ALPHA BETA

First in Foods

S&H GREEN STAMPS

...OUR GROWIN' KEEPS SHOWIN'!

PRICES EFFECTIVE OCT. 21, 22, 23, 24, 25
WED., THURS., FRI., SAT. AND SUN.

ALL ITEMS LIMITED TO STOCK ON HAND

"ROYAL TERRY" • REG. 79c EACH • ASST'D PRINTS
KITCHEN TOWELS 2 FOR $1.00

ALL ACRYLIC • NON-ALLERGENIC • 21"x27"
BED PILLOWS 99c

PLAY "ONLY 19"* Food-Is-A-Bargain Game

734 CASH PRIZES

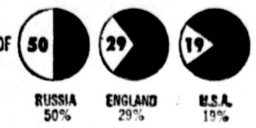
50 FIRST PRIZES OF $1400.00
684 SECOND PRIZES OF $117.00 EACH

GET YOUR "ONLY 19" CARD TODAY AND EVERY TIME YOU SHOP AT ALPHA BETA . . . NO PURCHASE REQUIRED

THE UNITED WAY & AMERICAN RED CROSS

*TODAY, THE AVERAGE AMERICAN FAMILY SPENDS ONLY 19c OF THEIR AFTER TAX DOLLAR FOR FOOD. 15 YEARS AGO FOOD TOOK 26c OUT OF EACH DOLLAR.

IN RUSSIA THE COST OF FOOD IS 50% OF THE FAMILY INCOME; IN ENGLAND IT IS 29c.



DOLE • 46 OUNCE CAN • SAVE 12¢
PINEAPPLE JUICE 25c

GOLDEN DAYS • 303 CAN • SAVE 10¢
BEETS SLICED PICKLED 2 FOR 25c

FACIAL TISSUE • ASSORTED COLORS • SAVE 6¢
KLEENEX BOX OF 400 19c

HORMEL 12 OUNCE CAN
SPAM LUNCH MEAT SAVE 10c 39c

1-POUND CAN
VET'S DOG FOOD
• REGULAR
• LIVER
SAVE 20c
12 FOR $1.00

VET'S NUGGETS 5 LB. BAG 69¢

ALPHA BETA
GOLDEN DAYS
SLICED PINEAPPLE NO. 1 FLAT CAN 10c

ALPHA BETA
MORTON'S • FROZEN
CREAM PIES 14 OUNCE 25c
SAVE 14c

ALPHA BETA
MINUTE MAID • FROZEN
ORANGE JUICE 6 OZ. CANS 4 FOR $1.00
SAVE 40c

B & M
OVEN BAKED BEANS
28-OZ. CAN 35c

C & H SUGAR
BROWN OR POWDERED
2 1-LB. BOXES 35c

C & H GRANULATED SUGAR
5 LB. BAG 52c

GERBER'S
STRAINED BABY FOOD
4 FOR 45c

GERBER'S
HI-MEAT DINNERS
2 FOR 39c

GERBER'S
JUNIOR BABY FOOD
3 FOR 49c

McCORMICK SCHILLING'S
CELERY SALT
3½-OZ. SIZE 27c

PETER PAN
PEANUT BUTTER
CREAMY OR CRUNCHY
18-OZ. JAR 49c

ZEE
TOILET TISSUE
4 ROLL PACK 37c

ZEE
LUNCH BAGS
PACKAGE OF 30
2 FOR 49c

ZEE
PAPER TOWELS
180 SHEET ROLL 27c

CHIFFON
FACIAL TISSUE
BOX OF 400 25c

ZEE
PAPER-WRAP NAPKINS
PKG. OF 80 2 FOR 23c

KOTEX
BOX OF 12 45c

IVORY	MEDIUM BAR	3 FOR 29c
PERSONAL IVORY		4 FOR 29c
CAMAY	REGULAR	3 FOR 29c
ZEST	REGULAR	2 FOR 27c
LAVA	LGE. SIZE	2 FOR 31c
IVORY FLAKES	LARGE	33c
IVORY SNOW	LARGE	33c
DREFT	LARGE SIZE	35c
IVORY LIQUID	REGULAR	35c
SPIC & SPAN	REGULAR	31c
COMET	REGULAR SIZE	2 FOR 33c
MR. CLEAN	REGULAR	41c
DOWNY	REGULAR SIZE	49c
OXYDOL	GIANT SIZE	83c
JOY	REGULAR SIZE	35c
THRILL	22-OZ. SIZE	65c
TIDE	LARGE SIZE	33c
CHEER	LARGE SIZE	33c
SALVO	REGULAR SIZE	41c
DASH	GIANT SIZE	77c
CASCADE	GIANT SIZE	45c

BETTER PRODUCE AT A BETTER PRICE

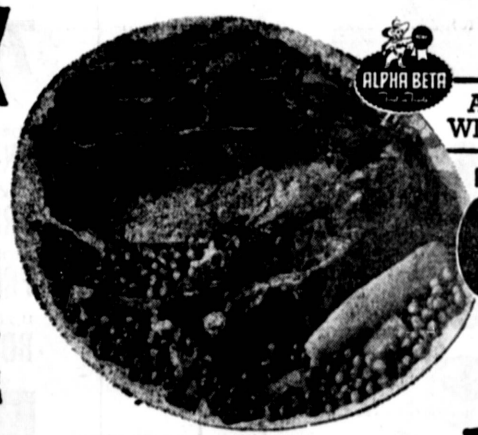
AND YOU GET S&H GREEN STAMPS, TOO!

LARGE • SLICING SIZE
RED RIPE TOMATOES 9c LB.

FRESH BUNCHES • YOUR CHOICE
GRAPES 10c LB.
• GENUINE MUSCATS
• BLACK RIBIERS
• RED EMPEROR

GARDEN FRESH • FIRM & SOLID
HEAD LETTUCE 2 FOR 29c

THICK MEATED • GARDEN FRESH
GOLDEN BANANA SQUASH 3c LB.



ALPHA BETA MEATS WITH YOUR APPROVAL

ALPHA BETA Trim'd-Rite BEEF
CHUCK ROAST BLADE CUT SAVE 26c LB. 39c LB.

WILSON • CERTIFIED • 1-LB. PKG.
SLICED BACON 59c

CORN KING • FULLY COOKED
Canned HAM LB. CAN 5 $3.49

WILSON • BONELESS
Festival HAM 98c LB.

Have you tried

SMOKED PORK CHOPS

Season 6 smoked pork chops with salt and pepper on one side and sprinkle with sage on the other side. Flour and brown in 2 to 3 T. shortening. Add ½ cup water or ½ cup chicken Bouillon. Cover and simmer for 1 hour. Makes 4 to 6 servings.

SMOKED **PORK CHOPS** 79c LB.
(PRINTED RECIPES IN STORE)

ALPHA BETA Trim'd-Rite BEEF
BONELESS CHUCK ROAST SAVE 20c LB. 69c LB.

ALPHA BETA Trim'd-Rite BEEF
BONELESS RIB STEAK SAVE 20c LB. 79c LB.

ALPHA BETA Trim'd-Rite
BEEF SHORT RIBS LEAN & MEATY 29c LB.

2 ROLL PACK • SAVE 4c
DELSEY TISSUE WHITE OR ASSORTED COLORS 19c

BURRY • 13½ OUNCE PACKAGE
SUGAR COOKIES SAVE 10c 39c

PACKAGE OF 10—5c BARS
MILK CHOC. • ALMOND • CRUNCH
NESTLE CANDY BARS SAVE 10c 29c

YOUR NEXT "HOLIDAY" COUPON

FOR A GIFT OR FOR YOURSELF!

Holiday ACCESSORY PIECES

32 OUNCE BEVERAGE SERVER (retail value $8.95) $4.48

ALSO AVAILABLE • ICE BUCKET & SERVING DISH CASSEROLE

S&H GREEN STAMPS

AMERICA'S *MOST VALUABLE* STAMP S&H

ALPHA BETA *Holiday* COUPON

FREE
ONE ONLY
Holiday
THERMO CUP
WITH THIS COUPON & MINIMUM $10.00 PURCHASE OR 50c EACH WITH COUPON AND MINIMUM $5.00 PURCHASE (EXCLUDING FLUID DAIRY PRODUCTS)

COUPON GOOD THROUGH TUES., OCT. 27

COUPON No. 2-B

ALPHA BETA DELICATESSEN SPECIALS

ALPHA BETA • SLICED • SAVE 10c
BOLOGNA 1-LB. PKG. 59c

ALPHA BETA • 8 SLICE PACKAGE
SLICED CHEESE • AMERICAN • PIMENTO • SWISS 29c

4 OUNCE PACKAGES
WILNO CORNED BEEF 49c
WILNO PASTRAMI 4 OUNCE PACKAGE 39c

Lavella ALPHA BETA'S OWN • QT. CUP 49c
COTTAGE CHEESE PINT CUP 25c

SALES TAX COLLECTED ON ALL TAXABLE ITEMS

THESE PRICES EFFECTIVE IN ALL
111 ALPHA BETA MARKETS
CHECK YOUR PHONE DIRECTORY FOR THE ADDRESS OF YOUR NEAREST LOCATION

ALPHA BETA First in Foods ...OUR GROWIN' KEEPS SHOWIN'!

TORRANCE
2720 Cabrillo Ave.—3130 190th St., at Anza
REDONDO
1880 S. Pacific Coast Hwy.
DOMINGUEZ HILLS
190th St. at Avalon