

BEST BUYS FOR THE WEEK

In Torrance Markets

PROTEIN FOODS-No menu problems at the moment, the red meats, poul-try, eggs, fish and dairy prod-

try, eggs, fish and dairy prod-ucts are in abundance. You'll see many "specials" on chickens and turkeys. Even at regular prices you'll find poultry a budget saver. Beef is in larger supply than it was a year ago, but demand continues strong. Price is hold-ing in spite of the competition from low-cost poultry.

Ing in spite of the competition from low-cost poultry. "Eating high off the hog?" In years gone by when a per-son switched from the stand-ard diet of salt pork to loin roasts he was indeed living roats he was indeed living

braised lamb shanks? Take out some of the poultry recipes you've always wanted to try. This is the year to use poultry. Forecasting a year in advance is a bit brave, but in-dications are that poultrymen plan drastic cut-backs. With lowered supplies ex-pect higher prices. Make the most of chickens and turkeys this season.

this season.

FRUITS, VEGETABLES— The horn of plenty has spil-led onto the produce stands.

led onto the produce stands, You'll find: APPLES... Delicious, Jona-than, Pippins and Rome Beautys, Kern County is proud of the Yellow Delicious coming down from Tehachapi. DANAMAC

BANANAS ... CRANBERRIES ... GRAPES ... California's finest Tokays, Emperors, Rib-

CASABA . . . only melon in abundance. Fine Vegetables: Fine Vegetables: Carrots, corn, cabbage, cel-ery, cucumbers, bell peppers, onions . . . green and dry, potatoes . . . Irish and sweets and yams, squash . . . summer varieties, bananas and Hub-bard tomatoes, lettuce. CRANBERRY-SQUASH CASSEROLE (Perfect with Roast Pork)

(Perfect with Roast Pork) 4 cups cooked, mashed, banana or Hubbard

squash 2 eggs, beaten

1/3 cup melted butter or margarine cup sugar

1½ cups raw cranberries, halved
½ teaspoon salt

¹/₂ teaspoon salt ¹/₈ teaspoon pepper Dash of nutmeg Beat squash with eggs and 3 tablespoons melted butter. Stir in sugar, cranberries, salt and pepper. Spoon into a 2-quart casserole. Drizzle remain-ing butter over top; dash with nutmeg. Bake for 45 minutes at 400 F.

Armed Forces

Ronald A. Flynn, fireman ap-prentice, USN, son of Mr, and Mrs, Arthur L. Flynn of 21043 Mrs. Artnur L. Flynn of 21023 S. Sheartr, and John D. Sti-son, aviation boatswain's mate airman, USN, son of Mr. and Mrs. J. W. Stimson of 24918 Hawthorne Blvd., both of Tor-



Two Harbor City men have completed United States Air Force basic military training at Lackland AFB, Tex., and are being reserved.

501

1