DR. GEO. N. MERSHON, D.C. GENERAL PRACTICE

Member of: NATIONAL and CALIFORNIA CHIROPRACTIC ASSOCIATIONS

25036 WALNUT ST.



SHINE TIME . . . Getting all set for visits to Torrance homes during Fire Prevention Week, starting next Monday, are members of the local fire department who give their new engine the once over. Captain Joe Warren, right, directs the polishers. Fire-fighters will explain to householders proper and safe hours for burning in incinerators.

Junior's Energy in Afternoon Dependent on His Packed Lunch

other schedule events, King other schedule events, King Inspect defense plants and with district city officials natters now under consider in Washington.

Jack Williams Gets

Sergeant Promotion
A Lomita man, Jack C. Williams, 23, has been promoted to sergeant while serving as a Tood inspector with the Army's area are currently taking 6008 Service Unit at Fort Lewis, when the service is a service with the Army's area are currently taking fine recruit training in San

By BOY O. GHLBERT, M. D. Los Angeles County Health Officer

Now that school days are iere again, most mothers are aced with the problem of the some packed lunch. The importance of such a sunch is reflected in the fact that the energy that a child has in the afternoon depends largely upon what he eats at noon. Thus it can be understood that a packed lunch is as important as breakfast or dinner, and, if planned from the standpoint of good nutrition, it should supply about non-third of the health foods needed during the day.

Nourishing liquid foods such as milk, fruit julees, and hosoups are too often overlooked in the packed lunch, despite the fact that they can be easily carried in jars or thermos bottles (sustards and other milk dishes as well as fruit preparations can

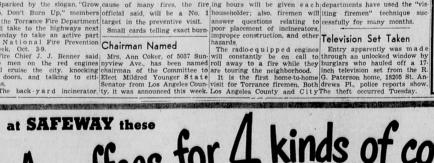
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Perfect for Sandwich Snacksl **SPAGHETTI**

Perfect with Meat Ballst Cans 25c (19%-oz. can, 2 for 35c.)

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Hydrox Cookies Graham Crackers Gold pkg. 29c Cinch Cake Mix 17-22. 35c

Cinch Cake Mix

SHORTENING CRISCO ROYAL SATIN
3-lb. 88' 3-lb. 79'



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Homogenized Milk great 20c Nonfat Milk quart 9c gollon 17c

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Fresh Frying Chickens

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COTTAGE CHEESE

LARGE SIZE GRADE AA

Typical Safeway Valu Canned Peas Super 17-0s. 17c
Salad Olives California Gift Jar 39c
Jar 39c 242-oz. 25c Dried Beef Kingon Sliced Instant Puddings 3 phon. 28c Jell-Well, Chocolate or Vanilla.

Dell-Well, Chocolate or Vanilla.

Black Pepper Crown 1 1/2-or. 18C

Dog Food Ken-L-Ration 2 16-or. 31c

White Magic Soap 23-or. 27c

Granulated, (46-oz. pkg., 53c.)

Aero Wax No Rubbing 16-or. 36c Plus (32-oz. can, 62c, plus tax.)

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