

GOURMET HEALTH FOODS

Drink your way to new pep and bounce! In our health foods department, you'll find delightful ways to shed pounds and add zest to living!

Sego Diet Drink

10 oz. can **25¢** assorted flavors

Hienke's Pure Apple Juice

half gallon bottle **79¢**

Tiger Shake The chocolate flavored food amplifier you add to milk, 8 oz. box **49¢**



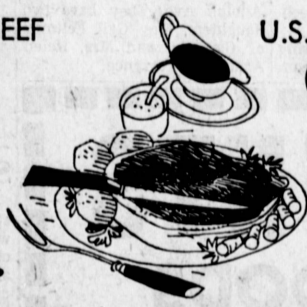
SOFT, ABSORBENT
KLEENEX TISSUE

of 0 ies **19¢** aqua, pink, white save 6c

U.S.D.A. "CHOICE" BEEF

CHUCK ROAST

blade cut **29¢** lb.



U.S.D.A. "CHOICE" BEEF

CHUCK STEAK

37¢ lb.

U.S.D.A. "Choice" Beef. Tender, juicy and expertly trimmed to give you full eating pleasure!

T-BONE STEAK 98¢

U.S.D.A. "Choice" Beef. Build a satisfying family meal around this savory, succulent roast!

7-BONE ROAST 39¢

U.S.D.A. "Choice" Beef. Every delicious bite is tender, juicy and guaranteed to please you!

CUBED STEAK 98¢

U.S.D.A. "Choice" Beef. Rich, red and flavorful! Guaranteed to please the man in your life!

PORTERHOUSE STEAK \$1 05¢

U.S.D.A. "Choice" Beef. Show off with a butter-tender steak... cut just right for broiling!

TOP SIRLOIN STEAK \$1 29¢

U.S.D.A. "CHOICE" BEEF

CLUB STEAK

89¢ lb.



U.S.D.A. "CHOICE" BEEF

SWISS STEAK

69¢ lb.

U.S.D.A. "CHOICE" BEEF

RIB STEAK

79¢ lb.



U.S.D.A. "CHOICE" BEEF

BONELESS ROUND STEAK

79¢ lb.

U.S.D.A. "Choice" Beef. Tender, juicy beef from grain-fed cattle. Always a family favorite!

BONELESS BEEF ROAST 79¢

U.S.D.A. "Choice" Beef. You get only good eating meat with this tender, succulent roast!

BONELESS RUMP ROAST 79¢

Simmer these tender cubes of beef with your favorite vegetables for the most delicious stew!

BONELESS STEW BEEF 69¢

Marinate short ribs in a spicy sauce before cooking, for a taste sensation that will please!

LEAN SHORT RIBS OF BEEF 29¢

Boost your budget and feed 'em well with tender, tasty beef 'n' noodles the way you fix it!

PLATE BOILING BEEF 19¢

Lean chunks of beef, ground fresh for you hourly!

Fresh Ground Chuck lb. 49¢

Lightly seasoned for a taste treat. 1 pound roll

Morrell Roll Sausage 35¢

Fish feast for lazy fishermen! 8 oz. pkg. frozen

Booth Fishsticks 3 for \$1

Center cut frozen. A deep sea treat.

Swordfish Steaks lb. 69¢

Low in fat content, your most versatile meat buy!

Fresh Ground Round lb. 69¢

Sugar-cured, hickory smoked. 1 pound pkg. sliced

Hormel Red Shield Bacon 49¢

Quick and easy for busy cooks! 10 oz. pkg. frozen

Certi Fresh Breaded Sole 49¢

Frozen Sections. The gourmet food fixed in minute.

Alaska King Crab lb. 98¢

Frozen. Fry or broil this tender feast. **Baby Frog Legs lb. 98¢**

BANQUET MEAT PIES

frozen 8 oz. size **15¢** beef, chicken, turkey save 7c

Apple Juice **33¢**

Thunky Treats **4 for \$1**

Pork & Beans **39¢**

Beef Stew **49¢**

CORN, TOMATOES \$1



NAVEL ORANGES 4 lb. cello bag 29¢

PEARS 10¢
APPLES 10¢
ORANGES 10¢

DEL AMO SHOPPING CENTER
CORNER OF HAWTHORNE & SEPULVEDA

MAGIC CHEF



HELPING HAND . . . Barbara Dineen, a junior at Bishop Montgomery High, serves as chairman for the library project of the BMHS scholarship society. She is pictured here in the work room at the school library with CSF president Jack Webb. Webb, a senior, was a National Merit Scholarship finalist.

Volunteers Recognized For Effort

Sixty-one Torrance and Lomita women have been given gold bracelet charms for their successful work in the residential drive of the Red Cross Torrance campaign.

The gold bracelet winners were honored at a recognition tea held at the Torrance-Lomita Red Cross headquarters last week. Mrs. Margaret Barth and Mrs. Kenny Uyeda, members of the Red Cross board, presided at the tea. Mrs. Mary Pagac, Red Cross branch chairman, was hostess for the afternoon.

Keith Pischell and George Post, along with Allen Quignon and Stanley Heiman greeted the guests. Pischell is over all chairman for the drive. Tom Quaggin, director of the doorbell ringing phase of the March drive, said gold bracelet charm winners are:

Mmes. Donald McKenna, Lee Pelley, Barbara Sarne, Betty Hakels, Elmer C. Black, Ben Lerman, Hitoshi Teji, Betty Thomas, Stanley Rabut, George One, Kenneth Uyeda, Bert Shelbourn, Paul Burnam, Warren Osborn, Mark Uyene, John Nakagawa, Ralph Eystone, Alma C. Smith, Fred Sandstrom, E. M. Dougan, Blandford Meyer, C. E. Bowen, Tony Gasset, Tony Ordaz, Joe Vaca, Matther Romee and Harold DeWan.

Others were Mmes. John C. Warneck, Jr., Paul McDonald, Frank Kristufek, Robert Moffitt, Leroy Hunt, Ann Karchen-ski, Rudolph Ortega, Ernest Susman, Norma Lee, Frank Wuest, Ira Dansby, Glen Hinckley, George Kensyer, Norman P. Johnson, N. Zupparde and Mrs. Irene Ordaz.

Also receiving charms were Mmes. Barbara Barber, Delores Irwin, E. W. Phillips, J. F. Swinger, J. R. Gahl, I. D. Christensen, Robert Tolson, Robert Landes, Shirley Staff, Lara Holt, Mary Pagac, Earl Conners, Irene Vesce, Gwen Bartlett, Eleanor Bergcheider and the Misses Sandi French, Felice and Kathryn Shaghen-sy.

With clean-up work on the drive still being done in the residential areas, other campaign volunteers may still be eligible for the charms, according to Quaggin.

Torrance Makes Sales Magazine As Major City

The City of Torrance is now listed in the Retail Sales Forecasts of "Sales Management" magazine as a major city in the metropolitan Los Angeles category. The inclusion followed a request submitted by the Torrance Chamber of Commerce.

Retail sales forecast figures are used nationally by major advertisers and marketing firms to spot advertising and promotion drives, select metro areas for test campaigns, check sales performances against potentials, and for revising sales quotas and marketing effort.

Scholarship Group Helps In Library

Members of the Bishop Montgomery High School chapter of the California Scholarship Federation (CSF) have been lending school librarian Mrs. Jeanette Richardson a helping hand in the past few months.

The library project heads a list of school service projects which the 94-member organization has adopted during the past year. Students give out-of-class hours for shelving, shelf reading, book repairing, and filling in the library.

Junior Barbara Dineen is chairman for the library project.

Other after-school projects include a tutoring service which now has some 80 students ready to give extra help to students needing it. Typists for faculty members, ushers for school events, and other service activities take most of the free time which CSFers now have.

Fr. Laurence, OFM Conv., is the advisor to the newly-recognized chapter. He will accompany some 80 students at a regional conference to be held at Cal Tech Saturday.

Counseling Funds Voted By Trustees

Allocation of nearly \$5,400 for continuation of the summer counseling program in the Torrance high schools was approved by the Board of Education last week. The additional funds were authorized after the State Department of Education trimmed an earlier request.

The summer counseling program is paid for through funds made available under the National Defense Education Act (NDEA). Torrance originally requested \$12,368 to provide services for 750 entering high school freshmen.

Dr. J. H. Hull told the trustees the summer program normally helps to counsel students trying to take college preparatory courses who probably could not qualify for college admission. He said the counseling service enables parents and students to work out a "realistic program" for high school.

Dr. Kurt Shery, a member of the board, moved for approval of the request. He said the program is important to getting high school students off to a good start.

Tutors Needed For Children

The Volunteer Bureau of the South Bay has issued an appeal for adult volunteers to tutor school children in the seven to 14-year age group. No special training is required.

Interested persons may contact Mrs. Cooper at TE 3-3227.