



A BIG "THANK YOU"

TO THE MANY THOUSANDS OF NEW CUSTOMERS WHO TOOK ADVANTAGE OF OUR

NEW LOW REGULAR PRICES

THIS WEEK'S SPECIALS

FANCY
York Whole Kernel Corn 12-FL. OZ. TIN **29¢**

FINE, GRANULATED
White Sugar 2 kg BAG **89¢**

WITH PECTIN
IGA Raspberry or Strawberry Jam 24-FL. OZ. JAR **79¢**

RIGATONI, PENNE LISCE, SPAGHETTI, SPAGHETTINI, ELBOW MACARONI, LINGUINE OR ROTINI
Boni Pasta 2-LB. PKG. **49¢**

TEA ROSE
Keta Salmon 7 3/4-OZ. TIN **89¢**

PEA, VEGETABLE OR PEA AND HAM
Habitant Soups 3 14-FL. OZ. TINS **\$1**

Maxwell House Instant Coffee 10-OZ. JAR **\$4.99**

IGA, CHOICE
Cut Green or Wax Beans 14-FL. OZ. TIN **29¢**

APPLE OR ORANGE
C-Plus Fruit Drinks 48-FL. OZ. TIN **49¢**

INSTANT, REGULAR OR WITH MARSHMALLOWS
Carnation Hot Chocolate 23-OZ. JAR **\$2.39**

PLAIN, WITH MEAT OR MUSHROOMS
Ragu Spaghetti Sauce 28-FL. OZ. JAR **\$1.05**

EVAPORATED
Carnation Milk 5 6-OZ. TINS **\$1**

FROZEN, WHITE OR 100% WHOLE WHEAT
Rhodes Bread Dough PKG. OF 5 x 16-OZ. LOAVES **\$1.59**

KRAFT PROCESS PLAIN OR ONION
Philadelphia Cream Cheese 8-OZ. PKG. **79¢**

MONARCH, QUARTERS
Corn Oil Margarine 2-LB. CTN **\$1.69**

IGA, BLENDRITE
Shortening or Pure Lard 1-LB. CTN **59¢**

TANG, FLAVORED
Orange Crystals POLY BAG OF 4 x 3 1/2 OZ PKGS. **\$1.09**

REGULAR OR QUICK
Cream of Wheat 800-g BOX **59¢**

IGA Apple Pie 20-OZ. SIZE **89¢**

SOCIETY WINDMILL, APPLE OATMEAL, DATE FILLED, RASPBERRY TURNOVERS OR STRAWBERRY TURNOVERS
Voortman Biscuits 2 8-OZ. PKGS. **\$1**

RIPPLE, REGULAR OR SALT & VINEGAR FLAVORED
IGA Potato Chips 225-g PKG. **79¢**

ASSORTED VARIETIES
Kerr's Tartan Bag Candies 250-g PKG. **69¢**

SCENTED, EXTRA DRY OR EXTRA DRY LIGHT POWDER
Arrid Deodorant 17-OZ. AERO. TIN **\$1.49**

Potident Tablets PKG. OF 32 **89¢**

15", ASSORTED DRAPERY PRINT
Cushions EA **\$1.69**

QUIKKI POLY 1.5 MIL
Garbage Bags PKG. OF 20 **\$1.39**

FROZEN, CONCENTRATED 100% PURE FROM FLORIDA
Old South Orange Juice 12 1/2-FL. OZ. TIN **89¢**

HIGH LINER, FROZEN INDIVIDUALLY WRAPPED
Boneless Cod Fillets 14-OZ. PKG. **\$1.59**

PRICES EFFECTIVE WED. FEB. 28 TO SAT. MARCH 3, 1979. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

Meat Features

CUT FROM CANADA GRADE A BEEF
Blade Roasts
BLADE BONE REMOVED
or Chuck
Short Rib Roasts
\$1.49
LB.

CUT FROM CANADA GRADE A BEEF
Cross Rib Roasts
or Boneless
Shoulder Roasts
\$1.79
LB.

CUT FROM CANADA GRADE A BEEF
Cross Rib Steaks
\$1.89
LB.

CUT FROM CANADA GRADE A BEEF
LEAN, BONELESS
Stewing Beef
\$1.79
LB.

PREVIOUSLY FROZEN
Boston Blue Fish Fillets LB. **\$1.09**

PREVIOUSLY FROZEN
Turbot Fillets LB. **\$1.39**

PREVIOUSLY FROZEN
Cod Fillets LB. **\$1.49**

PREVIOUSLY FROZEN
Sole Fillets LB. **\$2.29**

MAPLE LEAF, EUROPEAN CUISINE
SELECTED POPULAR VARIETIES
Deli Sausage 10 OZ CHUB **\$1.69**

MAPLE LEAF
Wieners 1-LB. PKG. **\$1.39**

MAPLE LEAF
Pork or Beef Sausages 1-LB. PKG. **\$1.59**

MAPLE LEAF, SLICED, SELECTED
POPULAR VARIETIES
Sandwich Meats 12-OZ. PKG. **\$1.39**

MAPLE LEAF, COOKED BONELESS
Dinner Hams LB. **\$2.39**

SHOPLY'S
Old Vienna Salami 18-OZ. CHUB **\$2.29**

Produce Features

PRODUCE OF CENTRAL AMERICA
CHIQUITA OR DOLE

Bananas
5 \$1
LBS. FOR

PRODUCE OF U.S.A.
CANADA NO. 1 GRADE

Cauliflower
69¢
SIZE 16'S EA.

ONTARIO GROWN CANADA NO. 1 GRADE
Cooking Onions 3 2-LB. BAGS **99¢**

ONTARIO GROWN CANADA NO. 1 GRADE
Rutabagas LB. **14¢**

FROM BRITISH COLUMBIA
CANADA FANCY GRADE
Red or Golden Delicious Apples LB. **49¢**

PRODUCE OF MEXICO
Pineapples SIZE 10'S EA. **89¢**

CLIP THIS COUPON
MAPLE LEAF SLICED
Side Bacon 1-LB. PKG. ONLY **98¢** WITH A MINIMUM \$5.00 FOOD PURCHASE EXCLUDING CIGARETTES
ONLY ONE 1-LB. PKG. PER COUPON
COUPON VALID AT IGA ONLY UNTIL CLOSING
SATURDAY, MARCH 3, 1979.
FEATURE PRICE \$1.49 PER 1-LB. PKG. WITHOUT THIS COUPON

IGA LOW REGULAR PRICES

FROM CONCENTRATE
Orange Juice 64-FL. OZ. BTL. **\$2.29**

100% PURE VEGETABLE OIL
Blue Bonnet Margarine 2-LB. PKG. **\$1.75**

100% PURE VEGETABLE OIL
Trillium Soft Margarine 1-LB. TUB **66¢**

100% PURE CORN OIL
Fleischmann's Soft Margarine SLEEVE OF 2 x 8-OZ. TUBS **\$1.38**

Monarch Margarine 1-LB. PKG. **69¢**

Fluffo Shortening 1-LB. PKG. **77¢**

MAPLE LEAF, PURE
Tenderflakel Lard 3-LB. TUB **\$1.93**

McLEANS, FROZEN, CHOICE
Whole Strawberries 16-FL. OZ. TUB **\$1.15**

FRASERVALE, FROZEN, FRENCH CUT
Green Beans 10-OZ. PKG. **49¢**

McCAIN, FROZEN
Brussels Sprouts 10-OZ. PKG. **71¢**

HIGH LINER, FROZEN
Cod Fish Sticks 14-OZ. PKG. **\$2.15**

HIGH LINER, FROZEN
Sole Fillets 16-OZ. PKG. **\$2.45**

HIGH LINER, FROZEN
Scallops 7-OZ. PKG. **\$2.69**

McCAIN, FROZEN, 4-PACK
DEEP 'N' DELICIOUS
Pepperoni Pizza 14-OZ. PKG. **\$1.99**

SWANSON, FROZEN
Macaroni & Cheese Dish 8-OZ. PKG. **55¢**

MITCHELL'S, CHOICE
Pure Apple Juice 48-FL. OZ. TIN **93¢**

OCEAN SPRAY
Cranberry Cocktail 40-FL. OZ. BTL. **\$1.27**

SUN-RYPE
Apricot Nectar 10-FL. OZ. TIN **39¢**

LIBBY'S, RECONSTITUTED,
UNSWEETENED
Orange Juice 48-FL. OZ. TIN **\$1.29**

RISE 'N' SHINE, FLAVORED
POLY BAG OF 4 x 3 1/2 OZ. PKGS.
Orange Crystals **99¢**

V-8 Vegetable Cocktail 48-FL. OZ. TIN **\$1.02**

FANCY
Allen's Applesauce 28-FL. OZ. GLASS JAR **95¢**

YORK, CHOICE
Apricot Halves 14-FL. OZ. TIN **64¢**

DEL MONTE, TROPICAL
Fruit Salad 14-FL. OZ. TIN **64¢**

ARMONA, FANCY
Peach Halves 14-FL. OZ. TIN **62¢**

AYLMER, CHOICE
Bartlett Pears 10-FL. OZ. TIN **51¢**

PALANDA
Sliced Pineapple 19-FL. OZ. TIN **67¢**

BRIGHTON'S
California Prunes 14-FL. OZ. TIN **59¢**

STAFFORD
Pumpkin Pie Filling 19-FL. OZ. TIN **85¢**

STOKELY, FANCY
Cut Green Beans 14-FL. OZ. TIN **45¢**

YORK, FANCY
Green Lima Beans 14-FL. OZ. TIN **49¢**

GREEN GIANT, FANCY,
WHOLE KERNEL
Niblets Corn 19-FL. OZ. TIN **65¢**

DEL MONTE
Fancy Peas 10-FL. OZ. TIN **39¢**

CULVERHOUSE, CHOICE, SMALL
Whole Potatoes 19-FL. OZ. TIN **39¢**

DEL MONTE
Stewed Tomatoes 19-FL. OZ. TIN **71¢**

IGA LOW REGULAR PRICES

BYE THE SEA
Flaked Light Tuna 6-OZ. TIN **95¢**

ROBIN RED, MINCED
Sockeye Salmon 7 1/4-OZ. TIN **\$1.25**

CAMPBELL'S
Chicken Noodle Soup 10-FL. OZ. TIN **33¢**

LIPTON
Chicken Noodle Soup Mix PKG. OF 2 **49¢**

PABLM
Mixed Cereal 227-g BOX **71¢**

CUT-RITE
Wax Paper Refill 100-FT. ROLL **79¢**

DELSEY, ASSORTED COLORS
Bathroom Tissue PKG. OF 2 ROLLS **73¢**

SWANS-DOWN,
ASSORTED COLORS
Bathroom Tissue PKG. OF 4 ROLLS **\$1.19**

DELSEY, ASSORTED COLORS
Bathroom Tissue PKG. OF 4 ROLLS **\$1.31**

FACELLE ROYALE,
ASSORTED COLORS
Bathroom Tissue PKG. OF 4 ROLLS **\$1.29**

KLEENEX, POCKET PACK
Facial Tissue PKG. OF 6 **61¢**

ASSORTED COLORS
Scottowels PKG. OF 2 ROLLS **\$1.15**

VIVA, ASSORTED COLORS
Paper Towels PKG. OF 2 ROLLS **\$1.21**

KLEENEX, ASSORTED COLORS
Paper Towels PKG. OF 2 ROLLS **\$1.19**

KELLOGG'S
Raisin Bran 375-g BOX **\$1.01**

KELLOGG'S
Rice Krispies 225-g BOX **72¢**

KELLOGG'S
Special "K" 475-g BOX **\$1.35**

NABISCO
Rice Flakes 325-g BOX **81¢**

QUAKER
Natural Bran 300-g BOX **47¢**

CHIPITS
Chocolate Chips 6-OZ. PKG. **\$1.09**

AUNT DINAH
Molasses 16-OZ. CONT. **69¢**

TROPHY
Whole Filberts 100-g PKG. **79¢**

KISMET
Pitted Dates 1-LB. PKG. **95¢**

ALPO, BEEF CHUNKS
Dog Food 23 1/2-OZ. TIN **73¢**

DR. BALLARD,
ASSORTED VARIETIES
Dog Food 25 1/2-OZ. TIN **53¢**

GAINES, BEEF
Top Choice 2-kg BAG **\$3.13**

MILKBONE, FOR DOGS
Flavor Snacks 28-OZ. BOX **\$1.07**

E.D. SMITH
Tomato Paste 5 1/2-FL. OZ. TIN **37¢**

BRAVO, PLAIN
Spaghetti Sauce 14-FL. OZ. TIN **59¢**

HUNTS
Tomato Paste 5 1/2-FL. OZ. TIN **39¢**

Minute Rice 12-OZ. BOX **99¢**

KELLOGG'S
Bran Flakes 600-g BOX **\$1.05**

SUN MAID
Seedless Raisins MULTI-PACK OF 6 x 1 1/2 OZ. PKGS. **\$1.99**

LAWRY'S
Seasoning Salt 227-g CONT. **99¢**

LAWRY'S
Garlic Spread 113-g CONT. **79¢**