



Doctors say
MEAT
Builds Energy

The energy value of foods is expressed in calories and meat contains more of these units per serving than any other food in a normal diet. Now that the cooler weather is here, serve more meat to care for the extra heat and energy the body will require. Come to Ideal Ranch Market for choice cuts of quality meats at money-saving prices.

CUDAHY'S FANCY BEEF

WE FEATURE THE BEST PORK, VEAL, LAMB AND MUTTON THAT MONEY CAN BUY AND TALKING ABOUT BEEF WE HAVE AND CAN SHOW YOU THE BEST CUDAHY'S GOVERNMENT INSPECTED AND ROLLER STAMPED GENUINE BABY STEER BEEF ON THE MARKET!

COME IN! INSPECT OUR ICEBOX!

MORRELL'S PRIDE Eastern Skinned Tenderized **HAMS** **21** 1/2 lb

MORRELL'S PRIDE Tenderized Ready Cooked **PICNIC HAMS** **17** 1/2 lb

PURE LARD **6** 1/2 lb

WILSON'S CERTIFIED PORK **Shoulder ROAST** **11** 1/2 lb

WILSON'S CERTIFIED WHOLE **PORK Shoulders** **13** 1/2 lb

Shortening **7** 1/2 lb

GROUND PORK VEAL and BEEF **LOAF** **17** 1/2 lb

CUDAHY'S FANCY BABY **LAMB LEGS** **24** 1/2 lb

OYSTERS EXTRA LARGE COUNT DOZEN **30**

RAFFIN'S Famous 100% LEAN **CORNED BEEF** **23** 1/2 lb

CUDAHY'S FANCY YEARLING **LAMB LEGS** **14** 1/2 lb

SHRIMP FRESH IN TODAY **25** lb

WILSON CERTIFIED **Pork Loin ROAST** **17** 1/2 lb

FANCY FRESH **FRYING RABBITS** **25** lb

Frank's Delicatessen

SPECIALS FOR FRIDAY and SATURDAY, OCTOBER 19th to 19th

IMPORTED STYLE SLICED OR BY PIECE **SWISS CHEESE** **29** lb

Bell **POTATO CHIPS** Full lb. **29** lb

RICH CREAMY **COTTAGE CHEESE** **2 lbs. 15** lb

Kraft **PIMENTO CREAM CHEESE** **35** lb

100% PURE **ORANGE MARMALADE** **9** lb

Freshly Made **MAYONNAISE** pt. **17** lb

IDEAL RANCH MARKET

2067 TORRANCE BLVD.

TORRANCE, CALIF.

BETTER BARGAINS



FOR BIGGER FALL APPETITES

On cool, crispy days like these, eating is fun. Here you will find just the foods that hit the hungry spot... at prices that hit the "thrifty" spot.

FRESH EGGS GRADE A Medium Carton **29** dozen

AUSTEX **TAMALES with CHILI GRAVY** 10-oz. can—6 lge. Tamales **10** c



"YOU CAN'T MAKE A BAD CUP OF M.J.B." DRIP 1-lb. can **24** c or REGULAR GRIND 2-lb. **46** c

BLUE RIBBON FAMILY BLEACHED FLOUR 5-lb. sack **17** c 10-lb. sack **31** c



SPRY VEGETABLE SHORTENING 1-lb. can **16** c 3-lb. can **46** c

K.C. ROCCA BELLA BAKING POWDER 10-oz. can **7** 1/2 c 25 oz. can **18** c RIPE OLIVES 9-oz. can **12** c We carry all Ben Hur Products—Featured in the Torrance Herald Cooking School!

HILLS-DALE Broken Sliced — 2 1/2 can **HAWAIIAN PINEAPPLE** **15** c

ARMOUR'S **Corned Beef HASH** 1-lb. can **15** c

Mary Lee Taylor's **RADIO RECIPE** **Chocolate Marshmallow Pie** Brought by Mary Lee Taylor October 17, 1946

ARMOUR'S **Spiced Luncheon MEAT** 12 oz. can **19** c

SIERRA **SWEET PEAS** 3 for **25** c No. 2 can

THRIFTEE **PACK RICE** large 3-lb. bag **15** c

KRAFT **DINNER** Only 7 minutes cooking time required! **12** c

S & F GOLDEN DAINTIES **Whole Kernel CORN** 2 cans for **19** c 12 oz. can

THOMPSON'S **SEEDLESS RAISINS** Lg. 2 1/2 lb. bag **15** c

ARDEN'S CRESCENT **DRESSING or SPREAD** quart **17** c

VAL VITA **TOMATO JUICE** large 2 1/2 can **7** c

SUN VIEW **Whole Wheat FIG BARS** 2 lb. pkg. **19** c

B. S. **FRUIT COCKTAIL** 3 cans for **25** c 1 lb. can

TARGET COOKED **CORNED BEEF** **16** c

MONTE RIO **TOMATO CATSUP** large 14-oz. bottle **6** c

For This Recipe You'll Need **CHOCOLATE Pudding Powder** 3 pkg. **14** c **Marshmallows** 1-lb. **10** c **Vanilla Wafers** 4 1/2 oz. pkg. **10** c **IMMEDIATE PET MILK** 4 for **25** c **PLEASE ASK FOR RECIPES**

OUR BEST **Picnic DILL PICKLES** Lg. 22 oz. glass **10** c

IDEAL'S **Special Blend COFFEE** **12** lb

Combination Special 3 PC. FRENCH FRYER & PLANTERS **PEANUT OIL** BOTH FOR **\$1.59** with 1/2 gal. can

DOG FOOD SKIPPY 3 cans for **17** c KENNEL KING 3 cans for **17** c DR. ROSS... 3 tall cans **25** c

Peel's Soap Large **31** c Small **16** c Sunbrite Cleanser 3 cans for **14** c **CRISCO SHORTENING** 1-lb. can **16** c 3-lb. can **46** c

HY-PRO Holly Cleanser 3 cans **10** c **SCOT TISSUE** 3 rolls **21** c **WALDORF** 3 for **13** c **SCOT TOWELS** roll **9** c

A Real Bleach and Liquid Cleaner **9** qt. **18** c 1/2 gal. **3** cans **10** c

Ideal Ranch Market

Fresh Fruits and Vegetables

FRESH, CRISP **CELERY** 2 for **5** c SWEET, BROWN **ONIONS** 3 lbs. **5** c

SWEET **POTATOES** 4 lbs. **10** c

RUSSET **POTATOES** 10 lbs. **10** c

SUGAR **PEARS** 6 lbs. **10** c

NEWTON PIPPIN **APPLES** 5 lbs. **10** c

BELFLEUR **APPLES** 6 lbs. **10** c

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