



GOLDEN CREME, A WONDERFUL FROZEN DESSERT TREAT!

Premium Pak Ice Cream

half gallon round **59^c** reg. 69^c



FARMER JOHN OR LUER
FULL SHANK HALF HAMS
35^c lb.

Bake a ham for easy dinners, lunch box sandwiches, second day meals! Farmer John or Luer.

BUTT PORTION HAMS **45^c lb.**

Bake a ham, glaze it, and decorate it for a special company buffet! Farmer John or Luer.

WHOLE HAMS **45^c lb.**

Farmer John or Luer. Tender, juicy slices from the center of the ham! Fine for broiling!

CENTER CUT HAM SLICES **98^c lb.**

U.S.D.A. "CHOICE" BEEF

RUMP ROAST
65^c lb.

U.S.D.A. "CHOICE" BEEF

FULL CUT ROUND STEAK
65^c lb.

U.S.D.A. "CHOICE" BEEF

SWISS STEAK
65^c lb.



U.S.D.A. "Choice" Beef. Tender, juicy and expertly trimmed to give you full food value!

BONELESS ROUND STEAK **79^c lb.**

U.S.D.A. "Choice" Beef. Here's a family favorite, tender, juicy, and guaranteed to please!

BONELESS RUMP ROAST **79^c lb.**

Good, lean, freshly ground beef for plain or fancy recipes that boost the family budget!

FRESH GROUND ROUND **69^c lb.**

Don't forget to bring home the bacon and keep your family happy! 1 pound package sliced

LUER QUALITY BACON **55^c lb.**

Gorton's. Lenten Special! 2 pound package frozen **\$1.98** Marinate, wrap in foil and bake, for good eating!
Frozen Breaded Shrimp **\$1.98** Fillet of Rockfish **lb. 49c**

Try Magic Chef's Delectable Fresh Fish

Popular seafood favorite for a variety of recipes! For an unusual adventure in taste, try smoked fish!
Fresh Scallops **lb. 89c** Smoked Halibut **lb. 69c**

Ease the budget, please the family with fried smelt!
Columbia River Smelt **lb. 29c**

POLY-UNSATURATED
WESSON OIL

24-oz. bottle **25^c** save 10c

Fruit Cocktail **23^c**

Kamp's Halibut **75^c**

French Fries 2 for **29^c**

Frozen Drinks 8 for **\$1**

ROYAL PACIFIC
LIGHT MEAT CHUNK TUNA

5 no. 1/2 cans **\$1** save 25c

VET'S
DOG FOOD

12 tall cans **\$1**



JUICY
SWEET NAVEL ORANGES

10^c lb.

FRESH
DEGLET NOOR DATES

1 1/2 lb. cello **29^c**

DEL AMO SHOPPING CENTER
CORNER OF HAWTHORNE & SEPULVEDA

MAGIC CHEF



WIFE SAVERS

By **BARBARA DUFFY**
Southern California Edison Co.
Home Economist



Meat-and-potatoes men can look forward to plenty of both of these foods this spring. There was about 15 per cent more beef going to the market at the end of the year than last year, and a very large supply of pork. Homemakers will want to take advantage of inexpensive beef cuts by serving swiss steak made from round and pot roast from blade shoulder or arm roast.

Another recommended beef cut which is inexpensive and low in calories is the flank steak. A marinade consisting of soy-honey-sherry will contribute an appealing and distinctive flavor to the meat.

FLANK STEAK

2 lbs. flank steak 2 tbs. soy sauce
1 cut clove of garlic 1 tbs. sherry
1 tsp. honey

Remind the butcher to cut off all of the fat from the steak. Lay the steak on a large platter, rub it on each side with the garlic, then smear it on each side with a mixture of the soy sauce, sherry and honey. Marinate for a couple of hours. Arrange steak on broiler rack. Broil about 5 inches from unit for 5 minutes on each side.

The slicing of a flank steak is the only difficult part. Place it on a flat surface—wooden cutting board is excellent—then with your sharpest knife, cut it almost horizontally across the grain in very thin slices. Place each slice on a hot platter. Be sure the steak remains hot. —Serves 4.

The vegetable suggested for this meal is

CREOLE CORN

1 tbs. butter or margarine 1/2 cup canned tomatoes
2 cups corn kernels, canned 1 tsp. salt
1 onion, chopped 1/4 tsp. pepper
1 small green pepper, diced 1/2 tsp. chili power

Melt the butter in a skillet on MEDIUM heat; saute' the corn, onion and green pepper 3 or 4 minutes, stirring frequently. Add the tomatoes, salt, pepper and chili powder. Cook over LOW heat 5 minutes or until thoroughly heated through. —Serves 6.

The salad is simple, tasty and with low calorie dressing provides a healthful addition to the meal

SPINACH SALAD

1 lb. fresh spinach 1/4 cup low calorie French dressing
2 hard-cooked eggs, chopped

Buy young, fresh spinach. Wash thoroughly and dry it. Place in refrigerator vegetable crisper drawer to chill for at least 1 hour or wrap in Saran Wrap and place on refrigerator shelf to chill.

Shred the spinach into a bowl; pour the dressing over it and toss until well blended. Sprinkle the eggs on top. —Serves 6.

Round out the meal with a chilled fresh pear and you have a good economical moderate caloric meal.



Men's Trends

by Lou Schlanger

The current collection of striped button-down-collar pajamas and robes once again prove that fashion has a 'round the clock influence. According to the American Institute of Men's and Boys' Wear, the variety of styles offered in both the sleepers and the robes is greater than at any time in the past.

Take the new pajamas, for instance; they include all the classic styles and then branch out into updated night shirts, shave-coat styles, mandarin and military models and a whole host of ideas borrowed from the best in sportswear.

THE NEW ideas in robes extend from the utilitarian to the luxurious. Start with the thirsty, bulky terry cloths that now come in vivid stripes and patterns as well as the familiar solid shades; go from there into paisley patterned challis and lightweight wools: look at the traditional flannels and "blanket" models, the feather-weight packable travel robes of foulard, cotton and man-made fibers, then luxurious in satins, brocades, velvets and corduroys in smart lounge styles host coats. And, of course, don't miss the new oriental treatments with their wide kimono sleeves and overlapping full-cut bodies.

Some of the current pajamas seem to be just too handsome and too well styled to hide in bed. And, as a matter of fact, some of them are frankly designed for wear in the living room and den as well as in the bedroom.

DON'T FAIL to see the new night shirts. Some are knits with bold horizontal stripes, while others take the traditional striped button-down-collar shirt and extend it below the knees for bedtime. Shirt-jacs, those popular waist-length sportsters, are interpreted as pajama tops, while the military mode is expressed in cadet-like tops that carry standing collars and the traditional frogged fronts.

Patterned tops and solid color trousers mark many of the "lounging suit" pajamas and there are others all of a color with contrasting piping. The kimono top with contrasting sash to match the pants is a good looking novelty and ski pajamas with knit tops and either knit or woven pants come in patterns as well as solids.

Two of the newest knit tops copy the popular sweat shirts and the three-button-placket Henley shirt.

It looks as though the American male is due for some very classy relaxing around the house after he latches-on to his new pajamas and robes.

New Engineering Post Established By Gas Company

Samuel J. Cunningham has been named to the position of research engineer with the Southern California Gas Co.

In announcing the appointment, vice president R. I. Snyder said the position was a new one for the gas firm.

Cunningham is a member of the American Petroleum Institute, American Society of Mechanical Engineers, and the American Welding Society.

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