



DIET SUPPLEMENT
SEGO LIQUID
4 10-oz. cans **89¢** save 27c

Assorted Colors or Decorated
SCOTT TOWELS
big roll **25¢** save 6c

ection: Add sugar, cream or lemon to taste. Pkg. of 48
Tea Bags 59¢
th beans. Rich beef flavor, hearty sauce. 40 oz. can
Con Carne 59¢
erve with a combination of tacos and enchiladas. 2 1/2 can
Tamales 39¢
plum Concord grapes and just enough sugar. 20 oz. jar
Grape Jelly 39¢

SWEET JUICY, LARGE SIZE
NAVEL ORANGES
8¢ lb.

BEST QUALITY
POURERS
25¢

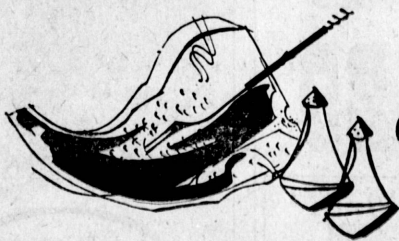


TROPICANA PURE
ORANGE JUICE
half gallon **69¢**



Keeps all the house fresh. Pine, regular. Large bottle
Lysol Liquid 84c

Made by the Famous Rayette Co.
AQUANET HAIR SPRAY
13 oz. jumbo can **58¢** reg. 99c
Tip Top. Ass't. sizes. Nationally advertised. Reg. \$1.00
Magnetic Curlers 58c



U.S.D.A. "CHOICE" BEEF
T-BONE or CLUB STEAK
98¢ lb.

U.S.D.A. "Choice" Beef. Braise in its own juices. Serve with tangy horseradish cream sauce.
SWISS STEAK 79¢
U.S.D.A. "Choice" Beef. Bone in. Pot roast with herbs and red wine in the French style.
RUMP ROAST 79¢
U.S.D.A. "Choice" Beef. Preferred by countless steak fanciers. Broil or barbecue with garlic.
PORTERHOUSE STEAK \$1.09
Lean and juicy. Mix with ground pork and ground veal for a succulent, tasty meat loaf.
FRESH GROUND CHUCK 59¢
Fresh ground hourly. Use in place of other meat for a thrifty version of Beef Stroganoff.
LEAN GROUND ROUND 69¢

U.S.D.A. "CHOICE" BEEF
BONELESS TOP SIRLOIN STEAK
\$1.39 lb.



U.S.D.A. "CHOICE" BEEF
BONELESS ROUND STEAK
full center cut **79¢ lb.**

U.S.D.A. "Choice" Beef. Rump, Sirloin Tip, Clod. Serve with mashed potatoes and brown gravy.
BONELESS OVEN ROASTS 89¢
U.S.D.A. "Choice" Beef. Top Round, Cubed Round, Sirloin Tip. Perfect to broil or barbecue.
BONELESS STEAKS 98¢
Fresh and good. Fancy Lightweight Ribs or Meaty Farmer Style. Glaze and bake till done.
PORK SPARE RIBS 69¢

Luer Iowa Farm, Fully Cooked
SMOKED PICNIC
short shank **49¢ lb.** EXTRA LEAN PRE-SLICED & TIED 59¢ lb.

FRESH LEAN
GROUND BEEF
39¢ lb.

Also Luer & Dubuque Royal Buffet. Sliced. 1 lb. pkg.
Hormel Red Shield Bacon 89¢
Hormel Range Brand. Farm-style slices. 2 lb. pkg.
Thick Sliced Bacon \$1.79

Hormel Big Sizzler. Tasty!
Breakfast Sausage 1 lb. roll 89¢
Just brown 'n' serve. 8 oz. box
Hormel Sausage Links 69¢

Fancy center cuts. Broil with lemon butter.
Salmon Steaks 98¢
Fancy center cuts. Serve with tasty tartar sauce.
Sliced Northern Halibut 89¢

Frozen. Bake with mushroom sauce. 1 lb. pkg.
Certi Fresh Skinless Cod 49¢
Certi-Fresh Frozen. Just heat 'n' serve. 1 1/2 lb. pkg.
Breaded Shrimp \$1.69

DEL AMO SHOPPING CENTER
CORNER OF HAWTHORNE & SEPULVEDA

MAGIC CHEF

MARY WISE Menu Planners



THIS IMPRESSIVE ARRAY of relishes makes a choice salad for a buffet dinner. Here, fresh cool winter pears are brushed with tangy lime dressing and filled with a choice of relishes.

Pear Relish Will Double For Salad

Every hostess welcomes an idea for a relish that will "double" for salad... especially one that eliminates individual salad plates as the Relish Pears suggested here. Arranged on a platter, these may be served buffet or family style.

In planning the relish centers for the pears, let your taste be your guide. A few suggestions include whole cranberry sauce with silvered almonds, chopped celery and green olives, chutney, pickled melon rind or spicy pepper relish. Mix or

match the relishes and if you wish, serve with tangy Lime French Dressing.

BUFFET RELISH PEARS

4 Anjou or Bosc pears
Lime French Dressing
Choice of Relishes

Choose fully ripe pears; half and core. Brush cut sides with Lime French Dressing. Fill centers of pear halves with relishes. Chill well and serve with additional Lime French Dressing. Makes 4 servings.

LIME FRENCH DRESSING

1/2 cup salad oil
3 tbs. lime juice
1 tbs. honey
1/2 tsp. salt
Dash white pepper

Recipe Contest Deadline Is Sunday, Jan. 16

Your grocery bills may be \$20 lighter this month if you are winner of the current Mary Wise Recipe of the Month Contest. Subject this month is "My Favorite Ground Beef Recipe." Everyone has favorites using popular hamburger. Enter yours.

Simply send your entry to Mary Wise Recipe Contest, c/o this paper. Recipe must be postmarked no later than Jan. 16. Winner of the contest will receive a \$20 merchandise order from any market advertising in this paper.

Everyone is eligible to enter except employees of this paper. One recipe per envelope, please! Winner will be announced next month.



Ice Cream In Meal Planning

Ice cream, served every day in some way, will add infinite variety and appetite-appeal to family meals and snack-times; will put more milk in the children's diet.

A small serving is just right to put the finishing touch on a heavy meal. Topped with nuts, coconut or sweet sauces, it will build a slim meal up to banquet size -- in good nutrition as well as good eating.

REALLY GOOD!
like home made

SKIPPY PET STEW
DOGS • CATS

More kinds of more people listen most to **KMPC** dial 710