

# Competitive Prices at



PRONTO WHITE  
**Paper Towels**  
2-ROLL PKG. **.89**

DEL MONTE, SEASONED  
**Green or Wax Beans**  
14-FL. OZ. TIN **.49**

ADMIRAL  
**Sockeye Salmon**  
7 1/4-OZ. TIN **1.89**

ASSORTED VARIETIES  
**Duncan Hines Cake Mixes**  
520 g PKG. **.99**

FACELLE, 3-PLY, ASSORTED COLORS,  
**Facial Tissue**  
PKG. OF 100 SHEETS **.79**

CHRISTIE'S, BISCUITS  
**Chips Ahoy or Oreo**  
450 g PKG. **1.69**

**IGA Garbage Bags** **1/2 PRICE**  
PKG. OF 20 **1.24**

FROZEN, BEEF, FRIED CHICKEN, SWISS STEAK OR TURKEY  
**Swanson Dinners**  
11-OZ. PKG. **1.59**

NESTLE, ASSORTED FLAVORS  
**Mini Puddings**  
SLEEVE OF 4x5-OZ. TINS **1.29**

SPAGHETTI, SHELLS OR READY CUT MACARONI  
**Creamette Pasta**  
200 g PKGS. **5 1.**

ASSORTED FLAVORS  
**IGA Fruit Drinks**  
48-FL. OZ. TIN **.59**

INSTANT COFFEE  
**Nescafé**  
10-OZ. JAR **4.99**

REGULAR OR DIET  
**7UP**  
2 750 mL BTL. PLUS .30 DEP. PER BTL. **.89**

AYLMER, CHOICE  
**Whole Tomatoes**  
28-FL. OZ. TIN **.99**

SOFT, MOIST,  
**Top Breed Dog Food**  
4 kg BAG **3.99**

HEINZ, ASSORTED VARIETIES (MEATS EXCEPTED)  
**Strained Baby Foods**  
3 4 1/2-FL. OZ. JARS **1.**

EVAPORATED  
**Camation Milk**  
385 mL TIN **.63**

CHOCOLATE OR STRAWBERRY  
**Nestle Quik Syrup**  
350 mL PLAST. BTL. **1.29**

REGULAR CREAMED, LIGHT 'N' LIVELY OR SMOOTH & CREAMY,  
**Sealtest Cottage Cheese**  
500 g TUB **1.39**

BAMBY,  
**Hamburg Buns**  
PKG. OF 8 **.59**

FLAMINGO,  
**Butter Tarts**  
PKG. OF 12 **1.59**

HOSTESS,  
**Pretzel Sticks or Twists**  
200 g PKG. **1.09**

BEAVER,  
**Dry Roasted Peanuts**  
325 g JAR **1.79**

NEWBORN,  
**Pampers Diapers**  
PKG. OF 48 **5.79**

**SAVE 1/3**  
**Listerine Mouthwash**  
500 mL PLAST. BTL. **1.97**

REVLON FLEX, ASSORTED VARIETIES  
**Shampoo or Conditioner**  
300 mL PLAST. BTL. **1.97**

FACELLE ROYALE, 2-PLY ASSORTED COLORS  
**Bathroom Tissue**  
PKG. OF 4 ROLLS **1.49**

LIQUID,  
**Joy Detergent**  
1 L BTL. **1.89**

GENERIC,  
**Windshield Washer Antifreeze -35°C**  
4 L CONT. **1.59**

IGA, POLY  
**Sandwich Bags**  
PKG. OF 100 **.59**

HIGH LINER, FROZEN,  
**Haddock in Batter**  
350 g PKG. **2.39**

FROZEN, 5-INCH SIZE, PEPPERONI, DELUXE OR PEPPERONI & MUSHROOM VARIETIES  
**Gusto 4-Pack Pizzas**  
334 g PKG. **2.49**

FARMHOUSE, FROZEN, BANANA, CHOCOLATE, COCONUT OR LEMON  
**Cream Pies**  
12-OZ. PKG. **1.29**

PRODUCT OF U.S.A. FLORIDA MARSH SEEDLESS  
**Red or White Grapefruit**  
10 SIZE 48'S FOR **1.49**

PRODUCT OF ONTARIO CANADA FANCY GRADE  
**McIntosh Apples**  
1.36 kg 3-LB. BAG **.99**

PRODUCT OF U.S.A. FLORIDA  
**Tangelos**  
SIZE 120'S DOZ. **1.49**

PRODUCT OF CANADA CANADA FANCY GRADE  
**Anjou Pears**  
1.52/kg .69/lb.

PRODUCT OF U.S.A.  
**Avocados**  
2 FOR **.99**

PRODUCT OF ONTARIO CANADA NO. 1 GRADE  
**Cooking Onions**  
3 907 g 2-LB. BAGS **.99**

PRODUCT OF ONTARIO CANADA NO. 1 GRADE  
**Carrots**  
3 907 g 2-LB. BAGS **.99**

PRODUCT OF U.S.A.  
**Cello Spinach**  
283.5 g 10-OZ. PKG. **.89**

PRODUCT OF U.S.A.  
**Walnuts In-The-Shell**  
3.06/kg 1.39/lb.

PRODUCT OF U.S.A.  
**Cello Radish**  
3 227 g 8-OZ. PKGS. **.99**

PRODUCT OF U.S.A.  
**Green Onions**  
3 BUNCHES FOR **.99**

PRODUCT OF ONTARIO  
**Fresh Mushrooms**  
4.39/kg 1.99/lb.

PRODUCT OF ONTARIO  
**Alfalfa Sprouts**  
PLAIN OR WITH RADISH 2 113 g 4-OZ. PKGS. **.88**

MADE IN CANADA  
**Northland Firelogs**  
227 kg 5-LB. LOG EA. **1.49**

MADE IN CANADA, THOMPSON BRAND  
**Wild Bird Seed**  
1.81 kg 4-LB. BAG **.99**

REGULAR  
**Ground Beef**  
ON A BUDGET  
**2.62/kg**  
**1.19/lb.**

Pride of Canada  
COOKED PICNIC, "BONELESS"  
**Dinner Pork Shoulders**  
1.4 kg · 3 LB. AVG  
**4.17/kg** **1.89/lb.**

Pride of Canada SLICED  
**Side Bacon**  
500 g PKG. **2.19**

**NEW ZEALAND, SPRING LAMB FROZEN**

<b>Shoulder Chops</b>	<b>3.51/kg</b> <b>1.59/lb.</b>	<b>Leg Roasts</b>	<b>4.83/kg</b> <b>2.19/lb.</b>
<b>Leg Steaks</b>	<b>5.05/kg</b> <b>2.29/lb.</b>	"ROAST OR STEW" <b>Lamb Shanks</b>	<b>2.84/kg</b> <b>1.29/lb.</b>
<b>Breakfast Sausages</b>	<b>3.51/kg</b> <b>1.59/lb.</b>	<b>FISH AND SEAFOOD MONTH</b>	<b>Wiener</b> 454 g PKG. <b>1.59</b>
<b>Waxed Bologna Chubs</b>	<b>3.06/kg</b> <b>1.39/lb.</b>	OMSTEAD, FROZEN <b>Lake Smelts</b>	<b>1.30/kg</b> <b>.59/lb.</b>
		BOSTON, FROZEN <b>Bluefish Fillets</b>	<b>3.28/kg</b> <b>1.49/lb.</b>
		<b>Sandwich Meats</b>	175 g PKG. <b>1.09</b>
		<b>Headcheese</b>	BY THE PIECE <b>5.05/kg</b> <b>2.29/lb.</b>

PRICES EFFECTIVE WED., NOVEMBER 10, TO SAT., NOVEMBER 13, 1982. WE RESERVE THE RIGHT TO LIMIT QUANTITIES

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