

YOU COULD
WIN

"Groceries for Life" FROM



CUT FROM CANADA
GRADE A BEEF

B.B.Q. FEATURE

Blade Steaks

LB. **1.35**

PREVIOUSLY FROZEN

B.B.Q. FEATURE

Turkey Wings

LB. **.59**

B.B.Q. FEATURE

YORK, SWEET PICKLED BY THE PIECE

Peamealed Back Bacon

LB. **1.99**

CUT FROM CANADA
GRADE A BEEF

B.B.Q. FEATURE

Cross Rib Steaks

LB. **1.75**

REGULAR OR DIET

Pepsi-Cola

PLUS 30¢ DEPOSIT PER BTL.

750 mL BTL. **.39**

MARTIN'S RECONSTITUTED

Apple Juice

48-FL. OZ. TIN **.69**

CUT FROM CANADA
GRADE A BEEF
CHUCK

Short Rib Roasts

LB. **1.49**

COOKED, SEMI-BONELESS,
QUARTERS

Sugar Plum Hams

LB. **2.19**

CUT FROM CANADA
GRADE A BEEF

Boneless Shoulder Roasts

LB. **1.69**

STAR-KIST
IN OIL OR IN WATER

Chunk Light Tuna

6½-OZ. TIN **.99**

GRANULATED, FINE

White Sugar

2 kg BAG **1.59**

SLICED, SIDE

Sugar Plum Bacon 500 g PKG. **1.99**

SWIFT'S PREMIUM, SLICED

Cooked Ham 175 g PKG. **1.49**

NEW! FROZEN "TENDER FORMED"
REGULAR, BREADED OR WITH DRESSING
PORK CUTLETS, SALISBURY STEAKS OR
HAM & BACON PATTIES

Gainer's Meat Entrées 500 g PKG. **2.99**

B.B.Q. FEATURE

SWIFT'S PREMIUM

Wieners

LB. PKG. **1.49**

LAZY MAPLE

Pork Sausages 500 g PKG. **1.89**

SWIFT'S PREMIUM, SLICED
VARIETY PACK

Sandwich Meats 500 g PKG. **2.29**

NEW! "THIN SLICED"

Gainer's Smoked Meats 70 g PKG. **.65**

PRIMO ALL-PURPOSE

Tomato Sauce 14-FL. OZ. TIN **.49**

CHRISTIE'S BISCUITS

Chips Ahoy or Pirates 450 g PKG. **1.49**

AYLMER, CHOICE, CUT

Wax Beans or Peas 14-FL. OZ. TIN **.39**

SWEET MIXED, BREAD & BUTTER
OR BABY DILLS

Rose Pickles 750 mL JAR **.99**

VAN CAMP
IN TOMATO SAUCE

Beans with Pork 19-FL. OZ. TIN **.59**

FROZEN, CONCENTRATED
100% PURE FROM FLORIDA

Old South Orange Juice 16½-FL. OZ. TIN **1.39**

HIGHLINER, FROZEN, INDIVIDUALLY WRAPPED,
BONELESS OR REGULAR

Sole Fillets 14 TO 16 OZ. PKG. **2.99**

Jet Soap Pads PKG. OF 10 **.55**

SNAP OFF, POLY

Sandwich Bags PKG. OF 100 **.85**

NEILSON GRANOLA BARS, TOASTED ALMOND,
PEANUTS & HONEY, BUTTER WALNUT OR
BUCKWHEAT & HONEY

Country Crisp 9-OZ. PKG. **1.25**

Scope Mouthwash 500 mL BTL. **1.89**

DISPOSABLE

Bic Razors PKG. OF 5 **.69**

GAY LEA

French Onion Chip Dip 250 g TUB **.69**

IMPERIAL
100% PURE VEGETABLE OIL

Soft Margarine SLEEVE OF 2 8-OZ. TUBS **.99**

LEMON-LIME OR ORANGE DRINK

Gatorade 1 L BTL. **.89**

BURNS

Tender Flaked Ham 6½-OZ. TIN **1.19**

PFEIFFER, CREAMY ITALIAN, COLESLAW,
SPRING GARDEN OR THOUSAND ISLAND

Pourable Salad Dressings 250 mL BTL. **.69**

ALLENS, CANADA BRAND
EXTRA STRENGTH

Pickling Vinegar 4 L PLST JUG **1.79**

DAINTY ASSORTED VARIETIES

Instant Fried Rice 350 g BOX **.69**

FRESH for FLAVOUR

PRODUCT OF CENTRAL AMERICA

Dole or Chiquita Bananas

.24 LB.

DECOR II
WHITE OR YELLOW
2-PLY

Bathroom Tissue

4-ROLL PKG. **1.09**

ASSORTED VARIETIES
SPAGHETTI OR
READY CUT MACARONI

Catelli Pasta

1 kg BOX **.89**

LIQUID BLEACH

Javex 3.6 L PLST JUG **1.29**

DEODORANT

Irish Spring Soap 140 g BATH SIZE BAR **.59**

ASSORTED COLORS

Scottowels 2-ROLL PKG. **1.39**

BIG "G" CEREAL

Crispy Wheats & Raisins 350 g BOX **1.39**

DEMPSTERS

100% Whole Wheat Bread 24-OZ. LOAF **.69**

PRODUCT OF U.S.A.

Nectarines

.59 LB.

POWDERED

Sunlight Detergent

3 L BOX **1.69**

½ PRICE SPECIAL

CANADA NO. 1 GRADE
BEE MAID

Liquid Honey

2-LB. JAR **1.83**

VACHON

Apple Strudel PKG. OF 6 **1.19**

YOU COULD WIN Groceries for Life

PLUS INSTANT SCRATCH PRIZES UP TO \$1000.00

FROM IGA

IN THE CNE LOTTERY

PLUS A CHANCE TO WIN FREE GROCERIES FOR A YEAR

PRODUCT OF THE REPUBLIC OF SOUTH AFRICA

CANADA NO. 1 GRADE

Grenny Smith Apples LB. **.79**

PRODUCT OF U.S.A.
CANADA FANCY GRADE

Bartlett Pears LB. **.79**

PRODUCT OF ONTARIO
CANADA NO. 1 GRADE

Celery Stalks SIZE 24'S EACH **.59**

PRODUCT OF ONTARIO
ONTARIO NO. 1 GRADE "SWEET"

Green Peppers LB. **.59**

PRODUCT OF ONTARIO

Bunch Carrots 2 BUNCHES FOR **.99**

PRODUCT OF ONTARIO

Bunch Beets 2 BUNCHES FOR **.99**

PRODUCT OF ONTARIO
CANADA NO. 1 GRADE

Cauliflower SIZE 12'S EACH **.69**

PRODUCT OF ONTARIO

Pepper Squash 2 FOR **.79**

PRODUCT OF ONTARIO

Green or Wax Beans LB. **.49**

PRODUCT OF ONTARIO

Bunch Radish 3 BUNCHES FOR **.99**

PRODUCT OF ONTARIO

Green Onions 3 BUNCHES FOR **.99**

PRODUCT OF ONTARIO

Zucchini Squash 2 LBS. FOR **1.**

PRODUCT OF U.S.A.

Watermelon EA. **2.49**

PRICES EFFECTIVE WED., AUG. 12 TO SAT., AUG. 15, 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