

SPECIAL PURCHASE

2"x6"—T&G FOOT **10¢**
 SELECT DECKING

2"x6"—D.F. **5 1/2¢**
 TONGUE & GROOVE

1"x8"—V-JOINT LIN. FT. **6¢**
 PINE SHIPLAP 1"x6" **5¢**

4"x8"—PRE-FINISHED V.G. **289**
 MAHOGANY

ASSORTED LENGTHS & SIZES **1¢**
 MOLDING

C.C. **1995**
 TOILET Complete

EASY DOES IT!

GET HANDY YOU-HAUL READY MIX AT
HERWOOD BUILDING SUPPLIES
 24500 S. Normandie DA 6-5146
 HARBOR CITY

ADELINE DALEY

We're Building for Next Year

You, sir, sitting in the stands, so you think that the life of a professional athlete is all glory? Sure, maybe you've heard about the grueling practice sessions, the injuries that plague many teams, and most of all, the personal heartaches players suffer in being traded away, or worse, cut from the squad. But, believe me, you have to LIVE it to realize the full anguish.

Now, the Ladies Early Bird Bowling League in which I play once a week may not strike you (or us either because we get very few of them) as being equal to the pressures of NFL or AFL competition, but to those of us who play to win (and we know no other way), it's all the same.

I happen to be a member of the rather ill-starred "Peterson and Erikson General Contracting" team which has spent more time in the cellar

the past four years than a vintage bottle of wine. Thus, I am well acquainted with another problem the pros face — dealing with an irate owner, or sponsor, as the bowling industry so delicately phrases it.

When a sponsor buys uniforms, pays for the lettering of its firm name and puts out additional money for entry fees, it is not particularly happy to back losers. Even if they are affectionately known as the Mets of the Maplewoods." Perhaps, that's why we were sold outright by the "C and M Plating Works" who footed the bills last year.

But I have emphasized to our new owners that the season has just begun and things may be looking up, despite the fact that we've already lost four out of six games. I have found it wise in reviewing our record, however, not to be too optimistic. It is better to stress how strong the

competition has become.

For instance, the ever-competitive "Western Plumbing" team which has bolstered its bench and is being tabbed as the team to beat. Last year's champs, "The Herald" who aren't going to abdicate the throne without a fight. The feared "Garay's Enterprise" foursome, steadily climbing up the ladder with both depth in veterans and a couple of raw rookies who may come through. And so it goes.

We feel our team of Rena, Jo and Mary Ann) that this is not the time to point out to the sponsor that we have a high handicap, because I'm certain that in sponsoring us he feels he has one, too. In fact, the only phrase which seems halfway appropriate is to tell him, "We're rebuilding for next year."

What sweeter words to a sponsor in the construction business?

MARY WISE Menu Planners



COMPANY COMING? Try this delicious Shish Kebab Casserole. A simple salad plus dessert, and you have a carefree dinner!

Shish Kebab Fine Company Casserole

Casserole dishes are an important part of a busy homemaker's menu planning, and when company is expected, it is often a one-dish specialty that's decided upon. Popular shish kebab with rice offers a fine solution to the "company casserole."

Alternate cubes of lamb shoulder or leg on skewers with mushrooms, green pepper and onions, and bake with rice. It's the type of dish which needs but a simple salad accompaniment and perhaps some muffins or biscuits which can be whipped up in a jiffy with a packaged mix.

SHISH KEBAB CASSEROLE

- 4 large mushrooms
- 1 cup rice
- 3 cups stock or bouillon
- 2 tbs. vinegar
- 1 tsp. salt
- 1/4 tsp. basil
- Dash seasoned pepper
- 2 cups 1 and 1/2-inch lamb cubes (leg or

- shoulder)
- 1 cup small white onions
- 1 medium - sized green pepper, diced.

Remove stems from mushrooms; chop stems. Combine mushroom stems, rice, stock or bouillon, vinegar, salt, basil and pepper; mix well. Turn into shallow 2-quart casserole. Arrange mushroom caps and remaining ingredients on skewers. Arrange on rice mixture. Bake at 350 degrees for one hour. 4 servings.

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CERTI-BOND

501 VAN NESS AVENUE

TORRANCE

FA 8-8280

"MJB" COFFEE
 1-LB. CAN

63¢

3 LB. — \$1.89
 10-OZ. INSTANT \$1.19

GIANT SIZE ROLL
"VELURE" TOWELS **19¢**

VELURE-10 IN PKG.
TOILET TISSUE **59¢**

"GERBER'S" BABY FOOD

14¢ FOR 1

STRAINED ALL VARIETIES

"NATIONAL BRANDS AND LOWER PRICES, TOO!"

"SWAN" LIQUID DETERGENT

GIANT SIZE **49¢**

"VELVEETA" CHEESE

2 LB. LOAF OF KRAFT CHEESE FOOD **79¢**

"MANHATTAN" DELICIOUS BOLOGNA
 PER POUND **49¢**

"DEL MONTE" FOODS

WHOLE KERNEL CORN, CREAM STYLE CORN, OR EARLY GARDEN PEAS 303 CANS **19¢ ea**

"DEL MONTE" FOODS

WHOLE OR CUT GREEN BEANS, FRENCH OR SEASONED GREEN BEANS (ALL 303 CANS)
 MANDARIN ORANGES (111-OZ. CAN)
 TOMATO CATSUP (16. 20-OZ. JAR)

"IMPERIAL" OLEO

29¢

"BETTER MADE" ASSORTED SALADS
 PINT CARTON **29¢**

"DEL MONTE" FOODS

YOUR CHOICE! **4 FOR 99¢**

"LIFEBUOY" TOILET SOAP

4 BATH SIZE BARS **49¢**

BIG BUYS ON CANDY!
 BABY RUTH (40 COUNT) **65¢**
 BUTTERFINGER (40 COUNT)
 SAFT-T-POPS (180 COUNT)

"TREESWEET" FROZ. ORANGE JUICE
 3 12 OZ. CANS **99¢** 6 6-OZ. CANS **99¢**

CERTI-FRESH SEA FOOD

- Cod and Perch Fillets (1 lb.).....45¢
- Northern Halibut (10 oz.).....59¢
- Fish Sticks (8 oz.).....29¢
- Halibut and Sea Bass Steaks.....59¢
- Breaded Cod, Haddock, Perch.....3 for \$1
- Breaded Shrimp (1 1/2 lb.).....\$1.49

"STOKELEY" FOODS

- PINEAPPLE JUICE (46 oz.) 29¢
- FRUIT COCKTAIL (303 CAN) 5 for 99¢
- WHITE CORN (303 CAN) 5 for 99¢
- TOMATO SAUCE (303 CAN) 8 for 99¢

"BANQUET" DINNERS
 ALL VARIETIES FROZEN **37¢**

DELICIOUS MEATS

FARMER JOHN EASTERN

FRESH PORK SHOULDER ROAST **39¢ lb**

- TENDER TASTE, BRISKET **49¢ lb**
- CORNER BEEF **49¢ lb**
- OLD AMERICAN CORNISH **49¢ lb**
- ROASTING HENS **49¢ lb**
- U.S.D.A. "CHOICE" **49¢ lb**
- BEEF LIVER **49¢ lb**
- DUBUQUE LEAN **79¢ lb**
- SLICED BACON **79¢ lb**
- FARMER JOHN or LUER **19¢ lb**
- PURE LARD **19¢ lb**
- LEAN FRESH GROUND CHUCK **39¢ lb**
- LEAN FRESH GROUND ROUND **59¢ lb**
- LEAN FRESH GROUND SIRLOIN **69¢ lb**

VEGETABLES & FRUITS

DELICIOUS APPLES
 SWEET AND CRISP **10¢ lb**

- SPANISH ONIONS **5¢ lb**
- SWEET JUICY ORANGES **9¢ lb**
- SWEET TOKAY GRAPES **8¢ lb**

Instructor Named to State Post

Appointment of Dr. Joseph E. Ribal, El Camino College psychology and sociology instructor, to the board of directors of the 32nd District Agricultural Association, has been announced by Governor Edmund G. Brown.

The 34-year-old instructor, a native of Oak Park, Ill., was appointed to a four-year term. Dr. Ribal received his bachelor of science degree at Northern Illinois University, and earned his master's degree at the University of Chicago. He received his doctorate in 1962 from the University of Southern California.

Dr. Ribal is a member of the American Sociological Association, the American Psychological Association, California State Psychological Association, National Council on Family Relations, American Association of University Professors, and the American Federation of Teachers, AFL-CIO.

He also holds membership on the board of trustees, Huntington Beach Union High School District, the board of directors, Health and Welfare Council of Orange County, and the Orange Coast College Citizens' Advisory Committee and School Unification and Good Schools. Dr. Ribal is a former member of the Seal Beach Citizens' Planning Committee.

Area Birch Chapter Sets Films, Meet

Two films, "Civil Rights the Red Reconstruction," and "In the Cause of Freedom," will be presented Oct. 25 by the San Pedro chapters of the John Birch Society. The meeting will be held at the Leland Street Elementary School Auditorium, 20th and Leland streets, San Pedro, at 8 p.m.

The first film will present documentation and information on the backgrounds of the civil rights leaders.

The meeting is open to the public without charge. Members of the John Birch Society will be in attendance to answer questions.

BIRTHS

- SOUTH BAY HOSPITAL
- IVANJACK — Mr. and Mrs. Allen, 22735 Madison St., a boy, Robert Allen, Sept. 12.
- STEHING — Mr. and Mrs. Ed., 5645 Andrus Ave., a girl, Judith Lynne, Sept. 12.
- CARLSON — Mr. and Mrs. Lynn, 2150 W. 174th St., a girl, Cheryl Dawn, Sept. 12.
- AUTREY — Mr. and Mrs. M. V., 2512 Dalemead St., a girl, Donna Marie, Sept. 14.
- MERRITT — Mr. and Mrs. Charles, 20705 Oage Court, a boy, Cortland, Sept. 14.
- CLUCKEY — Mr. and Mrs. Larry, 2123 Artesia Blvd., a girl, Lisa Ellen, Sept. 17.
- ROTMAN — Mr. and Mrs. Don, 21125 Van Deene Ave., a girl, Melanie Kay, Sept. 18.
- PALMER — Mr. and Mrs. Richard, 4390 W. 231st St., a boy, Scott Eric, Sept. 18.
- WILLIAMS — Mr. and Mrs. James, 4614 Paseo de las Tortugas, a girl, Alisa Linda Kelley, Sept. 18.
- MORGAN — Mr. and Mrs. John, 22912 Anza, a girl, Sally Ann, Sept. 25.

Win \$20 Grocery Order; Enter Recipe Contest

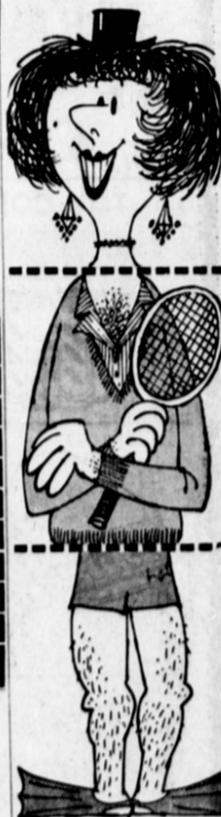
Sunday, Oct. 17, is the deadline for entering the October Recipe of the Month, sponsored by Mary Wise.

Subject this time is "My Favorite Pie." Simply write your recipe and send it in to Mary Wise Recipe Contest, care of this paper.

Winner of the contest will receive a \$20 grocery order from any store advertising in this paper.

SO LEE SAY:
 Award-Winning Sora Soy Sauce has many citations because it's so arresting with any food.

Great for BARBECUING, MARINATING, ORIENTAL FOODS



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