

IGA Lets the Sunshine in



IGA
Fruit Drinks
 ASSORTED FLAVORS
 CASE OF 9x3x250 mL BOXES
3.99 OR .59/3x250 mL
 LESS THAN 1/2 OUR REG. PRICE

IGA
Orange Juice
 FROZEN, CONCENTRATED
 12.5-FL. OZ. TIN
.99 SAVE .60

IGA VALUABLE COUPON
IGA Large White Eggs
 CTN. OF ONE DOZEN
 CANADA GRADE "A"
 Pay regular price without coupon
 Limit one coupon per family, one ctn. per coupon, coupon valid at IGA until closing Sat. Jan. 28, 1989.
 OSHAWA FOODS L.V. 1W2
 PLU 2462

IGA COUPON VALUE .40
IGA Cookies
 CHOCOLATE CHIP, CHOCOLATE FUDGE, CHOCOLATE VANILLA CREME, MAPLE LEAF CREME, ASSORTED CREME, DIGESTIVE OR OATMEAL 400 g PKG.
 Feature price without coupon \$1.39
 Limit one coupon per family, one pkg. per coupon, coupon valid at IGA until closing Sat. Jan. 28, 1989.
 OSHAWA FOODS L.V. 1W2
 PLU 2461

Red & Green Seedless Grapes
 PRODUCT OF CHILE, CANADA NO. 1 GRADE
 2.18 kg
.99 lb.
 SAVE 1.50 lb.

Fresh White Mushrooms
 PRODUCT OF ONTARIO
 227 g 8-OZ. PKG.
.99
 SAVE .90 pkg.

Campbell's Chicken Noodle Soup
 OR VEGETABLE
 2 10-FL. OZ. TINS
.99 SAVE .67 ON 2

IGA Single Slices
 PROCESS CHEESE FOOD SLICES, 24 OR 16 SLICE PACKS
 500 g PKG.
2.69 SAVE 1.10

IGA Starbrite Bleach
 LIQUID
 3.6 L JUG
.99 SAVE .60

Spartan Apples
 PRODUCT OF ONTARIO, CANADA FANCY GRADE
 1.36 kg 3-LB. BAG
1.59 SAVE .70 bag

Everfresh Juices & Drinks
 MADE IN CANADA
 300 mL BTL.
.59 SAVE .20 ea.

V-8 Vegetable Cocktail Juice
 48-FL. OZ. TIN
.99 LESS THAN 1/2 REG. PRICE
Campbell's Calorie Reduced Soups
 10-FL. OZ. TIN
.79 SAVE .14
Campbell's Chunky Soups
 19-FL. OZ. TIN
1.79 SAVE .50
High Liner Fillets In Sauce
 270 g PKG.
2.49 SAVE .50
Seafresh Fish & Chips
 750 g PKG.
1.99 SAVE 1.00

IGA Cheddar Cheese Cuts
 3.59 LB. RANDOM WEIGHT PKG.
.79 100 g
Green Giant Fancy Vegetables
 FROZEN, CHOICE
 1 kg POLY BAG
2.99
Valley Farms French Fries
 1 kg POLY BAG
.79
Savarin Pot Pies
 8-OZ. PKG.
.69
Sealtest Light 'n Lively Yogurt
 175 g CUP
.59 SAVE .40

Soft Drinks
 PLUS 40¢ DEPOSIT PER BTL.
 750 mL RET. BTL.
 UNIT COST 3.9¢ PER 100 mL
1.29
IGA Ketchup
 1 L GLASS BTL.
1.99 SAVE .40
IGA Macaroni & Cheese Dinner
 225 g BOXES
.99 SAVE .48
IGA Ground Coffee
 300 g VAC PAK PKG.
1.99
IGA Instant Coffee
 8-OZ. JAR
2.99 SAVE 1.50

Hydroponic Tomatoes
 6.59 kg
2.99 lb.
Fresh Romaine & Leaf Lettuce
 EA.
.99
Fresh Kiwi Fruit
 3 FOR
.99
Bunch Carrots
 EA.
.89
Cauliflower
 EA.
2.49

Spanish Onions
 1.30 kg
.59 lb.
Wild Bird Seed
 4 kg BAG
2.99
Fresh Lemons
 5 FOR
.99
Northland Firelogs
 CASE OF 6
 2.27 kg 5 lb. LOG
1.89
Boston Ferns
 20.3 cm 8" HANGING BASKET
6.99 DELICATE BEAUTIES

Chicken Breast Quarters
 1.99 lb. 4.39 kg
Pork Back Ribs
 2.99 lb. 6.59 kg
Pork Tenderloin
 4.99 lb. 11.00 kg
Lean Ground Beef
 2.29 lb. 5.05 kg

Chicken Leg Quarters
 1.96 kg **.89** lb. LESS THAN 1/2 REG. PRICE
Schneider's Sliced Side Bacon
 500 g PKG.
1.79 LESS THAN 1/2 REG. PRICE

Fresh! Chickens
 CANADA GRADE A
 LIMIT 3 BIRDS PER FAMILY
2.18 kg .99 lb. LESS THAN 1/2 REG. PRICE

IGA Potato Chips
 200 g BAG
.99 SAVE .70

Cottonelle Bathroom Tissue
 ASSORTED COLORS
 4 ROLL PKG.
1.59 SAVE .60

Boneless Ham Nugget
 3.99 lb. 8.80 kg
Red Hots Wieners
 2.39 450 g PKG.
Sandwich Meats
 1.99 175 g PKG.

Country Style Sausage
 500 g PKG.
2.59
Pepperoni
 300 g PKG.
3.99
Meat Pies
 400 g PKG.
2.79
Shepherd's Pie
 175 g PIE
1.39
Lifestyle Turkey
 125 g PKG.
2.29
Tasty Burgers
 360 g PKG.
1.99

IGA COUPON VALUE 1.69
Bonus Coupon
 WITH THE PURCHASE OF ONE FRESH GRADE A FRYING CHICKEN, 3 LB. AVG. AT THE SPECIAL PRICE OF \$2.18 kg, .99 lb. GET A 147 g PKG. OF EXQUISITE PASTA SELECTIONS **FREE**
 SPECIAL PRICE WITHOUT COUPON \$1.69
 Limit one coupon per family, one deal per coupon, coupon valid at IGA until closing Sat. Jan. 28, 1989.
 A.C. NIELSEN, BOX 3000, ST. JOHN, N.B. E0L 4L3
 PLU 2477 0820248

Sunlight Laundry Detergent
 12 L BOX
7.99 SAVE 4.50
Sliced Brown Bread
 675 g LOAF
.79
Home Oven English Muffins
 PKG. OF 6
.69

Scotties Facial Tissue
 BOX OF 200
.99 SAVE .50
Jumbo Size Scottowels Plus
 2 ROLL PKG.
1.99
Alcan Aluminum Foil
 25 FT. ROLL BOX
1.49
Kraft Miracle Whip
 500 mL JAR
1.99

CHINESE FOOD
 WONG WING, MEAT OR SHRIMP 10 PER PKG.
Egg Rolls
 567 g PKG.
2.99
 WONG WING, "CHINESE PEROGIES"
Potstickers
 170 g PKG.
1.99
 WONG WING
Bo Bo Balls
 340 g PKG.
1.99
 FAMILY DELIGHT
Cooked Salad Shrimp
 400 g PKG.
5.99

FRESH! CHOICE VEAL
Veal Shoulder Chops
 3.28 kg **1.49** lb.
BONELESS LEG Veal Cutlets
 8.80 kg **3.99** lb.
Veal Loin or Sirloin Chops
 8.80 kg **3.99** lb.
BONELESS LEG Veal Scallopini
 11.00 kg **4.99** lb.

Veal Parmigiana
 Serve with a salad and fresh spinach pasta
 INGREDIENTS:
 500 g 1 lb. VEAL SLICES, pounded thin
 15 mL 1 tbsp oil
 45 mL 3 tbsp butter
 salt & pepper
 SAUCE:
 1 egg
 25 mL 2 tbsp lemon juice
 125 mL 1/2 cup dry bread crumbs
 125 mL 1/2 cup grated Parmesan cheese
 15 mL 1 tbsp oil
 45 mL 3 tbsp butter
 salt & pepper
 1 can (7-oz 213 mL) tomato sauce
 pinch dried thyme
 pinch cayenne
 Dry veal slices. Combine flour, salt & pepper in a shallow dish; beat egg with lemon juice in second dish; combine dry bread crumbs and Parmesan cheese in a third. Dip veal slices one at a time first into flour, then the egg, then the cheese crumb mixture. Allow the breaded slices to set for 20 minutes before cooking. Heat skillet to medium-high; add oil, then 1 tbsp (15 mL) butter. Sauté veal slices 2 or 3 at a time for about 2 minutes on each side being careful not to crowd the pan. Add more butter to the pan as necessary. Keep slices warm in the oven while sautéing remaining veal. When all slices are browned, return them to the pan, reduce the heat to simmer. Pour tomato sauce over veal and add a pinch of thyme and cayenne to taste. Cover and simmer 10 minutes. Makes 4 servings.

Fresh from Our In-Store Bakery
 AVAILABLE IN MANY STORES
Farmers Bread
 A DELICIOUS TABLE BREAD
 450 g
1.09 SAVE .20
Royal Crown Danish
 ASSORTED FLAVORS, DELICIOUS SERVED WARM
 PKG. OF 4
1.59 SAVE .40

Choice Bartlett Pears or Peaches
 28-FL. OZ. TIN
.99 SAVE 1.30
Luxury Style Pamper Cat Food
 3 184 g TINS
.99 LESS THAN 1/2 REG. PRICE
Garbage Bags
 PKG. OF 10
1.19
Close Up Toothpaste
 100 mL TUBE
.99 LESS THAN 1/2 REG. PRICE
Diapers
 MEDIUM 48, LARGE 33, ULTRA MEDIUM 48 OR ULTRA LARGE 32
 PKG.
8.99 SAVE 1.00

Piller's, Outside Round, Sliced Roast Beef
 4.99 lb. 1.10 100 g. SAVE 2.99 lb.
Schneider's, Jumbo Summer Sausage
 1.32 100 g. **5.99** lb.

Schneider's, Beef or Blue Ribbon Bologna
 .66 100 g. **2.99** lb.
Schneider's, Baked Ham & Bacon Loaf
 1.10 100 g. **4.99** lb.

Schneider's Spiced Ham Sausage
 .99 100 g. **4.49** lb.
Piller's, German Style Mortadella
 .72 100 g. **3.29** lb.
Schneider's, Canadian Edam Cheese
 1.10 100 g. **4.99** lb.

PRICES EFFECTIVE UNTIL CLOSING SAT. JAN. 28, 1989. WE RESERVE THE RIGHT TO LIMIT QUANTITIES. ALL SAVINGS ARE BASED ON OUR REGULAR PRICES.

People come first at Penetang Village Square, Penetanguishene

IGA

Mon. & Tues. 8:30 - 6
 Wed. - Fri. 8:30 - 9
 Sat. 8:30 - 6

BRING YOUR FILMS HERE FOR QUALITY PHOTOFINISHING