

FOR BARGAINS DURING OUR BIG

SEASONAL SALE

BETTER PRODUCE AT A BETTER PRICE

and get **GREEN STAMPS**, TOO!

ROME BEAUTY

APPLES
5c LB.

MOUNTAIN GROWN FROM THE FAMOUS "MILE HIGH OAK GLEN ORCHARDS"

GOLDEN RIPE • SWEET MELONS

CASABAS **5c** LB.

GARDEN FRESH • SOLID HEADS

CABBAGE **5c** LB.

LION BRAND LUNCH BOX SIZE

RAISINS **10c** 29c

SWEET, RIPE AND MELLOW LARGE SIZE

PERSIMMONS **10c**

California's Finest NEW CROP

DATES **39c** 1 1/2-LB. PKG.



FOR A GIFT OR FOR YOURSELF!

Holiday

ACCESSORY PIECES SERVING DISH CASSEROLE

\$4.98 (retail value \$9.95)

YOUR NEXT "HOLIDAY" COUPON

ALSO AVAILABLE • ICE BUCKET & BEVERAGE SERVER

ALPHA BETA *Holiday* COUPON

FREE ONE ONLY *Holiday* **THERMO TUMBLER**

WITH THIS COUPON & MINIMUM \$10.00 PURCHASE OR \$6c EACH WITH COUPON AND MINIMUM \$3.00 PURCHASE (EXCLUDING FLUID DAIRY PRODUCTS)

COUPON No. 3-A

COUPON GOOD THRU TUES., NOV. 3

JIFFY

YOUR CHOICE!

CAKE MIX 9-OZ. PKGS.

DEVIL'S FOOD • DARK CHOCOLATE FUDGE MILK CHOCOLATE • SPICE • WHITE • YELLOW

- MUFFIN MIX CORN OR HONEY DATE
- FUDGE BROWNIE MIX
- FROSTINGS CARAMEL • WHITE CHOCOLATE FUDGE

10c EA.

K&L KAN • 15 OUNCE CAN • SAVE 10c

CHICKEN PARTS

2 FOR 29c

REGULAR OR DRIP GRIND **BUTTERNUT COFFEE**

1-LB. CAN **79c** 2-LB. CAN **\$1.35**

OF THE SEA **PINK TUNA** LIGHT MEAT 2 1/2 CAN **33c**

QUICK-FROZEN **PIES** 5 FOR \$1.00

HOLLY SUGAR

BROWN OR POWDERED

ONE POUND BOXES

2 FOR 35c

DOLE • SLICED PINEAPPLE

NO. 2 CAN **39c**

GOODWIN'S "MAGIC CLOUD" AMMONIA

QUART **29c**

MARVALON SHELF LINING

13 1/2 inches by 12 feet **98c**

MARVALON ADHESIVE COVERING

18 inches by 9 feet **\$1.89**



DELICATESSEN SPECIALS

LANCASTER BRAND • ALL MEAT • SAVE 10c

FRANKS ONE POUND PACKAGE **49c**

LANCASTER BRAND ALPHA BETA'S OWN WIENERS WITH A NEW NAME IN A BRAND NEW PACKAGE

ALPHA BETA WIENER BUNS PKG. OF TEN SAVE 6c **29c**

HOMADE • 58 OUNCE JAR **SAUERKRAUT** SAVE 10c **49c**

ALPHA BETA • SLICED • SAVE 10c **SWISS CHEESE** 3/4 LB. PKG. **49c**

FAMILY PACK OF 1 DOZEN 3 OZ. TAMALES **ALEX TAMALES** **98c**



AMERICA'S MOST VALUABLE STAMP

SALES TAX COLLECTED ON ALL TAXABLE ITEMS

THESE PRICES EFFECTIVE IN ALL

111

ALPHA BETA MARKETS

CHECK YOUR PHONE DIRECTORY FOR THE ADDRESS OF YOUR NEAREST LOCATION



TORRANCE 8720 Cabrillo Ave.—5130 190th St. at Anza REDONDO DOMINGUEZ HILLS 1880 S. Pacific Coast Hwy. 190th St. at Avalon

Wife Savers

Add Some Sparkle To Luncheon Menus

By MARGO A. WELLS, Home Economist Southern California Edison Co.

Today, and every day, in these United States, 33,000,000 lunches are carried from home to school or the job. It is important to add interest and sparkle to these carried-from-home meals.

SANDWICH TIPS

BREADS: Keep a supply of different kinds of bread in the freezer. Packed in plastic bags and properly sealed, they will hold for several months. Spread the bread with filling without thawing and the bread will keep the sandwich cold until lunch time. Wax paper and wax sandwich bags are suggested wraps for sandwiches.

NON-BREAD SANDWICHES: Crackers with a favorite filling add interesting variety to the lunch box. Apples and pears may be sliced and spread with peanut butter, ham or date filling for a change. Breadless sandwiches of a filling between meat or cheese slices are appealing. Try slices of cold meat loaf with potato-salad filling or bologna, ham or other cold meats filled with cream cheese or cheese spread.

DESSERT SANDWICHES: Cookies, sliced date nut and other fruited breads, gingerbread brownies can be filled for dessert "sandwiches" when bread sandwiches have not been included in the rest of the menu. A softened cream cheese could be used as a filling. Wrap them in a see-through plastic wrap before placing in the lunch box.

MENU VARIATIONS

PROTEIN FOODS MAKE GOOD OUT-OF-HAND EATING: Kabobs of cooked meat or cheese cubes may be threaded on skewers or colored food picks for interesting variety in the menu. Or, include dried beef rolls filled with seasoned cream cheese or lettuce rolls filled with potato salad.

DAILY SURPRISE: In planning lunch foods, schedule a surprise to delight the young-fry. This can be as simple as an apple cut in thirds horizontally and spread with peanut butter. Wrap it in plastic wrap. A surprise face on a sandwich will add interest or a "tuck-in" of pretzels or potato chips or of stuffed dates, prunes or nuts will keep anticipation high.

LUNCH BOX DECOR

COLOR: Quick way to add sparkle to any lunch box is with colorful paper towel and napkins. For example, line a lunch box with bright new turquoise color towels and tuck in a bright yellow napkin. The paper towels come in handy also in the clean-up job after lunch.

Aid Program for Small Business Concerns Set

Plans to aid small business concerns looking for an opportunity to bid on surplus government property have been announced by the Torrance Chamber of Commerce.

The Chamber will enlist the aid of the Small Business Administration (SBA) in finding equipment and property for small businessmen in the area, according to manager J. Walker Owens.

Following a request by the Torrance Chamber, the SBA will screen sales for specific needs of small business concerns through its Ogden, Utah, office. Sales catalogues from defense surplus sales of-

fices will be mailed to the businessmen direct.

Application forms and additional information on the surplus sales program is available at the Torrance Chamber of Commerce, 1510 Cravens Ave. Interested persons should ask for the "Matchmaker Kit."

Bank Names Martens As New Officer

William H. Martens has been named director of business development for Pacific State Bank, according to Ray Sherman, president.

The new officer will coordinate business and promotional activities for the bank, supervise internal and external sales efforts and serve as public relations and advertising officer.

A former director of the Carson and Dominguez Chambers of Commerce and vice president of the Dominguez-Carson Rotary Club, Martens resides with his wife, Hilda, and their five children at 21524 Craig Court.

Gun Safety Rules Listed By Red Cross

October is tagged "let's go hunting month" and the Red Cross has listed some rules that will help make it "let's come home safely month" also.

Each year guns and explosives cause around 2,300 deaths and innumerable injuries. This toll would be cut if the following tips for safe gun handling were observed:

- Treat every gun as if it were loaded.
- Avoid all horseplay with guns.
- Don't point a gun at anything you do not intend to shoot.
- While traveling make sure guns are unloaded and keep them cased, wrapped, or dismantled.
- Hunt with a companion who follows safety rules.
- Don't handle a gun by its muzzle and don't use it as a prop, club or prod.
- Don't climb fences, run, or jump while carrying a loaded gun.
- Make certain guns are unloaded and stored in a locked case or cabinet in the home.
- Always store ammunition in a separate locked place.

Lomita Seeks Added Lights For Streets

Petitions calling for additional street lights in Lomita are now being circulated. Residents want the lights in the Lomita Lighting District increased from 402 to 809 standards.

If the lights are installed, the tax rate will be increased from 12 to 26 cents per \$100 assessed valuation.

Property owners and other civic groups in the new city have approved the move, believing increased lighting will result in less crime. Only 20 signatures are needed on the petition for action.