

Competitive Prices at



FRESH! 3-LB. AVERAGE RIB PORTION Pork Loin Roasts LB. 1.29	NEW ZEALAND, FROZEN Shoulder Lamb Chops LB. 1.69	CANADA GRADE "A" FROZEN, YOUNG, EVISCERATED, TABLERITE, Self-Basted Turkeys 18 TO 24-LBS. LB. 1.19
NEW ZEALAND, FROZEN Leg 'O Lamb Roasts LB. 1.99	FRESH! CENTRE CUT Loin Pork Chops LB. 1.79	FRESH! 3-LB. AVERAGE TENDERLOIN PORTION Pork Loin Roasts LB. 1.39
PRIDE OF CANADA, SLICED Wiener 1-LB. PKG. 1.59	NEW ZEALAND, FROZEN Loin Lamb Chops LB. 2.59	BURNS, Breakfast Sausages LB. 1.49
PRIDE OF CANADA, SLICED Cooked Ham 175 g PKG. 1.25	STORE PACKED, FROZEN Breaded Turbot Fillets LB. 1.39	PRIDE OF CANADA, SLICED "TRIPLE PACK" Sandwich Meats 500 g PKG. 1.99
PRIDE OF CANADA, BY THE PIECE Bologna LB. 1.09	CAMPFIRE, SLICED Side Bacon 500 g PKG. 1.59	PRIDE OF CANADA, COOKED, BONELESS Dinner Hams LB. 2.29

SPAGHETTI OR MACARONI ASSORTED VARIETIES
Lancia Pasta
1 Kg PKG. **.89**

Campbell's Chicken Noodle Soup
10-FL. OZ. TIN **.29**

VALLEY FARM, FROZEN, CHOICE
French Fries
2-LB. POLY BAG **.29**

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

LIBBY'S, IN TOMATO SAUCE
Spaghetti, Alphagetti or Zoodles 3 8-FL. OZ. TINS **.99**

GRANDMOTHER SUGAR, OR CRUNCHY OATMEAL
Hollandia Biscuits 450 TO 475 g PKGS. EACH **.99**

BRAVO, PLAIN
Spaghetti Sauce 28-FL. OZ. TIN **.99**

KRAFT, PROCESS CHEESE FOOD SPREAD
Cheez Whiz 500 g JAR **2.19**

BRAVO,
Tomato Paste 3 5 1/2-FL. OZ. TINS **.99**

BRAVO, CHOICE
Plum Tomatoes 28-FL. OZ. TIN **.75**

WHITE OR RED KIDNEY, ROMANO, OR BLACK EYE
Bravo Beans 19-FL. OZ. TIN **.49**

PURE VEGETABLE
Bravo Oil 3 L TIN **3.39**

LIBBY, FANCY
Tomato Juice 48-FL. OZ. TIN **.99**

GREEN GIANT, FANCY
Sweetlet Peas 2 14-FL. OZ. TINS **.99**

V.H. STRONG, MEDIUM, SWEET & SOUR, OR PINEAPPLE
Sparerib Sauce 12-FL. OZ. JAR **.99**

KEN-L-RATION, (DOG FOOD)
Tender Chunks 2 Kg BAG **1.99**

COFFEE WHITENER
Borden's Cremelle 22-OZ. TIN **1.99**

HERSHEY, BROWN COW
Chocolate Syrup 400 mL PLST. BTL. **.99**

Monarch Pastry Flour 2.5 Kg BAG **1.99**

DECOR II (2 PLY) WHITE OR YELLOW
Bathroom Tissue
4-ROLL PKG. **1.19**

ASSORTED FLAVORS
Jell-O Jelly Powders
3-OZ. PKGS. **3 FOR .99**

LIQUID
Palmolive Detergent 500 mL PLST. BTL. **.99**

HOTNESS, REGULAR, SALT & VINEGAR, KRINKLES, B.B.O. OR SOUR CREME & ONION FLAVORED
Potato Chips 200 g PKG. **.99**

WAFERS, ROSEBUDS, OR MACAROONS
IGA Candy 250 g PKG. **.99**

ASSORTED COLORS
J-Cloth Towels PKG. OF 10 **.99**

CARNATION, PARTLY SKIMMED
2% Evaporated Milk
385 mL TIN **.49**

CHICKEN, BEEF OR IRISH
Cordon Bleu Stews
24-OZ. TIN **.99**

ASSORTED COLORS AND VARIETIES
Pro Toothbrushes 2 FOR **.99**
BONUS OF 50 mL MORE, REGULAR OR WINTERFRESH

Colgate Toothpaste 200 mL TUBE **1.99**

SOAP PADS
S.O.S. PKG. OF 10 **.63**

BLUE WATER, FROZEN
Boston Blue Fish Sticks 14-OZ. PKG. **1.79**

REGULAR OR BLUEBERRY FROZEN
Eggo Waffles 11-OZ. BOX **.99**

MAPLE LEAF, PURE
Tenderflake Lard 1-LB. CARTON **.75**

PRODUCT OF CENTRAL AMERICA
DOLE OR CHIQUITA
Bananas 4 LBS. **1.**

PRODUCT OF U.S.A. CANADA NO. 1 GRADE
Cabbage
2 FOR **1.**

PRODUCT OF U.S.A.
Sunkist Navel Oranges
SIZE 138'S DOZ. **.99**

PRODUCT OF CANADA CANADA FANCY GRADE
Red or Golden Delicious Apples LB. **.59**

PRODUCT OF U.S.A. CANADA FANCY GRADE
Anjou Pears LB. **.69**

PRODUCT OF U.S.A.
Endive or Escarole 2 FOR **1.**

PRODUCT OF MEXICO CANADA NO. 1 GRADE
Cucumbers 2 FOR **1.**

PRODUCT OF U.S.A.
Green Onions 3 BUNCHES **.87**

PRODUCT OF U.S.A.
Avocados 2 FOR **.88**

PRODUCT OF U.S.A.
Bunch Carrots EA. **.69**

PRODUCT OF ONTARIO
Bean Sprouts LB. **.39**

PRODUCT OF ONTARIO
Fried Noodles LB. **.99**

PRODUCT OF ONTARIO PLAIN OR WITH RADISH
Alfalfa Sprouts 4-OZ. PKGS. **2 FOR 1.**

MADE IN CANADA
Northland Fire Logs 6-LB. SIZE EACH **1.19**

PRICES EFFECTIVE WED., MARCH 4, TO SAT. MARCH 7, 1981. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

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