

# Competitive Prices at



REGULAR  
**Ground Beef**  
**1.29**  
LB.

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

EVERSWEET, SLICED  
**Side Bacon**  
**1.29**  
500 g PKG.

**White Swan Paper Sale**

WHITE SWAN, ASSORTED COLORS <b>Facial Tissue</b> PKG. OF 200 <b>.69</b>	WHITE SWAN, ASSORTED COLORS <b>Paper Towels</b> 2-ROLL PKG. <b>.99</b>
WHITE SWAN, WHITE <b>Paper Serviettes</b> PKG. OF 240 <b>1.49</b>	WHITE SWAN, ASSORTED COLORS <b>Bathroom Tissue</b> 4-ROLL PKG. <b>1.29</b>
ALCAN, 30cm WIDTH <b>Aluminum Foil</b>	20 m BOX <b>1.99</b>

SWIFT'S PREMIUM, COOKED, BONELESS, 3-LB. AVERAGE  
**Dinner Hams**  
**1.69**  
LB.

SWIFT'S PREMIUM, SLICED  
**Cooked Ham** 175 g PKG. **1.39**

SWIFT'S PREMIUM, SLICED  
**Bologna** 375 g PKG. **1.49**

SWIFT'S PREMIUM,  
**Brown 'N Serve Sausage** 250 g PKG. **1.59**

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

MAPLE LEAF, SLICED  
SELECTED PREMIUM VARIETIES  
**Sandwich Meats** 175 g PKG. **1.19**

CUT FROM CANADA GRADE "A" BEEF  
**Beef Rib Steaks**  
**2.69**  
LB.

SPRITE OR  
**Coca Cola**  
CASE OF 24x10-FL. OZ. CANS  
**5.89**

APPLEFORD, FOOD SAVER  
**Wax Paper**  
100-FT. ROLL BOX  
**.89**

SWIFT'S PREMIUM,  
**Wieners**  
**1.29**  
1-LB. PKG.

STORE PACKED  
OLD MILL,  
**Breakfast Sausages**  
**1.49**  
LB.

FRESH for FLAVOUR  
PRODUCT OF U.S.A., CANADA NO. 1 GRADE  
**Head Lettuce**  
EACH **.49**

HOSPITALITY,  
**Hamburg or Wiener Buns**  
PKG. OF 8 **.59**

WESTON'S BUTTERSCOTCH, CHOCOLATE, DOUBLE CHOCOLATE OR MINT  
**Wagon Wheels**  
350 g PKG. **.99**

PARKAY, 100% PURE VEGETABLE OIL  
**Soft Margarine**  
1-LB. MAXI BOWL **.89**

PRODUCT OF U.S.A.  
**Broccoli**  
BUNCH **.79**

PRODUCT OF U.S.A.  
**Sunkist Navel Oranges**  
SIZE 113's DOZ **1.49**

PRICES EFFECTIVE WED., MARCH 18, TO SAT., MARCH 21, 1981.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.



FRONTENAC OR FAVORITE

**Ice Cream**  
**1.39**  
2 LITRE CTN.

IGA  
**Hot Cross Buns**  
PKG. OF 6 **.89**

PRODUCT OF CANADA, CANADA FANCY GRADE <b>Red or Golden Delicious Apples</b> ..... LB. <b>.69</b>	PRODUCT OF U.S.A. <b>Endive or Escarole</b> 2 FOR <b>1.</b>
PRODUCT OF U.S.A. CANADA FANCY GRADE <b>Anjou Pears</b> LB. <b>.69</b>	PRODUCT OF U.S.A. <b>Cello Spinach</b> 10-OZ. PKG. <b>.79</b>
PRODUCT OF U.S.A. <b>Avocados</b> 2 SIZE 40's FOR <b>1.</b>	PRODUCT OF ONTARIO, CANADA FANCY GRADE <b>Ida Red Apples</b> 3-LB. BAG <b>1.19</b>
PRODUCT OF MEXICO, CANADA NO. 1 GRADE <b>Cucumbers</b> 2 FOR <b>1.</b>	PRODUCT OF ONTARIO <b>Bean Sprouts</b> LB. <b>.39</b>
PRODUCT OF U.S.A. <b>Green Onions</b> 3 BUNCHES FOR <b>.87</b>	PRODUCT OF ONTARIO <b>Fried Noodles</b> LB. <b>.99</b>
PRODUCT OF U.S.A. <b>Mini Carrots</b> 2 12-OZ. PKGS. <b>1.</b>	PRODUCT OF ONTARIO PLAIN OR WITH RADISH <b>Alfalfa Sprouts</b> 2 4-OZ. PKGS. <b>1.</b>
PRODUCT OF U.S.A. <b>Cello Radish</b> 16-OZ. PKG. <b>.69</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