



FOR COMPETITIVE PRICES!
PLUS WEEKLY SPECIALS!
PLUS FRIENDLY SERVICE!

THIS WEEK'S SPECIALS

MIX 'N' MATCH
VAN CAMP
Beans with Pork
IN TOMATO SAUCE
OR STOKELY DARK RED
OR NEW ORLEANS STYLE
Kidney Beans 3 **\$1**
14-FL. OZ. TINS

BYE THE SEA
Chunk Light Tuna 6 1/2-OZ. TIN **79¢**

MFG. 9° OFF LABEL, TOASTMASTER
Home Style Crusty Bread 16-OZ. LOAF **39¢**

FRONTENAC, FAVORITE OR FESTIVAL
Ice Cream 2-LITRE CARTON **99¢**

IGA Pure Apple Juice 48-FL. OZ. TIN **69¢**

ASSORTED FLAVORS
Royal Jelly Powders 5 3-OZ. PKGS. **\$1**

POWDERED
Tide Detergent 6-LITRE BOX **\$2.79**

MCCORMICK'S, CHOCOLATE, GINGER OR OATMEAL
McBig Snaps 700-g PKG. **99¢**

ALL-PURPOSE
Five Roses Flour 2.5 Kg BAG **\$1.39**

BABY DILLS, SWEET MIX OR YUM YUM
Bick's Pickles 32-FL. OZ. JAR **99¢**

MIX 'N' MATCH, IGA, CHOICE WHOLE POTATOES
Peas or Cream Style Corn 3 19-FL. OZ. TINS **\$1**

Mir Liquid Detergent SLEEVE OF 2 x 750-ml PLST. BTL. **\$1.09**

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| LEAVER Mushrooms Pieces & Stems 10-FL. OZ. TIN 79¢ | Carefree Panty Shields PKG. OF 12 69¢ |
| BONI Tomato Paste 2 5 1/2-OZ. TINS 49¢ | NEW! SCENTED OR UNSCENTED 50-ml ROLL-ON ANTIPERSPIRANT \$1.49 |
| PUSH 'N' BOOTS, MEAT, SEAFOOD, MEAT, MILK & EGG OR SEAFOOD AND MEAT | DRY, NORMAL OR OILY Breck Shampoo 200-ml PLST. BTL. \$1.29 |
| Special Menu Cat Food Dinners 1-kg BOX 99¢ | GLAD, KITCHEN CATCH POLY Garbage Bags 2 PKGS. OF 12 \$1.09 |
| QUAKER, BRAN OR OATMEAL Cookie Mix or Muffin Mix 900-g BOX \$1.19 | SNOWCAP, FROZEN, CHOICE Cauliflower 2-LB. POLY BAG \$1.29 |
| SUNNY GOLD, AUSTRALIAN Sultana Raisins 1-LB. PKG. \$1.19 | FROZEN, CHOCOLATE, VANILLA OR STRAWBERRY Sara Lee Layer Cakes 13-OZ. PKG. \$1.09 |
| IGA Hot Cross Buns PKG. OF 6 79¢ | 100% PURE VEGETABLE OIL Blue Bonnet Soft Margarine 1-LB. TUB 79¢ |
| JU JUBES, GUM DROPS, ORANGE OR LEMON SLICES Dare's Candies 1-LB. PKG. 79¢ | KRAFT PROCESS, 1-OZ. CANADIAN SINGLES Cheese Slices 16-OZ. PKG. \$1.59 |
| HOTNESS, CHEESE, TACO OR CHILI Tortillas, Cheese Sticks or Cheese Crunchies 150-g PKG. 59¢ | PRICES EFFECTIVE WED., MARCH 7 TO SAT., MARCH 10, 1979 |
| FABRIC SOFTENER Bounce Sheets BOX OF 60 \$2.99 | WE RESERVE THE RIGHT TO LIMIT QUANTITIES. |

FRESH! PICNIC Pork Shoulder Roasts LB. 99¢		CUT FROM CANADA GRADE "A" BEEF Standing Rib Roasts LB. \$2.19	
FRESH! Shoulder Pork Butt Roasts LB. \$1.09	CUT FROM CANADA GRADE A BEEF Beef Rib Steaks LB. \$2.29	FRESH! Shoulder Butt Pork Chops LB. \$1.29	PRIDE OF CANADA, COOKED VACUUM PACKED HALVES Smoked Hams LB. \$1.99
CUT FROM CANADA GRADE A BEEF (BRAISING RIBS) Beef Short Ribs LB. \$1.19	PRIDE OF CANADA 1-LB. PKG. Wieners \$1.35	PRIDE OF CANADA, SLICED 6-OZ. PKG. Cooked Ham \$2.19	PRIDE OF CANADA ASSORTED VARIETIES 24-OZ. STICK Deli Sausage \$2.49
PRIDE OF CANADA OR SHAMROCK SLICED 1-LB. PKG. Side Bacon \$1.69	PRIDE OF CANADA, SLICED 12-OZ. PKG. Ham \$2.19	PREVIOUSLY FROZEN Haddock Fillets LB. \$1.69	
BURNS, SWEET OR HOT Italian Style Sausage LB. \$1.19	PRIDE OF CANADA 1-LB. PKG. Breakfast Grill \$1.69		

PRODUCE OF U.S.A. CANADA NO. 1 GRADE Tomatoes LB. 49¢	PRODUCE OF U.S.A. Florida Oranges SIZE 125's DOZ. 99¢
PRODUCE OF U.S.A. CANADA NO. 1 GRADE Celery Stalks EA. 69¢	PRODUCE OF U.S.A. OR CANADA CANADA FANCY GRADE Anjou Pears LB. 58¢
	PRODUCE OF U.S.A. 10-OZ. PKG. Spinach 69¢
	PRODUCE OF U.S.A. 2 BUNCHES FOR Green Onions 39¢
	PRODUCE OF U.S.A. 2 6-OZ. PKGS. Cello Radishes 39¢

IGA LOW REGULAR PRICES LIBBY'S, UNSWEETENED Grapefruit Juice 48-FL. OZ. TIN \$1.15	IGA LOW REGULAR PRICES GREEN GIANT, FANCY Giant Size Peas 14-FL. OZ. TIN 47¢	IGA LOW REGULAR PRICES KELLOGG'S Corn Flakes 525-g BOX 99¢	IGA LOW REGULAR PRICES DOG BISCUITS Live-a-Snaps 6-OZ. BOX 49¢	IGA LOW REGULAR PRICES LAURA SECORD, PURE Raspberry Jam 24-FL. OZ. JAR \$1.99
FBI Prune Nectar 24-FL. OZ. BTL. 93¢	SHIRRIF Instant Mashed Potatoes 350-g PKG. \$1.09	KELLOGG'S Rice Krispies 350-g BOX 98¢	BUDGET Cat Food 15-OZ. TIN 29¢	LAURA SECORD, PURE Strawberry Jam 24-FL. OZ. JAR \$1.87
AYLMER, FANCY Tomato Juice 48-FL. OZ. TIN 89¢	CHOICE Aylmer Tomatoes 19-FL. OZ. TIN 71¢	KELLOGG'S Special "K" 300-g BOX \$1.05	KITTY PAN Cat Litter 10-LB. BAG \$1.65	KRAFT, SALAD DRESSING Miracle Whip 32-FL. OZ. JAR \$1.35
FANCY Mitchell's Applesauce 19-FL. OZ. TIN 55¢	IN TOMATO SAUCE Libby's Deep Browned Beans with Pork 14-FL. OZ. TIN 54¢	KELLOGG'S Corn Pops 275-g BOX 93¢	PETER PAN Puffed Rice 500-g BAG \$1.05	Mazola Corn Oil 3-LITRE BTL. \$6.39
DEL MONTE, FANCY Fruit Cocktail 19-FL. OZ. TIN 86¢	SWIFT'S Beef Stew 24-OZ. TIN \$1.35	POST Grape Nuts 375-g BOX 99¢	QUICK Cream of Wheat 400-g BOX 47¢	CANADA Cider Vinegar 128-FL. OZ. JUG \$1.85
AYLMER, FREESTONE, FANCY Peach Halves 14-FL. OZ. TIN 72¢	IN OIL, TOMATO SAUCE OR MUSTARD Brunswick Sardines 3 1/4-OZ. TINS 37¢	POST Sugar Crisp 250-g BOX 99¢	JEFFY Pie Crust Mix 18-OZ. BOX 95¢	HEINZ Keg 'O' Ketchup 32-FL. OZ. BTL. \$1.25
ARDMONA, CHOICE Pear Halves 28-FL. OZ. TIN 96¢	LIPTON, ASSORTED VARIETIES Cup-a-Soup PKG. OF 4 ENVS. 65¢	ROMAR 90, ALL BEEF Dog and Cat Food 15-OZ. TIN 43¢	COW BRAND Baking Soda 250-g BOX 31¢	MAXWELL HOUSE Instant Coffee 10-OZ. JAR \$5.69
AYLMER, CHOICE Prune Plums 14-FL. OZ. TIN 53¢	RAGU, PLAIN Spaghetti Sauce 28-FL. OZ. JAR \$1.35	MASTER, PREMIUM Dog Dinner 2-kg BAG \$1.79	CHIPSITS Milk Chocolate Chips 6-OZ. PKG. 99¢	CHOCOLATE DRINK MIX Nestle's Quik 2-LB. CONT. \$2.49
YORK, CHOICE Raspberries 14-FL. OZ. TIN \$1.23	Bravo Salad Oil 128-FL. OZ. TIN \$4.79	MILK BONE Flavor Snacks 28-OZ. BOX \$1.07	DALTON Desiccated Coconut 4-OZ. PKG. 47¢	ORANGE PEKOE Red Rose Tea Bags BOX OF 120 \$3.75
AYLMER, CHOICE Green Beans 14-FL. OZ. TIN 37¢	CARAPPELLI, PURE Olive Oil 17 1/2-FL. OZ. BTL. \$1.89	FOR DOGS Chew-ez Beef Hide 8-OZ. PKG. \$1.59	KEEN'S Dry Mustard 8-OZ. BOX \$1.63	NESTLE'S ASSORTED FLAVORS Mini Puddings SLEEVE OF 3 X 5-OZ. TINS 95¢
STOKELY'S, FANCY Green Giant Corn 14-FL. OZ. TIN 49¢	SPAGHETTI OR READY CUT MACARONI Primo Pasta 2-LB. PKG. 97¢	FOR DOGS Derby Meat Mix 25-OZ. TIN 65¢	CANADA NO. 1 GRADE CARNATION, INSTANT Skimmed Milk Powder 3-LB. BOX \$4.29	Fleecy Softener 128-FL. OZ. JUG \$2.19
Green Giant Mexicorn 12-FL. OZ. TIN 57¢		FOR CATS, PURINA Tuna Dinner 500-g BOX 75¢		Palmolive Liquid Detergent 32-FL. OZ. PLST. BTL. \$1.71