

## HEALTH &amp; DIET

HAPPY EATING THROUGH SATISFIED DIETS—  
FROM OUR OWN HEALTH AND DIET DEPARTMENT

Magic Chef's complete selection of vitamin filled, delicious and appetizing foods and health aids will enable the entire family to enjoy wholesome lunches, dinners and snacks. A real treat is in store for our diet-conscious patrons when a visit is made to this very fine department.

DURKEE'S  
SAFFLOWER MAYONNAISE

Top your fresh summer salads with this delicious mayonnaise — made from Nature's own vitamin filled essential poly-unsaturates. Enjoy your meals and still maintain your diet habits.

12-ounce jar **59¢**

FRESHING GOODNESS

**CREME PAC  
E CREAM**  
49¢

half  
gallon

C & H GRANULATED  
**PURE CANE  
SUGAR**  
5 lb. bag **49¢**

MONTE pears for tempting desserts, salads, tall 303 can  
**ETT PEARS** **25¢**  
tomatoes are always juicy and fine tasting. No. 2 1/2 can  
**D TOMATOES** **29¢**  
NZ pickles to summer picnics. They're good! 25-oz. jar  
**R DILL PICKLES** **39¢**  
HOUSE OF PANCAKES offers 5c off on this 28 oz. pkg.  
**KE MIX** **39¢**

DELICIOUS & READY TO SERVE  
**ARCHWAY FRUIT MIX**  
no. 2 1/2 can **29¢**

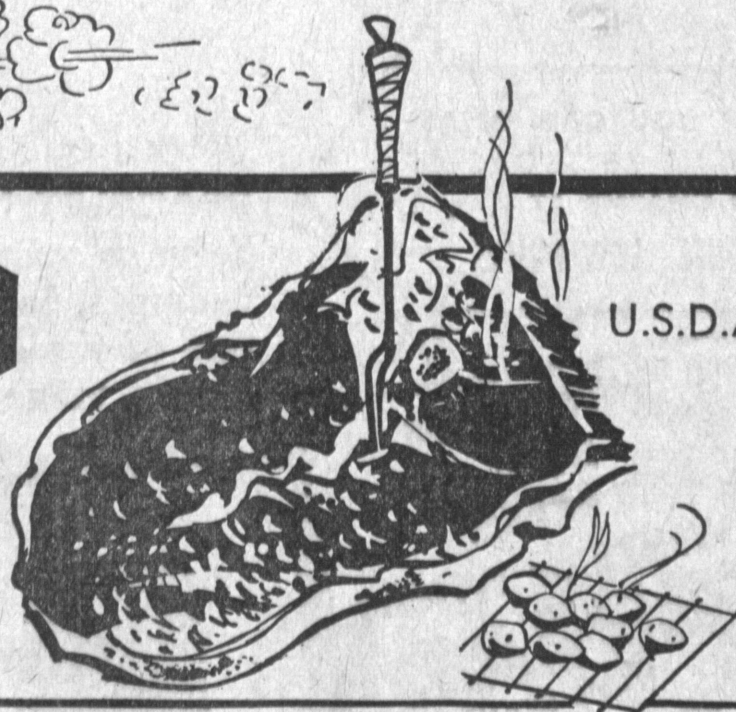
EASY TO FIX — FROZEN  
**RED'S BEEF TAMALES**  
8 count pkg. **89¢**

NO. 1 WHITE ROSE  
**POTATOES**  
10 lbs. **39¢**

SWEET VALENCIA  
**ORANGES**  
4 lb. cello bag **29¢**

GARDEN FRESH  
**IAN SQUASH**  
10¢ lb.

GUARANTEED MEATS



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

**SWISS  
STEAK**  
69¢ lb.

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

**ROUND STEAK**  
79¢ lb.

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

**RUMP ROAST**  
79¢ lb.



FRESH GROUND HOURLY  
**GROUND  
ROUND**  
69¢ lb.

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

**SIRLOIN TIP STEAK** **98¢ lb.**

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

**T-BONE STEAK** **\$1.19 lb.**

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

**PORTERHOUSE STEAK** **\$1.19 lb.**

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

**TOP SIRLOIN STEAK** **\$1.39 lb.**

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

**FAMILY STEAK** **89¢ lb.**

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

**ROUND STEAK Boneless** **89¢ lb.**

**ROASTING CHICKENS** U.S.D.A. GRADE "A" CALIFORNIA GROWN **49¢ lb.**

FARMER JOHN  
**SLICED BACON**  
1-lb. pkg. **59¢**

EAT & JOY — FLASH FROZEN  
**VEAL CUTLETS**  
14-oz. pkg. **79¢**

FLASH FROZEN  
**FILLET SOLE**  
**59¢ lb.**



**CREST TOOTHPASTE**  
LARGE TUBE  
includes 5c off label  
reg. price — 53c **35¢**

CINNAMON BAKERY

**DATE NUT LOAF**  
reg. 49¢ **39¢**

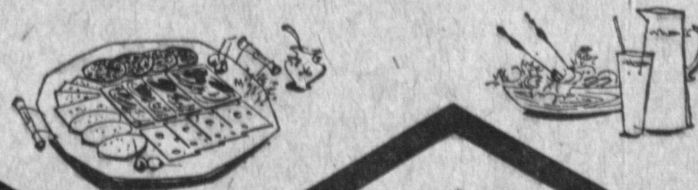
OLD FASHIONED  
**DUTCH APPLE PIE**  
59¢ ea.

**CHERRY TARTS**  
Topped with pure whipped cream  
2 for 35c

GOURMET GALLERY

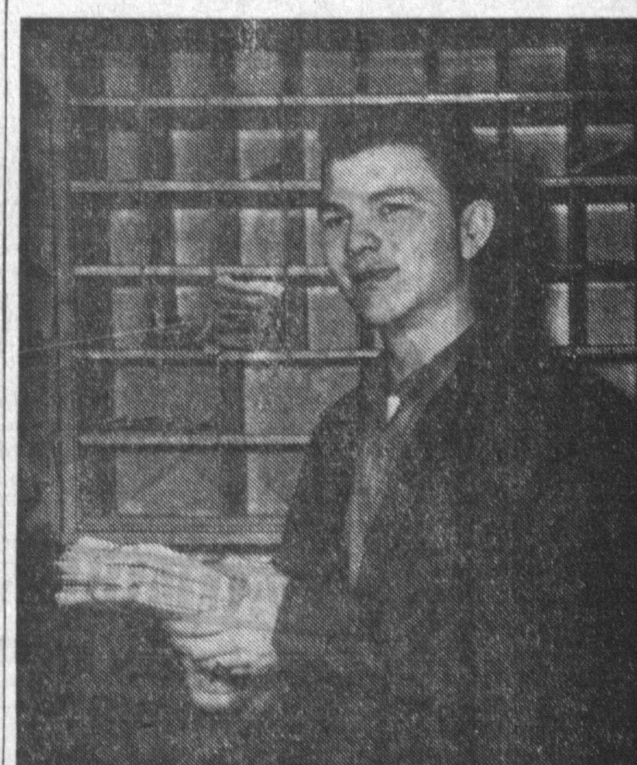
RUBEN'S DELICIOUS  
**ALL BEEF SALAMI**  
**59¢ lb.**

OUR OWN TASTY  
**POTATO or MACARONI SALAD**  
29¢ lb.



DEL AMO  
SHOPPING  
CENTER  
CORNER OF  
HAWTHORNE &  
SEPULVEDA

**MAGIC  
CHEF**



**MAILS GO THROUGH**—Edward D. Strong, Personnel third class, USNR, son of Mr. and Mrs. Ed Strong, of 23845 Park St., is serving aboard the Coral Sea (CVA-43) in Far Eastern waters, as assistant postal clerk. The ship receives and sends about 700 pounds of mail on a Western Pacific cruise.

## News Of Servicemen

**Pvt. William D. Farlow**, son of Dale G. Farlow, 1741 W. 257th, Lomita, is participating in Exercise Mesa Drive, a joint Army-Air Force training maneuver, at the Yakima (Wash.) Firing Center, May 7-21.

Over 26,000 Army troops and airmen are engaged in Mesa Drive, the largest joint field training exercise held in the Pacific Northwest. The exercise is designed as a defensive combat maneuver in which a realistic enemy "Aggressor" force engages "Friendly" forces in simulated attacks utilizing all types of weapons employed in modern warfare.

Farlow is a supply clerk at the 51st Field Hospital at Fort Lewis, Wash.

Farlow, 24, is a 1958 graduate of Narbonne High School.

**Frank D. Little**, fireman apprentice, USN, son of Mr. and Mrs. Frank Little of 1750 Elm Ave., Torrance, is serving aboard the tank landing ship USS Suffolk County, a unit taking part in Exercise Quick Kick, a joint training operation held May 7-10, at Camp Lejeune, N.C.

More than 40,000 men, 370 aircraft and 70 ships of the Army, Navy, Air Force and Marine Corps are taking part in the exercise, scheduled by the U.S. Atlantic Command.

The exercise features a full-scale amphibious assault on Onslow Beach at Camp Lejeune, backed up by airborne troops and close air support from offshore.

It is the year's major joint test of the Atlantic Command's conventional warfare capabilities.

**Airman Basic Bill Bowles**, whose wife, the mer Sharon Garrett, and parents, Mr. and Mrs. William E. Bowles, reside 21516 S. Figueroa St., Torrance, is being assigned to the United States Air Force technical training course radio and radar maintenance specialists at Keesler, Miss.

Airman Bowles, who completed his basic training here, was selected for the advanced course for the basis of his intelligence and aptitudes.

The airman's wife formerly lived at 26202 Ocean Blvd., Lomita.

**Craig A. Slater**, hospitalman, USN, son of Mr. and Mrs. Chester E. Slater of 5005 Macafee Rd., Torrance, was graduated, May 2, from the four-week Field Medical School at the Marine Corps Base, Camp Pendleton, Calif.

**Henry E. Ford**, fireman apprentice, USN, son of Mrs. Ray H. Bryan of 339 W. 223rd St., Torrance, is serving aboard the amphibious assault ship USS Thetis Bay, a unit taking part in Exercise Quick Kick, a joint training operation held May 7 to 10, at Camp Lejeune, N.C.

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**Kent G. Tolley**, airman, USN, son of Mr. and Mrs. Robert E. Tolley of 23035 Kathryn Ave., Torrance, was graduated, April 30, from the basic Photographer's Mate School at the Naval Air Technical Training Unit, Pensacola, Fla.

During the 18-week course students are trained in the technical phases of photography, including optics, operating and maintenance of the various types of photographic equipment used.

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