

# Lucky's Fryers

CORNISH CROSS

WHOLE BODY

# 29¢

WHY CHICKEN? BECAUSE GOLDEN CORNISH—AND PROCLAIMED BY JUICER, THICKER THIGHS... BLOADER BREASTS... TACKLE GOOD... PRICED CAN'T BE THE WONDER-

READY 36¢

its Pieces PARTS

LEGS and THIGHS

59¢

CHICKEN BREASTS

63¢

## Lucky FROZEN FOODS

- BIG DIP** 1 Gallon 49¢  
SERVE ON PIE AS DESSERT WITH YOUR FRIED CHICKEN DINNER.
- SWANSON'S TV DINNERS** 59¢  
A COMPLETE AND DELICIOUS DINNER... CHICKEN, TURKEY OR BEEF... 12 oz.
- KERMIN CHICKEN PIES** 5 for \$1  
EVER POPULAR HANDY TREAT... TURKEY, BEEF OR CHICKEN
- FROZEN GARDEN PEAS** 2 for 25¢  
SPRINGFIELD... FRESH GARDEN FLAVOR FROZEN IN... 8 oz. Pkg.
- BREADED SHRIMP** 59¢  
SEA FAK... FROZEN FANTAIL SHRIMP... DELICIOUS AS APPETIZER... 8 oz. Pkg.
- DOWNYFLAKE WAFFLES** 2 for 29¢  
DELICIOUS BREAKFAST TREAT... POP IN YOUR TOASTER AND SERVE, NO FUSS... 6 in. Pkg.

## Lucky SUPER VALUES

- TREE TOP APPLE JUICE** 24-oz. 17¢  
NO SUGAR ADDED... MADE FROM WASHINGTON STATE APPLES...
- DEL MONTE PEAS** 303 Size Can 17¢  
YOUNG, TENDER PEAS TO COMPLEMENT YOUR WONDERFUL CHICKEN DINNER.
- SUPERIO SPAGHETTI** 1 lb. Pkg. 17¢  
FOR A TASTY APPETIZER OR SIDE DISH... SERVE SPAGHETTI.
- TOMATO SAUCE** 8-oz. Can 4 for 19¢  
SPRINGFIELD... EASY BARBECUED CHICKEN WITH THIS DELICIOUS SAUCE.
- RATH LINK SAUSAGE** 8-oz. Pkg. 45¢  
THEY ARE SO GOOD AS APPETIZERS... SNACKS, OR FOR A BREAKFAST TREAT.
- LIBBY'S PINEAPPLE** No. 2 Can 31¢  
DEEP MINTED PINEAPPLE CHUNKS... COMPLETELY NEW, APPETIZER OR DESSERT.
- COTTAGE CHEESE** Pint Carton 21¢  
BLUEBELL... SERVE WITH MINTED PINEAPPLE FOR LUSCIOUS LENTEN MEALS.
- RIPE PITTED OLIVES** Tall Can 2 for 29¢  
SENOR, A DELICIOUS OLIVE AT UNHEARD OF PRICE...
- HI HO CRACKERS** 16-oz. Box 29¢  
SERVE WITH DELICIOUS SEAFOOD RIPS AND SPREADS.
- CINNAMON WAFERS** 7 1/2-oz. Box 25¢  
WESTON... EXTRA TASTY WAFERS... DISTINCT CINNAMON FLAVOR.
- BOSCO-MILK AMPLIFIER** 24-oz. 55¢  
TOP YOUR CHICKEN DINNER WITH A DELICIOUS CHOCOLATE SUNDAE.
- MARCAL NAPKINS** 80 Count 10¢  
PAPER NAPKINS SAVE LINEN LAUNDRY! SAVE TIME AND MONEY!

## Jim Dandy Lucky LIQUOR

**LUCKY VODKA** 80 Proof—Fifth \$2.99  
SERVE WITH YOUR FAVORITE MIXER FOR GUESTS AND FRIENDS.

# Jim Dandy Lucky

Lucky Bonus Buy Coupon

# BISQUICK

LARGE 40-OZ. BOX WITH THIS COUPON

# 29¢

BISCUITS WITH CHICKEN—M.M.M.I. LIMIT ONE COUPON. GOOD ONLY THURS., FRI., SAT., SUN., FEB. 19, 20, 21, 22

# TIDE 55¢

GIANT SIZE BOX  
SPECIAL 5¢ OFF DEAL. PRICE INCLUDES 5¢ OFF.



CHICKEN OF THE SEA

# TUNA 25¢

CHUNK STYLE... FOR WONDERFUL HIGH-PROTEIN MEALS... 6 1/2 oz. Can.

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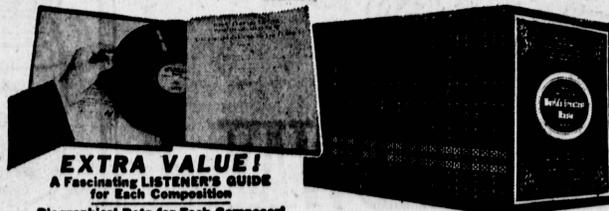
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Each album contains the highest quality 12 inch, 33 RPM, long play recording, and the performances in these recordings are described by Fred Grunfeld, noted music critic and authority on recorded music, as "some of the finest ever recorded."



EXTRA VALUE! A Fascinating LISTENER'S GUIDE for Each Composition

Biographical Data for Each Composer



## BEST BUYS FOR THE WEEK

### In Torrance Markets

#### PROTEIN FOODS

An abundance of foods at the meat departments. Lots and lots of LAMB and PORK; plenty of BEEF... with more to come.

If you are interested in fish you may have to check the frozen food cabinets. Weather is playing hob with fishermen, and storms still present it is hard to predict when there will be sizeable catches. If you insist on fresh fish you are most likely to find sole or rock cod.

POULTRY available everywhere. You know there are large supplies of CHICKEN FRYERS and HEN TURKEYS. But have you noticed a few more DUCKLINGS? They are nice for a change.

DUCK, like other poultry, is very nutritious. Duck meat, being all dark, is richer in iron and B-vitamins than the white meat of other poultry. It furnishes more calories than some other types of poultry and lean meat.

Most markets carry frozen ducks. It is best to thaw before cooking. It takes from 24 to 36 hours to thaw in refrigerator. To speed the thawing, place bird in running cold water until pliable... 1 to 3 hours. The thawed duck can safely be kept in refrigerator for 2 days, but it is usually best to cook promptly after thawing.

Ducklings range in age from 6 to 8 weeks. Because they are

so young dry-heat methods of cooking are recommended... broiling, frying, and roasting. Use a moderately low temperature, 325° F. There is little shrinkage; the meat will be extra juicy. For a golden brown and crisp skin increase temperature to 425° F. for about 10 minutes near the end of the roasting time. Plan to roast from 2 1/2 to 2 3/4 hours.

A tangy orange sauce is perfect to serve with duck.

#### DAIRY PRODUCTS

Cheese and cottage cheese can be the protein dish for many meals at this season.

By the way, do you know that nutritionists estimate it would take a 9 per cent increase in milk production if U.S. families had the recommended allowances in calcium... or a total of over 130 billion pounds of milk?

EGGS—Many, many bargains in the market for this truly nutritious food.

#### ON THE PRODUCE STANDS

Weather may disturb the availability of some vegetables moving in from the fields, but you should find plenty of CABBAGE and CAULIFLOWER. They love this weather. Lots of CELERY and LETTUCE. A good selection of WHITE POTATOES, SWEETS and YAMS; APPLES, AVOCADOS and GRAPEFRUIT.

## Local Medical Assistants Install New Officer Panel

At an impressive candlelight ceremony, held at the Palms Restaurant in Torrance, Patricia Ann Nemeth of San Pedro was installed as president of the Harbor Medical Assistants Assn. Donna Mae Lewis of Hermosa Beach is retiring president. Peggy Kaesman of Long Beach, president of the Long Beach Medical Assistants, was installing officer.

Installed, along with Mrs. Nemeth, were president-elect Rosemary Sampson of Torrance, vice president Dorothy Rojo of Torrance, recording secretary Cathy Cavanaugh of Torrance, treasurer Grace Young of Torrance, corresponding secretary Betty Stoger of Torrance.

After receiving the gavel from Mrs. Lewis, Mrs. Nemeth gave her acceptance speech and introduced her committees for the coming year. Named as advisors for the coming year were Joseph Nebolin, M.D., of Lomita, Richard Shaeffer, M.D., of Redondo Beach, and Howard Wood, M.D., of Torrance.

Special guests for the evening were Dr. and Mrs. Joseph Nebolin of Lomita, Dr. and Mrs. Richard Shaeffer of Redondo Beach, Peggy Kaesman of Long Beach.

Jo Parsons, program chairman for the coming year, announced the program for February. A film dealing with cardiac surgery, sponsored by the American Heart Association was shown. Dr. Richard Lescoe of Torrance was the guest speaker. An invitation to all medical assistants in the

Harbor area was extended for the evening of Feb. 17 at the Jump 'n Jack Restaurant, 2900 Pacific Coast Hwy., Torrance. Further information regarding membership may be obtained by calling Myrtle Crain or Mrs. Nemeth.

## New MAGNETIC DENTURES

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- DOVE SOAP Regular Size 2 for 41¢
- DOVE SOAP Bath Size 2 for 51¢
- LUX LIQUID 12 oz. 41¢

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