

# Competitive Prices at



## Fresh Chicken Leg or Breast Quarters

LB. **.99**

MAPLE LEAF, COOKED, HOCK, RIND AND EXCESS FAT REMOVED

## Smoked Hams

WHOLE, 18-LB. AVG.,  
LB. **1.39**

FRESH! WHOLE, 18-LB. AVG., HOCK REMOVED

## Leg O' Pork Roasts

LB. **.89**

FRESH! SHANK PORTION, HOCK REMOVED

Leg O' Pork Roasts LB. **.99**

MAPLE LEAF, COOKED, SMOKED HOCK, RIND AND EXCESS FAT REMOVED

Half Hams LB. **1.49**

SWIFT'S PREMIUM, 1-LB. PKG. **1.69**

SWIFT'S PREMIUM, SLICED 175 g PKG. **.85**

HIGHLINER, FROZEN, STORE PACK

Fish Cakes LB. **.59**

SUGAR PLUM, SLICED

Side Bacon 500 g PKG. **1.99**

LAZY MAPLE, Pork Sausages 500 g PKG. **2.19**

SWIFT'S PREMIUM, Sandwich Spreads 250 g CHUB **.85**

VALIO, FINNISH, BY THE PIECE

Edam Cheese LB. **1.99**

FRESH! BUTT PORTION

Leg O' Pork Roasts LB. **1.09**

SUGAR PLUM, SLICED

Cooked Ham 125 g PKG. **1.19**

SWIFT'S PREMIUM, Brown 'N Serve Sausage 250 g PKG. **1.69**

VALIANT, FLAVORED ASSORTED FLAVORS  
Drink Mix Crystals 17-OZ PKG. **.99**

BONI, IN VEGETABLE OIL  
Solid Light Tuna 3 1/2-OZ TIN **.79**

GAINES, Select Dog Food 2 kg BAG **2.19**

UNICO, Sunflower Oil 1 L BTL. **1.59**

MCCONNELL, ORANGE PEKOE PKG. OF 30 **.89**

ZERO, LIQUID Cold Water Wash 32-FL OZ BTL. **2.99**

SEALTEST, ASSORTED FLAVORS  
Ice Cream Parlor Ice Cream 2 L CTN. **2.39**

POST CEREAL  
Alpha-Bits 275 g BOX **.99**

CANADA DRY, ASSORTED FLAVORS,  
Soft Drinks 6 300 mL BTL. PLUS .10 DEPOSIT PER BTL. **1.79**

MFG. 10" OFF LABEL TOASTMASTER  
Crumpets PKG. OF 6 **.79**

CHIP 'N' NUT, CINNAMON CRUNCH, COCONUT CREAMS, CRUNCHY OATMEAL OR VANILLA CREAMS

McCormicks Biscuits 400 g PKG. **1.25**

Pepsodent Toothpaste 100 mL TUBE **1.09**

WILKINSON SUPER SWORD  
Razor Blades PKG. OF 5 **.89**

FABREGE, BONUS OF 150 mL MORE ASSORTED VARIETIES  
Organic Shampoos or Conditioners 600 mL PLST. BTL. **1.99**

QUIKKI, POLY  
Garbage Bags PKG. OF 10 **.99**

GLAD, POLY  
Sandwich Bags PKG. OF 200 **2.19**

PRICES EFFECTIVE WED. FEB. 4 TO SAT., FEB. 7, 1981.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES

**FEBRUARY IS FROZEN FOOD MONTH**

WELCH'S, FROZEN, CONCENTRATED  
Grape Juice 12-FL OZ TIN **.99**

NEW! FROZEN, PEPPERONI OR DELUXE VARIETIES  
Deep Crust Totino's Pizzas 350 g PKG. **1.99**

RHODES, FROZEN  
White Bread Dough BAG OF 5x16-OZ LOAVES **1.99**

SEAWAVE  
**Pink Salmon**  
**1.19**  
7 1/2-OZ TIN

MONARCH,  
**Pastry Flour**  
**1.59**  
2.5 kg BAG

HEINZ, FANCY  
**Tomato Juice**  
**.79**  
48-FL OZ TIN

IGA, ASSORTED FLAVORS  
**Soft Drinks**  
CASE OF 24x10-FL OZ TINS  
**4.99**

AYLMER, CHOICE  
**Cream Style Corn or Peas**  
19-FL OZ TIN **.39**

GRAIN OF GOLD, SLICED  
**White Bread**  
24-OZ LOAF **.49**

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

Maxwell House  
**Instant Coffee**  
10-OZ JAR **4.99**

KRAFT SALAD DRESSING  
**Miracle Whip** 1 L JAR **1.79**

CHOICE, CLING PEACH HALVES, BARTLETT PEARS OR FRUIT COCKTAIL  
**Aylmer Canned Fruits** 14-FL OZ TIN **.69**

COTTONELLE, ASSORTED COLORS  
**Bathroom Tissue** 4 ROLL PKG. **1.19**

BILLY BEE, CANADA NO. 1 GRADE  
**Creamed Honey** 1-LB. TUB **.99**

FRESH for FLAVOUR

PRODUCE OF CANADA  
CANADA NO. 1 GRADE  
**P.E.I. Potatoes**  
10-LB. BAG **1.49**

LIMIT 4 BAGS PER FAMILY

PRODUCE OF U.S.A. CANADA NO. 1 GRADE <b>Texas Cabbage</b> SIZE 22'S EACH <b>.59</b>	PRODUCE OF U.S.A. <b>Green Onions</b> 3 BUNCHES <b>.87</b>
PRODUCE OF U.S.A. <b>California Sunkist Navel Oranges</b> SIZE 138'S DOZ. <b>.99</b>	PRODUCE OF U.S.A. <b>Bunch Carrots</b> BUNCH <b>.69</b>
FROM BRITISH COLUMBIA CANADA FANCY GRADE <b>Red or Golden Delicious Apples</b> LB. <b>.59</b>	ONTARIO GROWN CANADA NO. 1 GRADE <b>Rutabagas</b> LB. <b>.19</b>
FROM BRITISH COLUMBIA CANADA FANCY GRADE <b>Anjou Pears</b> LB. <b>.69</b>	PRODUCT OF ONTARIO <b>Bean Sprouts</b> LB. <b>.39</b>
PRODUCE OF U.S.A. <b>California Romaine Lettuce</b> EA. <b>.59</b>	PRODUCT OF ONTARIO <b>Fried Noodles</b> LB. <b>.99</b>
PRODUCE OF U.S.A. SIZE 40'S <b>2 FOR 1. Avocadoes</b>	PRODUCT OF ONTARIO PLAIN OR WITH RADISHES <b>Alfalfa Sprouts</b> 2 4-OZ PKGS. <b>1.</b>
	MADE IN CANADA <b>Northland Fire Logs</b> 6-LB. SIZE EA. <b>1.19</b>

**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