

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

PRICES EFFECTIVE WED. THROUGH SUN, NOVEMBER 11, 12, 13, 14 AND 15

OPEN VETERAN'S DAY
WED., NOV. 11, 9 to 7

ALPHA BETA 1st QUALITY ENCORE
SEAMLESS-MESH NYLONS 39c
REINFORCED HEEL & TOE

ALPHA BETA CYPRESS GARDEN FROZEN
ORANGE JUICE DRINK 10c
6-OUNCE CAN

ALPHA BETA MARVEL
DOG FOOD 5c
1-LB. CAN

FOR A TASTY BUDGET MEAL!

CHUCK STEAK

ALPHA BETA Trim'd-Rite
WESTERN GRAIN FED BEEF
SAVE 30¢ LB.

ALPHA BETA Trim'd-Rite WESTERN GRAIN FED BEEF
CHUCK ROAST 69c LB.
BONE-LESS SAVE 20c LB.

EASTERN GRAIN FED PORK • SAVE 22c LB.
PORK ROAST 27c LB.
PICNIC STYLE

FARMER JOHN • FIRST QUALITY • 1 LB. PKG. • SAVE 20c
SLICED BACON 49c



ALL ITEMS SUBJECT TO STOCK ON HAND

ALPHA BETA Trim'd-Rite WESTERN GRAIN FED BEEF
SAVE 30c LB.
BEEF SHORT RIBS 29c LB.

ALPHA BETA • DEPENDABLE QUALITY
FRESH GROUND
PORK SAUSAGE 39c LB.

ALPHA BETA Trim'd-Rite WESTERN GRAIN FED BEEF
ROUND BONE ROAST 59c LB.

Have you tried?

CORNEBEEF KILLARNEY?

Cover 3 to 4 lbs. cornebeef with cold water, add 1 orange, sliced; 1 onion, quartered; 2 stalks celery, cut in half; 1 clove garlic, quartered; 1 teaspoon dill seed; 1/2 teaspoon Rosemary; 5-6 whole cloves; 3-inch stick cinnamon; 1 bay leaf. Cover and simmer (do not boil) 1 hour per pound of meat. Peel 6 potatoes, 6 small carrots and 6 small onions. 30 minutes before meat is done, drop carrots and onions into pot. In separate pan boil potatoes in plain salted water. Makes 6 to 8 servings.

LANCASTER BRAND CORNEBEEF BRISKET 69c LB.
PRINTED RECIPE AVAILABLE IN STORE

YOUR NEXT HOLIDAY COUPON

"HOLIDAY" ACCESSORY PIECES MAKE IDEAL GIFTS

BEVERAGE SERVER REG. 8.95 \$4.48

ALSO AVAILABLE, ICE BUCKET & SERVING DISH CASSEROLE

ALPHA BETA Holiday COUPON

FREE ONE ONLY Holiday THERMO TUMBLER

WITH THIS COUPON & MINIMUM \$10.00 PURCHASE OR \$6c EACH WITH COUPON AND MINIMUM \$5.00 PURCHASE (EXCLUDING FLUID DAIRY PRODUCTS)

COUPON No. 4-A

MJB COFFEE

1-LB. CAN 79c 2-LB. CAN \$1.05

10 OZ. INSTANT • \$1.48

LIBBY'S • 24 OZ. CAN

BEEF STEW 39c

SAVE 14c

VAN DE KAMP • FROZEN

HALIBUT 69c

FRENCH FRIED 9 OZ. PKG.

GOLDEN DAYS • 303 CAN • CUT

BEANS 10c

SAVE 7c

GOLDEN DAYS • 303 CAN • SLICED

BEETS 10c

SAVE 5c

24 OUNCE BOTTLE • SAVE 14c

WESSON OIL 25c

HUNTS • 2 1/2 CAN • SAVE 35c

PEACHES 5 FOR \$1.00

YELLOW CLING SLICES OR HALVES

DUTCH PRIDE

IMITATION ICE MILK 29c

1/2 GAL. SAVE 10c

SWANSON'S • FROZEN DINNERS

CORNEBEEF HASH BEANS & FRANKS SPAGHETTI & MEAT BALLS

YOUR CHOICE 3 FOR \$1.00

COCK 'O' THE WALK

VEGETABLE JUICE 29c

46 OZ. CAN

CARNATION • SAVE 10c

INSTANT BREAKFAST 69c

PKG. OF 6 ENVELOPES

ALPHA BETA CHEESE SALE!

BETTER PRODUCE AT A BETTER PRICE

and you get S&W GREEN STAMPS, TOO

SWEET AND FULL OF JUICE THIN-SKIN • FLORIDA

ORANGES 10c LB.

SUN DRIED • BREAKFAST

PRUNES 3 1 1/2-LB. PKGS. \$1.00

THIN SKIN • LARGE SIZE • FLORIDA WHITE

GRAPEFRUIT 10c EA.

ASSORTED FALL COLORS

MUMS 3 FOR \$1.00

IN A 4 INCH POT

ROMAINE, RED LEAF OR BUTTER

LETTUCE 10c EA.

S&W GREEN STAMPS

AMERICA'S MOST VALUABLE STAMP

HORMEL • 15 OZ. CAN

CHILI CON CARNE WITH BEANS 29c

SAVE 8c

CONTAC

PKG. OF 10

CONTAC 99c

REG. \$1.49

ALPHA BETA • "BY THE PIECE"

LONGHORN CHEDDAR 69c LB.

ALPHA BETA • "BY THE PIECE" • SAVE 10c LB.

MONTEREY JACK 69c LB.

ALPHA BETA • 3/4 LB. PKG. • CHEDDAR • SWISS • MONTEREY JACK

SLICED CHEESE 49c

ALPHA BETA • AMERICAN • SWISS • PIMENTO

PROCESSED CHEESE 25c

GARDENIA • 8 OUNCE SIZE • SAVE 8c

MOZZARELLA CHEESE 39c

SALES TAX COLLECTED ON ALL TAXABLE ITEMS

TORRANCE 2720 CARRILLO AVE.

TORRANCE 5130 190th ST. at ANZA

REDONDO 1880 S. PAC. COAST HWY.

DOMINGUEZ HILLS 190th ST. at AVALON

ALPHA BETA First in Foods

...OUR GROWIN' KEEPS SHOWIN'!

PAY UTILITY BILLS FREE!

AT ALPHA BETA

MONEY ORDERS ONLY 20c EACH

PACIFIC STA-CRISP CRACKERS	1-LB. BOX 29c
GOLDEN SHORE • FROZEN SHRIMP CREOLE	17-OZ. PKG. 97c
DOLE • SLICED PINEAPPLE	NO. 2 CAN 39c
LUX LIQUID	22-OZ. SIZE 65c
ACTIVE ALL LOW SUDS DETERGENT	GIANT SIZE 77c
VIM DETERGENT TABLETS	JUMBO SIZE \$2.07
RINSO BLUE HIGH SUDS DETERGENT	LARGE SIZE 33c
WALDORF TOILET TISSUE	10 ROLL PACK 89c
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 35-OZ. SIZE	77c
MR. CLEAN REGULAR SIZE	41c
DOWNY REGULAR SIZE	49c
OXYDOL GIANT SIZE	83c