



ALPHA BETA

"WHY PAY MORE?"

PRICES EFFECTIVE
WED. through SUN.
DEC. 1, 2, 3, 4 & 5
ALL ITEMS LIMITED TO
STOCK ON HAND
SATISFACTION GUARANTEED
OR YOUR MONEY REFUNDED

ALPHA BETA WHY PAY MORE?

BANQUET FROZEN DINNERS
7 VARIETIES

29¢
SAVE 10¢

VAN DE KAMP • FROZEN HALIBUT 9-OZ. PKG. SAVE 10¢ **69¢**

DEL MONTE DRINK • 46 OUNCE CAN • SAVE 10¢ **25¢**
PINEAPPLE-GRAPEFRUIT

BANQUET • FROZEN • 5-OZ. • SAVE 9¢ **25¢**
BOIL IN BAG ENTREES • BEEF • TURKEY • CHICKEN

ARRIVEDERCI • FROZEN • 17-OZ. **59¢** 19-OZ. CHEESE & SAUSAGE **79¢**
CHEESE PIZZA

FROZEN • 8-OZ. • SAVE 14¢ **25¢**
MORENO'S ENCHILADAS • BEEF • CHEESE

MORENO'S • FROZEN • YOUR CHOICE **3 FOR \$1.00**
MEXICAN DINNERS 3 VARIETIES OR TACOS

VAN DE KAMP • FROZEN • 11-OZ. • SAVE 10¢ **29¢**
MACARONI & CHEESE

ALPHA BETA'S OWN IDEAL • FROZEN • 24-OZ. **39¢**
SHOESTRING POTATOES SAVE 10¢

Better Meat at a Better Price!

ALPHA BETA Trimid-Rite BEEF

ROUND STEAK

BONE IN **65¢** LB.

BONELESS ROUND STEAK **75¢** LB.

HUNT'S CLING • 2½ CAN • SAVE 10¢

PEACHES SLICED OR HALVES **19¢**

STARKIST • NO. 1 ½ CAN • SAVE 14¢ • INCL. 4¢ OFF

TUNA CHUNK STYLE LIGHT MEAT **19¢**

AURORA • 2 PLY • ASST'D. COLORS • BATHROOM

TISSUE SAVE 6¢ 2 ROLL PACK **19¢**

DOVE LIQUID • 22-OZ. • SAVE 26¢ • INCL. 13¢ OFF

DETERGENT **39¢**

ALPHA BETA Trimid-Rite BEEF

BONELESS STEAKS TOP ROUND OR CUBED BOTTOM ROUND **85¢** LB.

FARMER JOHN SLICED BACON 1-LB. PKG. **79¢**

ALPHA BETA Trimid-Rite BEEF

SIRLOIN TIP STEAKS **98¢** LB.

CERTI-FRESH FROZEN FISH CAKES 8 OZ. PKGS. **4 FOR \$1**

ALPHA BETA Trimid-Rite BEEF

BONELESS RUMP ROAST **89¢** LB.

CERTI-FRESH FROZEN SOUTHERN FRIED SHRIMP 7-OZ. PKG. **69¢**

ALPHA BETA Trimid-Rite BEEF

T-BONE STEAKS **\$1.09** LB.

PORTER-HOUSE **\$1.19** LB. TOP SIRLOIN **\$1.39** LB.

PROFESSIONAL • REG. OR HARD TO HOLD

REVLON HAIR SPRAY SAVE 51¢ **47¢**

SAVE 78¢ • INCLUDES 14¢ OFF

PRELL SHAMPOO FAMILY SIZE TUBE **67¢**

KAL KAN • 15 OZ. CAN • CHICKEN PARTS ALSO 6-OZ. CANS • BEEF LIVER • BEEF KIDNEY **6 FOR \$1**

ALPHA BETA • SAVE \$1.00 • INCL. 50¢ OFF

LO SUDS DETERGENT LB. BOX **10 FOR \$1.29**

LOOK WHAT **10¢** WILL BUY!

HEINZ • 11-OZ. CAN • SAVE 5¢

MUSHROOM SOUP **12¢**

ALPHA BETA • 16 OUNCE LOAF • SAVE 8¢

FLUFFY BREAD WHEAT OR WHITE **4 FOR \$1**

PEPI'S • PACKAGE OF 12 • SAVE 13¢

CORN TORTILLAS **2 FOR 25¢**

WILSON'S • 12-OZ.

LUNCHEON MEAT PICNIC PACK **59¢**

MEAT & CHEESE COMBO PACK • 12-OZ., 69¢

Better Produce at a Better Price!

U.S. NO. 1 • RUSSET

POTATOES **10 39¢** LB. BAG

HAWAIIAN • SWEET

PINEAPPLE JUMBO 4 LB. AVERAGE **39¢** EA.

GARDEN FRESH • FIRM

BROCCOLI 2 LBS **25¢**

U.S. NO. 1 • SLICING SIZE

BROWN ONIONS **5¢**

VALLEY VIEW • 1½-LB. PKGS.

Breakfast PRUNES **3 FOR \$1.00**

IDEAL • 300 CAN

RED KIDNEY BEANS

GOLDEN GRAIN • 7-OZ.

MACARONI & CHEDDAR

IDEAL • FROZEN • 5-OZ. PKG.

WAFFLES

PY-O-MY

- POTATOES • MACARONI
- SPAGHETTI & SAUCE
- MACARONI & CHEESE

YOUR CHOICE

10¢

ALPHA BETA WHY PAY MORE?

CARNATION • SAVE 20¢

INSTANT BREAKFAST

8 VARIETIES

PACKAGE OF 8 ENVELOPES

59¢

Melmac®

ITEM OF THE WEEK

DINNER PLATE **28¢**

WITH EACH \$5 PURCHASE

MEASURIN TIMED RELEASE ASPIRIN BOTTLE OF 36 TABLETS 98c	GALA TOWELS BIG ROLL ASSORTED COLORS 33c	B and B Mushrooms CROWNS OR SLICES 3 OZ. CANS 39c	FOLGER'S COFFEE 1 LB. CAN 73c 2 LB. CAN \$1.45 3 LB. 20¢ OFF \$1.95 10-OZ. INSTANT 20¢ OFF \$1.49	NORTHERN FACIAL TISSUE BOX OF 150 19c	PACIFIC STA-CRISP SODA CRACKERS 2 LB. BOX 55c	CLOROX LIQUID BLEACH ½ GALLON PLASTIC CONTAINER 43c	Amazing Value! SAVE UP TO \$3.00* Perfect Coffee Percolator plus ONE POUND GROUND MAXWELL HOUSE COFFEE PACKED HOUSE YOU PAY ONLY \$1.89 *Comparable value of percolator alone is \$3.95	YOUR NEARBY ALPHA BETA MARKETS ARE LOCATED AT: TORRANCE 2720 CARRILLO AVE. TORRANCE 5130 190th ST. at ANZA DOMINGUEZ HILLS 190th ST. at AVALON REDONDO 1880 S. PAC. COAST HWY.
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