DEODORANT, OR REGULAR Body on Tap Shampoo 225 mL PLST. BTL. 1.79
REGULAR OR MINT Crest Toothpaste 100 mL TUBE .99	

COOKED VACUUM PACKED HALVES OR QUARTERS
Smoked Hams LB. **1.69**

Golden Fry Sausages 500g PKG. **1.59**

SLICED SELECTED POPULAR VARIETIES Sandwich Meats 375g PKG. 1.85	PREMIUM VARIETIES 1 1/2-LB. AVG. Sandwich Meat Chunks LB. 2.39
"BAVARIAN STYLE" Beeffest Sausage 500g PKG. 1.79	BY THE PIECE Polish Sausage LB. 1.89
Cocktail Wieners 250g PKG. 1.29	

IGA, CHOICE Cream Style Corn 10-FL. OZ. TIN .29	CARMELITA Tomato Paste 4 5 1/2-FL. OZ. TINS 1.
LUXURY SNOW Crabmeat 6-OZ. TIN 2.59	DE JEAN, CLEANED Medium Shrimp 4 1/2-OZ. TIN 2.79
BONI, IN VEGETABLE OIL Solid Light Tuna 7-OZ. TIN 1.19	PEP, ASSORTED VARIETIES Dog Food 25-OZ. TIN .39
ORANGE, SEVILLE OR 3 FRUIT Laura Secord Marmalades 9-FL. OZ. JAR .59	COMPASS, AUSTRALIAN SEADED Lexia Raisins 375g PKG. .99

OWL OR CAT ASSORTED FRAGRANCES Wizard Solid Air Fresheners 2-OZ. PKG. 1.29	GUEST, PAPER Lunch Bags 2 PKGS. OF 50 1.09
HIGH LINER, FROZEN Boston Bluefish Fillets 16-OZ. PKG. 1.49	GUSTO, FROZEN, 5-INCH SIZE CHEESE & PEPPERONI OR DELUXE VARIETIES 4-Pack Pizzas 13-OZ. PKG. 1.69
IGA, RANDOM WEIGHTS Brick or Colby Cheese LB. 2.19	

ASSORTED FLAVORS Royal Jelly Powders 3-OZ. PKG. .29	CRUSHED, TIDBITS OR SLICED IN SYRUP Palanda Pineapple 19-FL. OZ. TIN .59
BABY DILLS, SWEET MIXED OR BREAD AND BUTTER Rose Pickles 500 mL JAR .79	

ELMVALE IGA 8:30-6:00 Mon., Tues., W., 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