

Splash of Summer

less than our regular price
1/2

Lion Pure White Vinegar

3.78 L JUG

.99

1/2 our regular price

Gay Lea Swiss Yogurt

ASSORTED VARIETIES

175 g CUP

.49

save up to **3.00** bag

Produce

PRODUCT OF ONTARIO, ONTARIO NO. 1 GRADE

New Potatoes

4.54 kg 10-LB. BAG

1.99

save **.56**

Green Giant Niblets Whole Kernel Corn

12-OZ. TIN

.79

less than our regular price
1/2

Heinz Fancy Tomato Juice

48-FL. OZ. BTL.

.99

save up to **.60** lb.

PRODUCT OF CALIFORNIA

Fresh Nectarines

1.96 kg

.89 lb.

save up to **.40** lb.

PRODUCT OF U.S.A. FANCY GRADE

Red or Golden Delicious Apples

1.96 kg

.89 lb.

REGULAR, FINE OR EXTRA FINE

Mother Parkers Ground Coffee

300 g VAC-PAK PKG.

1.99

ASSORTED VARIETIES

Hostess Potato Chips & Snacks

200 g BAG

1.39

ASSORTED VARIETIES

Colonial Cookies

400 g BAG

1.99

PROCESS CHEESE FOOD, LIGHT, MEXICAN OR REGULAR

Kraft Cheez Whiz

500 g JAR

3.49

ASSORTED VARIETIES OF

IGA Pasta

900 g PKG.

.89

ASSORTED COLORS

White Swan Bathroom Tissue

4 ROLL PKG.

1.49

save up to **.40** ea.

PRODUCT OF ONTARIO, CANADA NO. 1 GRADE

Celery Hearts

EACH

.89

save up to **.30** pint

PRODUCT OF ONTARIO, CANADA NO. 1 GRADE

Cherry Tomatoes

PINT

.99

pkg. save **.80**

SLICED, SELECTED POPULAR VARIETIES

Sandwich Meats

175 g PKG.

.99

Deli

lb. save **2.00**

SLICED OR SHAVED

Country Kitchen Ham

3.99 lb.

.88 100 g

save **.30**

Raisin Bread

450 g

1.69

save **.10**

Nanaimo Bars

PKG. OF 4

2.29

FREE Feature price without coupon **1.99**

500 g PKG. OF SLICED

Maple Leaf Bacon with this coupon

and the purchase of one COOKED, SMOKED, MAPLE LEAF, BONELESS, VACUUM PACKED

Country Kitchen Ham

AT THE SPECIAL PRICE OF 8.80 kg, 3.99 lb.

Limit one coupon per family. Limit one deal per coupon, coupon valid at IGA until closing Sat. Aug. 12, 1989.

A.C. NELSEN, BOX 3000, ST. JOHN, N.B., EXL 4J3

PLU 2831

564085

STORE MADE, 12", 820 g

Deluxe Pizza

3.99 EACH

MAPLE LEAF, MACARONI & CHEESE OR

Mock Chicken Loaf .59 100 g

2.69 lb.

Tip For The Week

IGA's ground beef is a less expensive cut of beef, but a good hamburger deserves the same cooking care and consideration as a T-bone steak. Coarsely ground chuck is a good proportion of fat to lean beef. Handle the meat lightly — the less you handle it, the more tender it will be. Cook to rare (8 minutes), medium (12 minutes), or well-done (16 minutes). A barbeque brings the best results.

at **IGA**

We Really Care

HWY. #7, MARKHAM
140 WELLINGTON ST. W.

IGA

5694 HWY. #7 MARKHAM

ROBINSON ST.

IGA

HWY. #7 UNIONVILLE

KENNEDY

UNIONVILLE

IGA