

IGA Competitive Prices

MARTIN'S
APPLE, GRAPE OR ORANGE

Fruit Drinks

48-FL. OZ. TIN **.59**

MEADOWGLEN,

Mushrooms Pieces & Stems

10-FL. OZ. TIN **.59**

VIVA,

Chunk Light Tuna

6.5-OZ. TIN **.89**

FROZEN, CONCENTRATED SUN SQUEEZE, 12-FL. OZ. TIN

Orange Juice **.59**

LIMIT: 6 TINS PER FAMILY

REGULAR, FILTER OR AUTOMATIC GRIND

Maxwell House Coffee

"MASTER ROAST FLAVOR"

369 g VAC PACK PKG. **2.49**

MONARCH, ADDED TOUCH, ASSORTED VARIETIES

Cake Mixes

520 g BOX **.69**

SPAGHETTI, SPAGHETTINI OR READY CUT MACARONI

Catelli Pasta

1 kg BOX **.88**

MOUNTAIN DEW OR REGULAR OR DIET PEPSI-FREE OR

Pepsi-Cola

750 mL BTL. **.49**

PLUS .30 DEP. PER BTL.

POPULAR CANADIAN BRANDS

Cigarettes

REGULAR SIZE

CTN. OF 200 KING SIZE **11.49**

11.59

WARNING: HEALTH AND WELFARE CANADA ADVISES THAT DANGER TO HEALTH INCREASES WITH AMOUNT SMOKED - AVOID INHALING

BAMBY,

100% Whole **Wheat Bread** 450 g LOAF **.65**

McCORMICK'S, SUNWHEAT, CHOCOLATE CHIP, DIGESTIVE, FRUIT 'N' HONEY, SHORTCAKE OR PEANUT BUTTER CREMES

Whole Wheat **Biscuits** 400 g PKG. **1.69**

CADBURY, FRUIT 'N' NUT, CARAMILK, DAIRYMILK, ALMOND OR HAZELNUT

Candy Bars 100 g FAMILY SIZE BAR **.79**

GLAD,

Garbage Bags PKG. OF 40 **3.79**

GLAD, GARBAGE BAGS "Kitchen Catchers" PKG. OF 12 **.69**

LAURA SECORD, ASSORTED FLAVORS

Mini Puddings

NEW! ASSORTED VARIETIES, READY TO SPREAD, MONARCH, ASSORTED FLAVORS

Deluxe Frostings 450 g TIN **1.59**

REDENBACHER, GOURMET

Popping Corn 30-OZ. JAR **2.25**

NORMAL/DRY OR OILY

Halo **Shampoo** 350 mL PLAST. BTL. **1.83**

Pampers **Toddler Diapers** PKG. OF 24 **4.69**

Ultra Brite **Toothpaste** 100 mL TUBE **.99**

SLEEVE OF 4x5-OZ. TINS **1.39**

FLAMINGO,

Butter Tarts PKG. OF 12 **1.59**

GAY LEA, ASSORTED FRUIT VARIETIES

Swiss Style Yogurt 175 g CUP **.44**

PRODUCT OF U.S.A., CANADA NO. 1 GRADE, ICEBERG VARIETY

Lettuce EA. **.39**

PRODUCT OF CANADA OR U.S.A., CANADA FANCY GRADE

Red Or Golden Delicious Apples **1.30/kg** **.59 LB.**

PRODUCT OF U.S.A., SIZE 113's

Sunkist Navel Oranges DOZ. **1.49**

PRODUCT OF CHILE, CANADA NO. 1 GRADE

Green Seedless Grapes 3.51/kg **1.59 LB.**

PRODUCT OF U.S.A., CANADA FANCY GRADE

Anjou Pears 1.74/kg **.79 LB.**

PRODUCT OF ONTARIO, CANADA FANCY GRADE

McIntosh Apples 2.27 kg 5-LB. BAG **1.99**

PRODUCT OF U.S.A.

Avocadoes 2 FOR **1.**

PRODUCT OF U.S.A., CANADA NO. 1 GRADE

Celery Stalks EA. **.79**

PRODUCT OF U.S.A., 283.5 g 10-OZ. PKG.

Cello Spinach **.89**

PRODUCT OF ONTARIO, CANADA NO. 1 GRADE

Red Potatoes 2.27 kg 5-LB. BAG **.99**

PRODUCT OF ONTARIO, CANADA NO. 1 GRADE

Carrots 2 907 g 2-LB. BAGS **1.**

PRODUCT OF ONTARIO, CANADA NO. 1 GRADE

Cooking Onions 2 907 g 2-LB. BAGS **1.**

PRODUCT OF ONTARIO, CANADA NO. 1 GRADE

Rutabagas **.38/kg** **.17 LB.**

MADE IN CANADA, HOLIDAY BRAND

Assorted Juices & Drinks 2 284 mL BTLs **.79**

Fresh! CANADA GRADE A

Chickens

1.4 kg - 3 LB. AVG.

1.96/kg **.89 LB.**

Fresh! WHOLE

Cut-Up-Chicken

2.18/kg **.99 LB.**

DEVON, SLICED

Side Bacon

1.89 500 g PKG.

Pride of Canada

"BONELESS" COOKED

Dinner Hams

5.93/kg **2.69 LB.**

NEW ZEALAND, SPRING LAMB

FROZEN

Shoulder Chops	Leg Roasts	Loin Chops	"ROAST OR STEW" Lamb Shanks	Leg Steaks
3.73/kg 1.69 LB.	5.05/kg 2.29 LB.	5.27/kg 2.39 LB.	3.06/kg 1.39 LB.	5.27/kg 2.39 LB.

HIGHLINER, Smoked Kippers 3.28/kg 1.49 LB.

STORE PACKED, FROZEN, Turbot Fillets IN BATTER 3.28/kg 1.49 LB.

Pride of Canada PORK & BEEF

Breakfast Sausages 3.28/kg 1.49 LB.

Pride of Canada SLICED

Triple Pack Sandwich Meats 375 g PKG. **1.69**

Pride of Canada SELECTED SPECIALTY VARIETIES SLICED

Sandwich Meats 175 g PKG. **1.19**

Pride of Canada 900 g AVG.

Midget Waxed Bologna **3.51/kg** **1.59 LB.**

Pride of Canada REGULAR

Wieners 454 g PKG. **1.59**

NEW FROM CAMPBELLS, PREGO, PLAIN

Spaghetti Sauce 28-FL. OZ. JAR **1.59**

MAPLE LEAF,

Flakes of Ham 6.5-OZ. TIN **1.59**

IN OIL, TOMATO OR MUSTARD SAUCE

Brunswick Sardines 100 g TIN **.39**

Purina Dog Chow 8 kg BAG **7.99**

BICK'S, NO GARLIC, POLSKI OGORKI OR WITH GARLIC

Dill Pickles 1 L JAR **1.49**

MOTHER PARKER'S, REGULAR FLAVOR

Hot Chocolate PKG. OF 10x28 g ENVS. **1.39**

SUNNYGOLD, AUSTRALIAN, SEEDLESS

Sultana Raisins 375 g PKG. **.99**

POWDERED,

Bold 3 Detergent 3 L BOX **2.29**

BLUE WATER, FROZEN

Boston Bluefish Fries or Krisps 8-OZ. PKG. **1.39**

PROCESS CHEESE FOOD, SINGLES (24 OR 16 SLICES)

IGA Cheese Slices 500 g PKG. **2.99**

MONARCH, 100% PURE VEGETABLE OIL

Soft Margarine 1-LB. TUB **.99**

MAPLE LEAF, PURE

Tenderflake Lard 1-LB. CTN. **.99**

PRICES EFFECTIVE WED., MARCH 2 TO SAT., MARCH 5, 1983 WE RESERVE THE RIGHT TO LIMIT QUANTITIES

ELMVALE IGA **MIDLAND IGA** **PENETANG IGA**

Check your local store for hours

Yonge & Russell Streets Mon., Tues., Wed, Sat, 9-6 Thurs, Fri 9-9 Sunday 11-5

HIGH POINT MALL 9-6 Mon., Tues., Wed., Sat. 9:00-9:00 Thursday, Friday