



MEAT makes the meal!

Yes, meat makes the meal, and right now BEEF is your best meat buy. VON'S feature only U.S. Gov't Graded 'Choice' and 'Good' extra fancy young steer beef. All cuts are well aged to assure you the finest flavor and are well trimmed to save you money. Enjoy your favorite beef roast or steak at these low prices.

LEAN, TENDER
FRESH GROUND BEEF 33¢ LB.
 TENDER
PLATE BOILING BEEF 10¢ LB.
 MEATY
BEEF SHORT RIBS 19¢ LB.

BEEF ROASTS

BLADE CUT CHUCK 39¢ LB.
CENTER CUT CHUCK 45¢ LB.
ROUND BONE SHOULDER 49¢ LB.
RUMP ROAST 69¢ LB.
SHOULDER CLOD 69¢ LB.
STANDING RIB ROAST 59¢ LB.

RIB, SWISS OR GROUND ROUND
ROUND STEAKS 59¢ lb.

T-BONE OR
CLUB STEAKS 69¢ lb.

TENDER, AGED STEAKS
PORTERHOUSE 79¢ lb.

Pan-Ready **REX SOLE** 29¢
 Stocks, Broadbill **SWORDFISH** 53¢
 Fresh Fillets, Red **ROCKFISH** 29¢
 Fresh Water **Rainbow TROUT** 79¢

VON'S Fresh Fruits and Vegetables

AVOCADOS 1/2 POUND SIZE 2 FOR 25¢
 RIPE, SLICING
TOMATOES 2 CELLO TUBES 25¢
 LONG GREEN
CUCUMBERS EACH 10¢
 CENTRAL AMERICAN
BANANAS GOLDEN RIPE 10¢

FROZEN FOODS

MINUTE MAID—CONCENTRATED
ORANGE JUICE 6 OZ. CAN 15¢
 BIRDSEYE
FRESH PEAS 15 OZ. PKG. 17¢
 ANDERSON'S
SPLIT PEA SOUP 10 OZ. PKG. 19¢

OCOMA PRODUCTS

WHOLE CHICKEN 3 1/2 LB. CAN 1.60
BONED CHICKEN 6 OZ. CAN 53¢
CHICKEN FRICASSEE 16 OZ. CAN 47¢

CHUNK STYLE
STAR-KIST TUNA NO. 1/2 CAN 27¢
 DEL MONTE
TOMATO CATSUP 2 14 OZ. BTL. 25¢
 NABISCO—FRESH BAKED
RITZ CRACKERS 1 LB. PKG. 25¢
 SNOWFLAKE 6 1/2 OZ. PKG. 13¢
SODA CRACKERS 1 LB. PKG. 19¢

THE ORIGINAL
A-1 SAUCE 6 OZ. BTL. 35¢
 HEINZ
57 MEAT SAUCE 8 OZ. BTL. 28¢
 GRADE AA—FIRST QUALITY
CHALLENGE BUTTER 1 LB. CTN. 79¢
 GRADE A—FIRST QUALITY
SWIFT'S BUTTER 1 LB. CTN. 78¢
 FIRST STATE PIECES & STEMS
MUSHROOMS 4 OZ. CAN 29¢
 SNOW'S EASTERN
CLAM CHOWDER 15 OZ. CAN 27¢
 BORDEN'S
INSTANT COFFEE 5 OZ. JAR \$1.08
 WEBER'S PURE
EGG NOODLES 6 OZ. PKG. 16¢
 BLUE LABEL
KARO SYRUP 1 1/2 LB. JAR 24¢
 GREEN LABEL
KARO SYRUP 1 1/2 LB. JAR 25¢
 RED LABEL
KARO SYRUP 1 1/2 LB. JAR 24¢

BEST FOODS
MAYONNAISE QUART JAR 49¢
 GOOD HOT OR COLD
HORMEL SPAM 12 OZ. CAN 39¢
 SPAMWICHES ARE IDEAL FOR SCHOOL LUNCHES
 LA-NUT—FRESH GROUND 7 Ounce Jar 19¢
PEANUT BUTTER 14 OZ. JAR 33¢ 21 OZ. JAR 49¢
 BIG, TENDER PEAS
GREEN GIANT PEAS 17 OZ. CAN 19¢
 FIRST PRIZE
YELLOW MARGARINE 1-LB. CTN. 15¢
 WESTWOOD
ICE CREAM 1/2 GAL. CARTON 59¢
 ASSORTED FLAVORS FILL YOUR FREEZER

IT'S NABISCO WEEK AT VON'S

WHEAT THINS 2 10 1/2 OZ. PKGS. 49¢
TRIANGLE THINS 2 10 OZ. PKGS. 49¢
VANILLA WAFERS 2 10 1/2 OZ. PKGS. 49¢
COCOA BARS 2 10 OZ. PKGS. 49¢
Oatmeal COOKIES 2 7 1/2 OZ. PKGS. 49¢
GOLDEN SUGAR 2 8 1/2 OZ. PKGS. 49¢
MACAROONS 2 8 1/2 OZ. PKGS. 49¢
FRUIT BISCUIT 2 7 OZ. PKGS. 49¢
CHOCOLATE CAKES 4 OZ. PKG. 19¢
LORNA DOONE 3 1/2 OZ. PKG. 20¢
FIG NEWTONS 7 1/2 OZ. PKG. 23¢

Van de Kamp's Specials
 March 19, 20, 21

Cinnamon **SUGAR LOAF** . . . 19¢ ea. (Reg. 25¢ ea.)

2-Layer Pecan **SPICE CAKE** . . . 89¢ ea. (19¢ value) 45¢ half

Van de Kamp's BAKERIES

CHEESAWE ONLY 50¢ and label from PUREX LAUNDRY BLEACH 29¢
 QUART BOTTLE 17¢ GALLON BOTTLE 49¢

ANGUS-ALL PURPOSE DOUBLE THICKNESS—14" x 14"
DISH CLOTHS 2 FOR 14¢
 ECONOMY SIZE TUBE
COLGATE DENTAL CREAM 63¢
 MODART LANOLIN—REG. 1.74 VALUE
CREAM SHAMPOO 2 4-OZ. JARS 99¢
 TRUSHAY NEW HAND CREAM—PLUS
TRUSHAY LOTION BOTH FOR 69¢

DELICATESSEN VALUES

FRESH
BORDEN'S CREAM CHEESE 8 OZ. PKG. 39¢ EA.
 SWIFT'S PREMIUM
FRESH LIVERWURST IN THE PIECE 39¢ LB.
 LASCO
SLICED SMOKED SALMON 4 OZ. CELLO PKG. 45¢ EA.
 VON'S DELICIOUS
CHEESE ENCHILADAS 3 FOR \$1.00
 VON'S—IN THE NEW EASY POUR BOTTLE
BLEU CHEESE DRESSING PINT BOTTLE 59¢

WHITE, SPICE, GOLDEN DEVILS FUDGE CINCH CAKE MIX PKG. 29¢	SUGAR HONEY GRAHAM CRACKERS 1-LB. PKG. 25¢	VON'S YELLOW MARGARINE 1-LB. CTN. 19¢
CLEANSER AJAX 2 CANS FOR 25¢	QUICK DIP SILVER CLEANER 8-OZ. JAR 79¢	SUPERIOR HONEY 12-OZ. JAR 28¢ 24-OZ. JAR 49¢
BON AMI CLEANSER REG. CAN 13¢	BON AMI GLASS GLOSS PT. CAN 35¢	TOILET SOAP PALMOLIVE 3 REG. BARS 23¢ 2 BATH SIZE 23¢

TIDE No Rinsing Washday Miracle Large Package 23¢



Prices Effective Thurs., Fri., Sat., Sun.
 March 19, 20, 21, 22
 1260 REDONDO BEACH BLVD.
 AT NORMANDIE — WE CASH PAY CHECKS