

ME S NT!

BELLS UP

10-oz. can **9¢**

ENRICHED
OLD MEDAL FLOUR

5 pound bag **39¢** save 20¢

TIMBER TUF
LUNCH BAGS
50 bags in pkg. **19¢** save 6¢

Engl. All grinds, (2-lb. can \$1.17) 1 lb. can
Coffee **59¢**
for dinner on the run! Save 6¢. 24 oz. can
Beef Stew **43¢**
by good nourishing breakfast! 12 oz. pkg.
Corn Flakes **29¢**
for the well-fed happy pet! tall can
3 for 25¢

FOOD GIANT
PEANUT BUTTER
39¢ save 10¢

TOILET SOAP
ZEST
2 regular bars **29¢**
2 bath bars **41¢**

POWERFUL DUTCH CLEANSER
2 14-oz. cans **33¢**

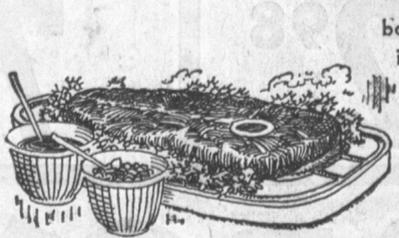
ECONOMICAL
BEADS O' BLEACH
large pkg. **49¢**

CUT RITE WAX PAPER
125 ft. roll **25¢**

PAPER
SCOTT TOWELS
2 reg. rolls **41¢**

KLEENEX NAPKINS
50-count **25¢**

U.S.D.A. "CHOICE" OR FOOD GIANT "BANQUET PERFECT"
Round Steak



bone in **69¢** lb.

U.S.D.A. "Choice" or Food Giant "Banquet Perfect"
SWISS STEAK

69¢ lb.

U.S.D.A. "Choice" or Food Giant "Banquet Perfect"
RUMP ROAST

bone in **69¢** lb.

U.S.D.A. "Choice" or Food Giant "Banquet Perfect"
Boneless Round Steak 89¢
U.S.D.A. "Choice" or Food Giant "Banquet Perfect"
Boneless Rump Roast 89¢
Farmer John. Tasty for breakfast! 8 ounce package
Skinless Link Sausage 4 for \$1

Swift's. It's sugar-cured! 1 pound package sliced
Eversweet Bacon 59¢
Good choice for breakfast! 1 pound package frozen
Booth Fishsticks 59¢
Eastern cutlets, flash frozen to seal in that good flavor
Veal Cutlets 79¢

Eastern Grain Fed Pork
PORK LOIN ROAST
7-rib portion **39¢** lb.

Eastern Grain Fed Pork
Country Style SPARE RIBS
59¢ lb.

Eastern Grain Fed
CENTER CUT RIB CHOPS 89¢ lb.

Eastern Grain Fed
LOIN END PORK ROAST 49¢ lb.

Fresh Lean
GROUND ROUND 65¢ lb.

PLAY TV BINGO

\$200 WINNER
MRS. GLORIA WHITTLE
6023 PROSPECT ST., MAYWOOD

\$100 each day
\$100 cash each day. Every weekday—Channel 13—KCOP-TV—11:30 to 12 noon. FREE—nothing to buy. Pick up your free Bingo card at any Food Giant. One card to a person, please.

In Hawthorne 423 S. Hawthorne Blvd.
In San Pedro 2549 Western Ave.
In Manhattan Beach 2400 Sepulveda at Main
In No. Torrance 4848 W. 190th at Anza
In Gardena 14090 Crenshaw Blvd.
In Torrance 3731 Pac. Ct. 1'



Crisp Tabasco Health Salad



This Tabasco health salad captures all the goodness of fresh vegetables—in fact, it's almost a sampling of a summer garden! Small green beans, celery, cucumber, green pepper and young, sweet carrots combine with sliced ripe olives and minced scallion for a salad that spells crisp-textured, flavorful eating. A simple marinade made with salad oil, wine vinegar, sugar and the spicy zest of Tabasco, the liquid red pepper seasoning, is poured over the prepared vegetables which are then chilled for 3 hours. Before serving, the vegetables are drained, arranged on a serving plate, and garnished with cucumber slices.

Tabasco Health Salad
2 cups fresh small green beans, cut diagonally
1 cup thinly sliced celery
1/2 cup chopped green pepper
1/2 cup carrot rounds
1/2 cup sliced ripe olives
2 tablespoons minced scallion
1/2 cup sugar
1/4 cup wine vinegar
1/4 teaspoon Tabasco
1/4 cup salad oil
1 cucumber, sliced

Combine and toss vegetables. Stir sugar into vinegar; add Tabasco and oil. Pour marinade over vegetables; toss. Chill about 3 hours. Drain. Place on serving plate and garnish with cucumber slices.
YIELD: 6 to 8 servings.

Kitchen Queens' Royal Dish Is Easy Tuna Crown Salad



Here's a pretty switch on a perennial summer favorite—tuna salad goes glamorous West Coast style. Crowned with bright fruits, this nutritious main-dish salad is a cinch to make and a positive pleasure to serve.

For all its elegant appearance, Tuna Crown Salad rates just as high in nutrition as it does in looks. A serving of canned tuna provides more first-class protein than a comparable serving of red meat, plus valuable vitamins and minerals. Tuna is high in poly-unsaturates, and it's easily digestible, due to a minimum of connective tissue. Wise choice for weight-watchers, drained tuna solids contain less calories than equivalent quantities of popular meat cuts.

Tuna Crown Salad
1 can (6 1/2 or 7 ounces) tuna in vegetable oil
1/2 cup each diced celery, diced cantaloupe and sliced grapes
1 tablespoon capers, optional
1 teaspoon minced onion
1/4 teaspoon ginger
3 tablespoons mayonnaise

Combine drained tuna and remaining ingredients. Reserve oil for cooking purposes. Pack tuna mixture into a 2-cup measure. Invert on bed of shredded lettuce. Garnish with avocado slices and orange sections. YIELD: 2 to 3 servings.

New and Easy Money-Saving Main Dish



When it comes to meat favorites, pork rates high on the list. And pork chops with real good gravy is an unbeatable team for the mainstay of money-saving meals.

Breaded before cooking, the chops cook with a crispy brown outside and juicy tenderness inside. Undiluted evaporated milk makes crumbs adhere beautifully to chops—or to any other foods to be breaded. This double-value whole milk is the basis, too, for the real good pan gravy—so creamy, so smooth, so flavorful.

PORK CHOPS AND GRAVY
8 pork chops
1/4 cup shortening
1/2 teaspoon salt
1/2 cup fine dry bread crumbs
1 tall can evaporated milk (1-2/3 cups)
3 tablespoons flour

Melt shortening in a large skillet over low heat. Mix crumbs and salt together in a shallow pan. Measure 1/3 cup of the evaporated milk and pour into another shallow pan. Dip pork chops, one at a time into the evaporated milk, then into the crumbs, coating well on both sides. Fry chops in the skillet over medium heat until well browned on underside, then turn and brown on second side. Cover skillet with a lid, turn heat low and cook chops slowly until tender, about 45 minutes. Remove from heat. Lift pork chops onto a platter and keep warm. Stir flour into the drippings in the skillet. Slowly stir in the remaining 1-1/3 cups evaporated milk plus any milk left from coating chops. Cook over low heat until thickened, stirring constantly. Pour over pork chops and serve. Makes 8 servings.