

# IGA Beef Round-up

CUT FROM CANADA GRADE "A" BEEF

ROASTS		STEAKS		BRAISING & STEWING CUTS	
BLADE BONE REMOVED <b>Blade Roasts</b> LB.	<b>1.45</b>	<b>Boneless Shoulder Roasts</b> LB.	<b>1.65</b>	<b>Blade Steaks</b> LB.	<b>1.55</b>
<b>Boneless Blade Roasts</b> LB.	<b>1.65</b>	<b>Standing Rib Roasts</b> LB.	<b>2.25</b>	<b>Boneless Blade Steaks</b> LB.	<b>1.95</b>
CHUCK, <b>Short Rib Roasts</b> LB.	<b>1.45</b>	<b>Boneless Brisket Roasts</b> LB.	<b>1.65</b>	<b>Cross Rib Steaks</b> LB.	<b>1.85</b>
<b>Cross Rib Roasts</b> LB.	<b>1.75</b>	<b>Boneless Plate Roasts</b> LB.	<b>1.29</b>	<b>Boneless Cross Rib Steaks</b> LB.	<b>2.25</b>
<b>Boneless Cross Rib Roasts</b> LB.	<b>1.95</b>	1ST TO 5TH RIBS <b>Chef Style Prime Rib Roasts</b> LB.	<b>2.75</b>	<b>Rib Steaks</b> LB.	<b>2.85</b>
				<b>BONE-IN Plate</b> LB.	<b>.79</b>
				<b>Short Ribs</b> LB.	<b>1.29</b>
				<b>Boneless Short Ribs</b> LB.	<b>1.89</b>
				"BONELESS & LEAN" <b>Stewing Beef</b> LB.	<b>1.99</b>

SWIFT'S PREMIUM, SLICED <b>Side Bacon</b> 500 g PKG.	<b>2.29</b>
SWIFT'S PREMIUM, <b>Wieners</b> 1-LB. PKG.	<b>1.49</b>
OLD MILL, <b>Breakfast Sausages</b> LB.	<b>1.59</b>
SWIFT'S PREMIUM, SLICED <b>Salami or Pepperoni</b> 175 g PKG.	<b>.89</b>
SWIFT'S PREMIUM, SLICED <b>Cooked Ham</b> 175 g PKG.	<b>1.49</b>
COOKED, SEMI-BONELESS QUARTERS <b>Sugar Plum Hams</b> LB.	<b>2.79</b>
SWIFT'S PREMIUM, "SIZZLEAN" <b>Smoked Pork Slices</b> 375 g PKG.	<b>1.99</b>
SWIFT'S PREMIUM, <b>Liver Sausage Spreads</b> 250 g CHUB	<b>.89</b>
GAINERS, FROZEN, "TENDER FORMED" SELECTED VARIETIES <b>Meat Entrées</b> 500 g PKG.	<b>2.89</b>

KLEENEX, ASSORTED COLORS

## Facial Tissue

BOX OF 200

# .69

NEW! REGULAR, AUTOMATIC OR FILTER DRIP GRINDS

## Maxwell House Coffee

1-LB. VAC PAK PKG.

# 2.39

DUNCAN HINES, ASSORTED VARIETIES

## Cake Mixes

520 g BOX

# .99

FRESH for FLAVOUR

PRODUCT OF ONTARIO CANADA NO. 1 GRADE

## Cauliflower

SIZE 12's

2 FOR

# 2.99

VAN CAMP, IN TOMATO SAUCE, BROWN SUGAR OR REGULAR

## Beans With Pork

14-FL. OZ. TIN

# .49

DELSEY, ASSORTED COLORS

## Bathroom Tissue

4-ROLL PKG.

# 1.29

FROZEN, FANCY GRADE, STRAIGHT, SHOESTRING, CRINKLE OR COUNTRY CUTS  
CAVENDISH FARMS,

## French Fries

2-LB. POLY BAG

# .89

LIBBY'S, FANCY

## Tomato Juice

48-FL. OZ. TIN

# .79

MOUNTAIN DEW, OR REGULAR OR SUGAR FREE

## Pepsi-Cola

PLUS .30 DEPOSIT PER BTL.

750 mL BTL.

# .39

SUNWHEAT, CHOCOLATE CHIP, DIGESTIVE, SHORTCAKE OR FRUIT 'N' HONEY

## McCormick's Wholewheat Biscuits

400 g PKG.

# 1.39

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PEA, VEGETABLE OR PEA WITH HAM

## Habitant Soups

14-FL. OZ. TINS

# 2.89

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MFG. PREPRICED \$1.97, LIQUID

## Dove Detergent

1 L PLST. BTL.

# 1.59

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CARNATION,

## Coffee-Mate

500 g JAR

# 1.99

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KLEENEX, BOUTIQUE WHITE OR YELLOW

## Paper Towels

2 ROLL PKG.

# 1.19

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KLEENEX, MAN SIZE

## Facial Tissue

PKG. OF 60

# .99

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KLEENEX, BOUTIQUE,

## Paper Napkins

PKG. OF 75

# .89

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KLEENEX, POCKET PACK

## Facial Tissues

6 PACK

# .79

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SUN PAC, APPLE OR UNSWEETENED ORANGE OR PINEAPPLE

## Fruit Juices

SLEEVE OF 6x10 FL. OZ. TINS

# 1.99

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IMPERIAL,

## Corned Beef

12 OZ. TIN

# 1.79

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POWDERED

## ABC Detergent

6 L BOX

# 3.29

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REGULAR OR BLUE SPRUCE TOILET BOWL CLEANER

## Sani-Flush Automatic

340 mL BTL.

# .99

BONI,

## Chunk Light meat Tuna

6 1/2 OZ. TIN

# 1.19

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SMARTIES, AERO, COFFEE CRISP OR KIT KAT

## Rowtree Candy Bars

PACK OF 4 REG. SIZE BARS

# 1.29

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NATURE VALLEY, RASPBERRY OR APPLE

## Soft Granola Bars

250 g PKG.

# 1.25

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REGULAR 12's, DEODORANT 12's OR SUPER 10's

## New Freedom Maxi Pads

PKG.

# 1.19

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REGULAR OR DEODORANT

## New Freedom Maxi Pads

PKG. OF 30

# 2.89

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ONE SIZE FITS ALL

## No Nonsense Pantyhose

PKG. OF 1 PAIR

# .89

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HIGH LINER, FROZEN

## Haddock or Sole In Batter

14 OZ. PKG.

# 2.39

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GUSTO, FROZEN, 5-INCH SIZE CHEESE & PEPPERONI OR ALL DRESSED VARIETIES

## 4-Pack Pizzas

13-OZ. PKG.

# 1.99

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PROCESS CHEESE, CORNED BEEF OR PIZZA VARIETIES

## Kraft Oven Melts

250 g PKG.

# 1.99

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FLEISCHMANN'S, REGULAR OR UNSALTED 100% PURE CORN OIL

## Soft Margarine

SLEEVE OF 2x8-OZ. TUBS

# 1.29

FRESH for FLAVOUR

PRODUCT OF U.S.A.

## Nectarines

LB.

# .59

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PRODUCT OF U.S.A.

## Sunkist Valencia Oranges

SIZE 113's DOZ.

# 1.99

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PRODUCT OF ONTARIO CANADA FANCY GRADE

## McIntosh Apples

3-LB. BAG

# 1.49

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PRODUCT OF ONTARIO CANADA NO. 1 GRADE

## Carrots

2-LB. BAGS

# 1.

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PRODUCT OF ONTARIO

## Pepper Squash

3 FOR

# .99

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PRODUCT OF ONTARIO

## Eggplant

2 FOR

# .79

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PRODUCT OF ONTARIO

## Mini Carrots

12-OZ. PKG.

# .59

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PRODUCT OF ONTARIO CANADA NO. 1 GRADE, "SWEET"

## Green Peppers

LB.

# .39

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PRODUCT OF ONTARIO CANADA NO. 1 GRADE

## Blue Grapes

4-QT. BSKT.

# 2.99

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PRODUCT OF U.S.A.

## Walnuts-In-The-Shell

LB.

# 1.49

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PRODUCT OF ONTARIO

## Bean Sprouts

LB.

# .39

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PRODUCT OF ONTARIO PLAIN OR WITH RADISH

## Alfalfa Sprouts

2 4-OZ. PKGS. FOR

# 1.

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PRODUCT OF ONTARIO

## Fried Noodles

LB.

# .99

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BRIGHT AND COLOURFUL

## Reigor Begonias

4" POT

# 1.49

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EVER POPULAR

## Assorted Ivy

4" POT

# 1.09

PRICES EFFECTIVE WED., SEPTEMBER 16, TO SAT., SEPTEMBER 19, 1981. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

<b>ELMVALE IGA</b> 8:30-6:00 Mon., Tues., W.d., Sat. 8:30-9:00 Thursday, Friday	<b>PENETANG IGA</b> HIGH POINT MALL 9:00-6:00 Mon., Tues., Wed., Sat. 9:00-9:00 Thursday, Friday	<b>MIDLAND IGA</b> Yonge and Russell Sts. Mon., Tues., Wed. and Sat. 9-6, Thurs. and Fri. 9-9, Sunday 11-5
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