

IGA Competitive Prices

MOUNTAIN DEW, REGULAR OR SUGAR FREE PEPSI FREE OR REGULAR OR DIET

Pepsi-Cola

750 mL BTL. **.33**

PLUS .30 DEP. PER BTL.

ASSORTED VARIETIES

Primo Pasta

900 g PKG. **.79**

BONUS

White Sliced Bread

675 g LOAF **.49**

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

Orange Juice **.59**

LIMIT 6 TINS PER FAMILY

HEINZ

Tomato or Vegetable Soup

10-FL. OZ. TINS **3.1**

CUT GREEN OR WAX BEANS, CREAM STYLE OR WHOLE KERNEL CORN OR HONEY POD PEAS

Stokely Vegetables

12 TO 14-FL. OZ. TIN **.49**

PRIMO, PLAIN

Spaghetti Sauce

28-FL. OZ. TIN **.99**

GINGERELLA, ORIGINAL OATMEAL, OLD FASHIONED CHOCOLATE CHIP OR RICE CRUNCH

Dad's Cookies

200 g TO 225 g PKG. **.69**

IGA, MILD, MEDIUM, OLD COLORED OR OLD WHITE

Cheddar Cheese

RANDOM WEIGHTS **.69/100g**

3.14 LB.

PRIMO, 100% PURE

Vegetable Oil 3 L PLAST. JUG **2.99**

PRIMO, GRATED

Parmesan Cheese 125 g SHAKER **1.69**

PRIMO,

Lady Finger Biscuits 150 g PKG. **.39**

BEEF, IRISH, TURKEY/CHICKEN OR MEATBALL

Clark Stews 24-OZ. TIN **1.39**

QUENCH, FLAVORED, ASSORTED FLAVORS

Drink Mix Crystals POLY BAG OF 3x92 g ENV. **1.39**

HEINZ, ASSORTED VARIETIES

Junior Baby Food 7 1/2-FL. OZ. JAR **.49**

ORANGE, SEVILLE OR 3-FRUIT

Laura Secord Marmalades 250 mL JAR **.89**

KRAFT, SALAD DRESSING

Miracle Whip 500 mL JAR **1.29**

Nestlé's Quik 750 g CONT. **2.49**

ASSORTED FLAVORS,

Del Monte Pudding Cups SLEEVE OF 4x5-OZ. TINS **1.29**

PLASTIC FOOD WRAP

Handi Wrap 30m ROLL BOX **.79**

HUMPTY DUMPTY, ASSORTED VARIETIES

Potato Chips 200 g PKG. **1.09**

ASSORTED VARIETIES

Trebor Candies 175 g TO 280 g PKG. **.79**

ZION,

Fig Bars 600 g PKG. **1.49**

SURTEC, BONUS PACK OF 5

Garbage Bags PKG. OF 15 **1.19**

SILKENCE, ASSORTED VARIETIES

Shampoo or Conditioner 200 mL PLAST. BTL. **1.24**

REGULAR OR MINT

Aquafresh Toothpaste 100 mL TUBE **1.39**

"9 VOLT", PKG. OF 1, "AA", "C" OR "D", PKG. OF 2,

Energizer Batteries EACH PKG. **2.29**

FROZEN, FANCY GRADE

McCain Peas 1 kg POLY BAG **1.49**

HIGH LINER, FROZEN, INDIVIDUALLY WRAPPED, BONELESS OR REGULAR

Boston Blue Fish Fillets 14 TO 16-OZ. PKG. **1.99**

WEST, (QUARTERS) 100% PURE VEGETABLE OIL

Margarine 3-LB. CTN. **2.19**

FRESH for FLAVOUR

PRODUCT OF CALIFORNIA

Fresh Strawberries

PT. **.79**

PRODUCT OF ONTARIO, CANADA NO. 1 GRADE, GREENHOUSE

Seedless Cucumbers

EA. **.99**

PRODUCT OF CHILE, CANADA FANCY GRADE,

Granny Smith Apples 1.96/kg **.89** LB.

PRODUCT OF SOUTH AFRICA, CANADA FANCY GRADE,

Packham Pears 1.96/kg **.89** LB.

PRODUCT OF U.S.A.,

Avocados 2 FOR 1.

PRODUCT OF CENTRAL AMERICA, DOLE OR CHIQUITA

Bananas 1.08/kg **.49** LB.

PRODUCT OF ONTARIO, CANADA FANCY GRADE

Red Delicious Apples 1.36 kg 3-LB. BAG **1.29**

PRODUCT OF ONTARIO,

Cole Slaw 2 227 g 8-OZ. PKGS. **1.**

PRODUCT OF U.S.A.,

Endive or Escarole EA. **.59**

PRODUCT OF ONTARIO

Fresh Mushrooms **4.39/kg** **1.99** LB.

PRODUCT OF MEXICO

Brussels Sprouts **2.18/kg** **.99** LB.

PRODUCT OF ONTARIO, CANADA NO. 1 GRADE

Cooking Onions 2.27 kg 5-LB. BAG **.79**

PRODUCT OF ONTARIO, CANADA NO. 1 GRADE

Carrots 2.27 kg 5-LB. BAG **.99**

PRODUCT OF ONTARIO,

Alfalfa Sprouts 2 113 g 4-OZ. PKGS. **.88**

PLAIN OR WITH RADISH

CUT FROM CANADA GRADE A BEEF

Blade OR CHUCK Short Rib Roasts

SEMI BONELESS

3.06/kg

1.39 LB.

CUT FROM CANADA GRADE A BEEF

Cross Rib or Boneless Shoulder Roasts

3.95/kg

1.79 LB.

PREVIOUSLY FROZEN

Turkey Wings

1.30/kg

.59 LB.

Fresh

Pork Liver

.86/kg

.39 LB.

Fresh

Pork Hocks

1.30/kg

.59 LB.

CUT FROM CANADA GRADE A BEEF

Blade Steaks 3.28/kg **1.49** LB.

SWIFT'S PREMIUM, COOKED PICNIC

Smoked Pork Shoulders 2.84/kg **1.29** LB.

SWIFT'S PREMIUM, SLICED

Cooked Ham 175 g PKG. **1.39**

SWIFT'S PREMIUM, SLICED

Side Bacon 500 g PKG. **2.39**

SWIFT'S PREMIUM,

Wieners 454 g PKG. **1.49**

SWIFT'S PREMIUM,

Pork Sausages 500 g PKG. **2.19**

SWIFT'S PREMIUM, SLICED

Bologna 175 g PKG. **.79**

SHOPSYS, "DELI BAKE"

Meat Pies 175 g PIE **.99**

CUT FROM CANADA GRADE A BEEF

Cross Rib Steaks 4.17/kg **1.89** LB.

CUT FROM CANADA GRADE A BEEF "BONELESS & LEAN"

Stewing Beef 3.95/kg **1.79** LB.

SWIFT'S PREMIUM,

Deli Sausage 500 g AVG. **2.59** LB.

ASSORTED VARIETIES, LUXURY STYLE

Purr Cat Food 6-OZ. TIN **.29**

POWDERED, WITH FABRIC SOFTENER

Bold 3 Detergent 6 L BOX. **3.99**

EXTRA ABSORBENT 60's, TODDLERS 48's OR NEW TODDLER PLUS 40's

Pampers Diapers EACH PKG. **9.59**

PRICES EFFECTIVE WED., APRIL 20 TO SAT., APRIL 23, 1983. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

ELMVALE IGA Check your local store for hours

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

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