



# THE SOLDIER IN THE KITCHEN

answers the call to

## BETTER NUTRITION!

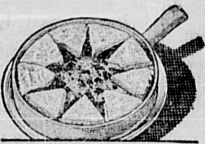
Be a "Home Guard" for Your family's health by feeding them foods that will keep them strong.



The Style You Know!  
3 FOR 20c  
NEW RECIPE LATER  
6 Cans Limit

MARTINELLI'S Apple Cider Qt. 20c

SCOTTISSE SOFTWEAVE 3 Rolls 23c



Summer Casserole  
Broadcast by Mary Lee Taylor, Aug. 27

1/4 cup finely cut green pepper  
1 1/2 tablespoons butter or other shortening  
10 1/2-oz. can condensed vegetable soup  
1/2 cup Pet Milk

2 1/4 cups diced corned beef  
Freshly cooked or canned (12-oz. can)  
3 slices bread, white or whole wheat  
3 ounces sliced American Cheese  
1/4 inch thick

Turn on oven and set at moderately slow (350°F.). Grease a shallow baking dish holding about 5 cups. Cook green pepper until tender in butter. Remove from heat and add vegetable soup and milk. Mix well, then fold in diced corned beef. Put in greased baking dish. Cut bread slices in fourths, cornerwise. Then cut these slices to fit the pieces of bread. Put one piece of cheese on each piece of bread. Arrange bread and cheese on top of corned beef mixture. Bake 20 minutes, or until mixture is bubbly hot and cheese melts. Serve at once from the baking dish. Serves 6.  
\*Boiled or baked ham, bologna, or left-over cooked meat such as roast beef, pork, veal or lamb may be used.

For This Recipe You'll Need:

IRRADIATED PET MILK 3 Cans 25c  
HORMEL'S SPAM Can 37c  
Campbell's Veget. SOUP 3 Cans 28c  
PABST-ETT CHEESE Pkg. 16c

LILAC-ORCHID-GARDENIA-TOILET SOAP  
CRYSTAL WHITE 3 Bars 14c

BIRTHDAY SPECIAL  
WOODBURY SOAP 4 Bars 25c

LAUNDRY SOAP  
PEET'S GRANULATED Lge. 25c  
Pkg. 25c

FOR THE SKIN YOU LOVE TO TOUCH  
PALMOLIVE SOAP 3 Bars 20c

LAUNDRY SOAP  
SUPER SUDS Lge. 23c  
Pkg. 23c

Superior Brand  
CHICKEN RAVIOLIS 1-lb. Jar 19c

U.S. NEEDS US STRONG!  
Pabst CHEESE 2-lb. Box 57c

"TURCO CLEANS"  
TURCO Sml. Pkg. 10c

RED CAN  
Hills Coffee 1-lb. Can 31c

LIBBY'S BLENDED JUICES  
ORANGE & GRAPEFRUIT 303 Can 10c

TOMATO JUICE  
ARMOUR'S 47-oz. Can 21c

GRAPEFRUIT JUICE  
Arizona Sweet 3 No. 2 Cans 25c

MONARCH  
Southern Yams No. 2 Can 18c  
Apple Sauce No. 2 Can 13c  
Grapefruit No. 2 Can 15c

VAL VITA  
Tomato Juice No. 2 1/2 Can 10c  
Tomato Sauce 3 for 12c  
Chili & Beans No. 2 1/2 Can 17c

SWIFT'S  
Corn Beef Hash No. 1 Can 18c  
Deviled Meat 3 4-oz. Cans 19c  
Ham Spread 4-oz. Can 13c

DEL MONTE  
Peaches No. 2 1/2 Can 20c  
R. A. Cherries No. 1 Can 17c  
De Luxe Plums No. 2 1/2 Can 13c

FOR SALADS  
WESSON OIL Qt. Can 49c

LOMA LINDA  
RUSKETS Lge. Pkg. 13c

FISCHER'S HANDY SACK  
PANCAKE FLOUR 1 1/2-lb. Pkg. 15c

BORAX SOAP CHIPS Pkg. 21c

Enriched  
"A-1" FLOUR

Dependable for All Baking Purposes  
5-lb. Sack 25c  
10-lb. Sack 45c

Armour's Tasty  
TAMALES 2 for 35c  
10 1/2-oz. Glass Jar

TRY THEM ALL

Hellogg's CORN FLAKES Giant, 13c  
Large, 8 1/2c  
Reg., 5 1/2c

Hellogg's PEP 11c

Hellogg's RICE KRISPIES 11c

Hellogg's ALL-BRAN 11c  
Reg.

Hellogg's KRUMBLES 11c

CLAPP'S STRAINED  
BABY FOODS 3 for 19c

CLAPP'S CHOPPED  
BABY FOODS 2 for 17c

1-OZ. BOTTLE  
BURNETT'S VANILLA 17c

FOR LAUNDRY  
CLOROX qt. 16c

# -IDEAL- RANCH MARKET

2067 TORRANCE BLVD.

## SAVE ON MEATS

When you shop at the Ideal for Meats,—you SAVE TWO WAYS,—on the Prices you pay and the BETTER QUALITY you get for your money. Our Meats are personally selected by expert buyers,—the very best in the market. They are good to the last bite,—which means better eating and NO WASTE.

SLICED BACON Uneven Slices 25c lb

PURE PORK PORK LINKS 32c lb

FRYING RABBITS 1 1/2 to 2-lb. Average 33c lb

PORK LIVER YOUNG PIG 22c lb

PENNSYLVANIA SAUSAGE 32c lb

SALT PORK 1/2 lb 19c

PURE LARD Direct from Montana 16c 1/2 lb

BABY BEEF ROAST Round Bone and Seven Bone 24c lb

## Delicatessen Dairy Dep't.

STILL THE LARGEST AND MOST COMPLETE DELICATESSEN IN TORRANCE

P-NUT BUTTER LB. 22c SWEET PICKLES 3 FOR 5c

POTATO CHIPS Large Box 29c

TURN-OVERS ALL KINDS EACH 9c

BIG ASSORTMENT BULK PRESERVES

## GARDEN FRESH FRUITS AND VEGETABLES

Always the Choicest at the Ideal—Crisp, Tender, Full of Flavor!

### SPECIALS FOR THIS WEEK-END

**WATERMELON** Luscious Red, Ripe, Crispy . . . Lb. 2c



WHEN YOU BUY AT OUR STORE... YOU WALK OUT SMILING!  
Egg Size BURBANK POTATOES Very Nice 10 Lbs. 25c

New Crop BELLEFLEUR APPLES Hard, Green, Juicy Best for Cooking and Baking 2 Lbs. 15c

New Crop CONCORD GRAPES Sweet, Delicious Eating 2 Lbs. 17c

80 COUNT GLASSINE NAPKINS 2 Pkgs. 15c  
JELLO PUDDINGS 3 for 19c

ENGLISH WALNUTS 1-lb. Gello Bag 25c  
VAL VITA PORK & BEANS No. 1 Can 9c

PALMDALE COFFEE 1-lb. Can 28c  
SEASIDE BUTTER BEANS No. 2 Can 10c

HEINZ BAKED BEANS 16-oz. Jar 13c  
POMPEIAN OLIVE OIL 1-oz. Urn 10c