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Eastern Grain-Fed ork Loin Roast

> Save 20c lb. Rib End

Sliced & Tied Pork Roast Loin End B. 49° Center Cut Pork Chops 5470 10c lb. 16. 79° Pure Pork Sausage Save 10e 1-lb. 39° **All Meat Franks** 1-lb. 49° Smoked Cod Fillets Finnen Haddie Save 20e lb. Breaded Shrimp Trophy brand 1/2-16. pkg. \$7 59

Recent SPELL C-A-S-H \$100 WINNERS MARGARITA SNOW CLARA BERRERA

TORRANCE MARY RANNEY

Boneless Beef Steaks

U.S.D.A. Choice Steer Beef Fully aged and trimmed

Top Sirloin Save 1b. New York Cut 41c lb. 16. \$198 Top Round Ale Ib. Ib. 98° Cube Steaks Save Ib \$109

Breakfast Steaks 16. \$109

Chopped Broccoli

Cut Golden Corn

Chopped Spinach

Boneless Beef Roasts Round p. 98° U.S.D.A. Choice Aged Trimmed Boat. Save 21c II

Gigantic Avalanche Sale on Bel-air Frozen Foods

Raspberries Sliced Peaches **Broccoli Spears** Lima Beans Fordhook or

4 for \$1

Young

Turkeys

Cauliflower Corn-On-Cob Succotash

Cut Green Beans Cut Rhubarb French Fries **Cooked Squash** 5 for \$100

Green Peas " Poes &

Meat Pies Flash Frozen—Beet Chicken or Turkey

Ice Cream

6 for \$100

Leaf Spinach \$100

Bisquick "12-in-1" Biscuit Mix 40-oz. 35c Fruit Pies Boysenberry, Pumpkin **Grape Juice** 6 402 57 **Waffles** 5-oz. 10c **Instant Coffee** 1-02 79c **Club Cheese** Apple Puffs Mrs. Wright's Reg. 574 49 182 275 25c

Stainless Steel Fry Pan

Vogue Cookware by Regal

Open Type, each \$349 10-Inch size

Blue Chip Stamps given with each purchase except cigarettes, magazines, tobacco,





Prices effective Thursday through Sunday. February 7, 8, 9, 10, 1963 at local Safeway Stores NO LIMITS — Buy all you want at Safeway

Extra Large Lucerne

Carson at Western, Torrance

1-dez. 53°

Strawberries Sliced-Frozen **Curli-Roni** Butter-Nut Coffee 2-lb. can \$1.17 con 59° Cleanser Save 14-oz. 10C U.S. No. 1 Idaho Russet Potatoes Golden Slicing **Breakfast Bananas** Cucumbers **Prunes** 2 . 25c



Narbonne at 101 Hwy., Lomita

Muscular Dystrophy Assn. Honors Manager of May Co. •

John J. Preis, general mana-ger of the May Co, South Bay, was elected to membership on the board of directors of Mus-

the board of directors of Mus-cular Dystrophy Assns. of America, Inc. at the organiza-tion's annual meeting held last week in New York City. Preis is the third L. A. Chap-ter member now seerving on the national board: re-elected were Mrs. Rosalind K. Shaffer of North Hollywood as vice president, and Richard O. Glea-son of Glendale. Another Southern Californian serving on the board is star Jerry Lewis, who is also national

Lewis, who is also national chairman.

Preis has been a key volunteer in the local fight against muscular dystrophy for the past six years, serving as president of the L.A. County Chapter for the past four years.

Under his spirited leadership, the L.A. Chapter has become the largest in the nation, supporting a broad and active program of patient services, including two local clinics with a third soon to be established in the San Fernando Valley; yearround recreational activities

Meets Tonight

The regular monthly meeting of the advisory board of Little Company of Mary Hospital will be held tonight at 8 p.m., in the library confernce

Agenda for the meeting will be a general report of hospital activities. Centurion Club memactivities. Centurion Club mem-bership, and results of the re-cent Founder's Day dinner dance sponsored by the advis-ory board.

Established Jan. 1, 1914 Corrance Herald

The Rienzi Co.



JOHN J. PREIS Board Member

for patients; the support of seven local MD research proj-ects, and public education pro-

Directory of Newspapers Distributed

Published as a public service by Occidental Life of California, the directory not only lists newspapers in the greater Los Angeles area, but delineates the areas in which the papers are circulated.

Designed primarily for the volunteer publicity chairman, the directory will make it easy to send stories to the proper papers, according to Occidental Vice President H. D. Truebleed

For example, newspapers in

For example, newspapers in Los Angeles proper have been listed according to the postal zones in which they circulate.

"A publicity chairman doing a story on a club member living in postal zone 34 should send his copy to six newspapers to cover all the non-metropolitan dailies and weeklies circulated in that zone," Trueblood pointed out.

Free copies of the directory

Adjudicated a legal Newspaper by Superior Courts and Decree Was 218470, March 30, 1927, 218470, March 312,00 a year. Circulation of 10c FA 8-4000.

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