

# IDEAL RANCH MARKET

2067 TORRANCE BLVD. TORRANCE



# FOR LENT

Suggestions that will help you put variety into Lenten meals.

## Bring Your Coupons!

EVERY DAY IS COUPON DAY—EVERY DAY IS BARGAIN DAY BRING YOUR COUPONS. TAKE ADVANTAGE OF THE SAVINGS!

**HAMS** BONELESS ROLLED WITH THIS COUPON Whole or Half 3 to 6 lbs. Average Very Lean Cello Wrapped **37<sup>¢</sup> lb**

**BACON** CANADIAN STYLE SLICED WITH COUPONS **39<sup>¢</sup> lb**

T-BONES, CLUBS, TRIMMED **STEAKS** **23<sup>¢</sup> lb**

**LARD** PURE HOG WITH COUPONS 2-POUND LIMIT **12<sup>½</sup> lb**

ROASTING **RABBITS** WITH COUPONS **19<sup>½</sup> lb**

**ROAST RIB** PORK LOIN WITH COUPONS **27<sup>¢</sup> lb**

**PICNIC HAMS** Smoked and Tenderized. Bake the Center and Boil Shank. **25<sup>¢</sup> lb**

**BACON** HORMEL'S RINDLESS FULL SLICES BACON. REG. PRICE 35c lb. WITH COUPONS 25c lb. **25<sup>¢</sup> lb**

BLACK SWAN No. 2 Can **CORN 11<sup>¢</sup>**  
QUAIL No. 2 Can **PEAS 11<sup>¢</sup>**  
CRESTA 1 LB. **BUTTER 39<sup>¢</sup>**

DAISY DILL PICKLES . . . 15c  
GEM NUT 1-lb. Pkg. . . 17c  
VAL VITA RED BEANS . . . No. 2 1/2 Can 10c  
VAL VITA PORK & BEANS . . . No. 2 1/2 Can 11c

PORK & BEANS No. 1 Can 5 1/2c  
TOMATO JUICE No. 1 Can 5 1/2c  
NEW POTATOES No. 1 Can 5 1/2c  
GRAPEFRUIT JUICE No. 1 Can 5 1/2c

ECONOMY 1 LB. **COFFEE 15<sup>¢</sup>**  
SWIFT'S CORNED **BEEF 23<sup>¢</sup>**  
SWEETHEART 4 FOR **SOAP 22<sup>¢</sup>**

### SPECIALS

3 FOR **SCOTTISSUE 20<sup>¢</sup>**  
OHIO BLUE TIP CARTON **MATCHES . . 25<sup>¢</sup>**  
Large—2 BARS **P. & G. SOAP . 9<sup>¢</sup>**  
LARGE PKG. **OXYDOL . . 23<sup>¢</sup>**  
SMALL PKG. **IVORY FLAKES . . 9<sup>¢</sup>**  
MED. BAR **IVORY SOAP . . 6<sup>¢</sup>**  
MED. PKG. **SOAP DASH GRAN. 26<sup>¢</sup>**  
3 FOR **LIGHTHOUSE CLEANSER . 10<sup>¢</sup>**

**PINTO BEANS** 3 lbs. **17<sup>¢</sup>**

CALKIST Calist **FRUIT COCKTAIL** No. 1 CAN **10<sup>¢</sup>**

GOLDEN CITY **Freestone PEACHES** No. 2 1/2 can **13<sup>¢</sup>**

**Salmon Vegetable Dinner**  
Broadcast by Mary Lee Taylor, Feb. 26  
3 cups drained, freshly cooked or canned (1 1/2 lb. can) 1/4 cup finely cut green pepper 1/4 teaspoon salt 6 tablespoons butter or water 1/4 cup Pet Milk  
Turn on oven and set at slow (325° F.). Grease six 3-inch muffin tins. Put salmon in mixing bowl. Add oats, green pepper, salt, pepper and milk. Mix thoroughly, then divide among the greased muffin tins. Bake 35 minutes, or until mixture is firm to the touch. Loosen sides and let stand about 5 minutes. Garnish each with slice of hard-cooked egg, if desired. Serve at once with Creamed Peas (See Below). Serves 6.  
**Creamed Peas**  
3 cups drained peas, freshly cooked or canned 3 tablespoons flour 1/4 teaspoon salt 1 1/2 tablespoons butter or water 1/4 cup Pet Milk  
Drain and save liquid from peas. Melt butter in saucepan. Blend in flour, salt and pepper. Stir in liquid of peas. Boil 2 minutes, stirring constantly. Stir in milk. Add drained peas and heat thoroughly, but do not boil. Serve at once. Serves 6.  
**For These Recipes You'll Need:**  
IRRADIATED PET MILK  
6 sm. cans 25c 3 tall cans 25c  
SALMON . . . . . can 19c

TABLE QUEEN No. 2 1/2 Can **TOMATOES 11<sup>¢</sup>**  
VAL VITA TOMATO 3 FOR **SAUCE 10<sup>¢</sup>**  
BLUE LABEL 1/2 LB. **CHEESE 21<sup>¢</sup>**

COCK ROBIN No. 2 1/2 Can **PEARS . . . . 17<sup>¢</sup>**  
PICOPAK 3 lbs. **PRUNES . . . . 15<sup>¢</sup>**  
CHESTY No. 1 Can **DOG FOOD 4 for 19<sup>¢</sup>**  
LIBBY'S No. 1 Can **APPLE BUTTER . . 11<sup>¢</sup>**

SANTA MARIA No. 1 Can **TAMALES . . . . 9<sup>¢</sup>**  
SANTA MARIA No. 1 Can **CHILI CON CARNE 9<sup>¢</sup>**  
KRAFT DINNERS . . PKG. 9<sup>¢</sup>  
MAINE 6 Can **SARDINES . . . . 6<sup>¢</sup>**

VAL VITA No. 2 1/2 Can **HOMINY 8<sup>¢</sup>**  
VITABAKE 1-lb. Pkg. **CRACKERS 10<sup>¢</sup>**  
3 FOR **GAMAY 19<sup>¢</sup>**

GOLD MEDAL 5 lbs. **FLOUR . . . . 27<sup>¢</sup>**  
DEL MONTE No. 2 1/2 Can **PINEAPPLE . . . . 21<sup>¢</sup>**  
ALBERS 1-lb. PKG. **PANCAKE FLOUR 19<sup>¢</sup>**  
2 DOZ. **CLOTHES PINS . . 15<sup>¢</sup>**

S. & F. Pinton Tin **CORN . . . . 10<sup>¢</sup>**  
S. & F. MED. SML. Pinton Tin **PEAS . . . . 10<sup>¢</sup>**  
SANTA MARIA 8-oz. Can **TAMALES . . . . 5<sup>¢</sup>**  
FIESTA 1-lb. Jar **MUSTARD . . . . 9<sup>¢</sup>**

## FRUIT AND VEGETABLE SPECIALS

**GRAPEFRUIT** SWEET, JUICY "ARIZONA" **5 for 9<sup>¢</sup>**

FANCY, SWEET, JUICY **TANGERINES** 3 lbs. **9<sup>¢</sup>**

"ROME BEAUTY" **APPLES** 3 lbs. **10<sup>¢</sup>**  
Crisp "Winesap" **APPLES** 5 lbs. **15<sup>¢</sup>**

FANCY, RIPE "FUERTE" **AVOCADO** **3 FOR 9<sup>¢</sup>**

NEW CROP FRESH **CABBAGES** lb. **1<sup>¢</sup>**

NEW CROP WASHINGTON HOT HOUSE STRAWBERRY **RHUBARB** lb. **9<sup>¢</sup>**

FANCY SWEET **POTATOES** 4 lbs. **10<sup>¢</sup>**

FANCY NORTHERN "BURBANK" **POTATOES** 10 lbs. **21<sup>¢</sup>**

**IDEAL'S DELICATESSEN DEPARTMENT** THE LARGEST DELICATESSEN IN TOWN!

GALLON <b>Buttermilk</b> 21 <sup>¢</sup> gal.	No. 1 <b>BOLOGNA SALAMI LIVERWURST</b> 23 <sup>¢</sup> lb.	<b>Peanut Butter</b> 15 <sup>¢</sup>
WHOLE MILK <b>Jack Cheese</b> 27 <sup>¢</sup> lb.	<b>Wieners</b> BY THE BOX 22 <sup>¢</sup> lb.	BULK 'GREEN <b>Peppers</b> 17 <sup>¢</sup> pt.