

PERFORMANCE!!!

THAT ONE OF THE SALES YOU LIKED THE BEST HAD THE MOST EXCITING ADDITIONS—TOP FLIGHT MONEY SAVINGS—AT MARKET TOWN WHERE YOUR FOOD DOLLAR

PAY YOUR UTILITY BILLS AT OUR CONVENIENT CASHIER'S BOOTH

MARKET TOWN



AT MARKET TOWN HIGHEST QUALITY--ALWAYS--LOWEST PRICES

BIG SALE DAYS—THURS., FRI., SAT., SUN., OCT. 14, 15, 16

HUGGINS YOUNG ST. CLUB - M. J. B. FREE

HILLS BROS. COFFEE 95¢

CE BREAD LARGE LOAF 25¢

BETTY CROCKER ALL PURPOSE MIX BISQUICK JUMBO 40-OZ. BOX 39¢

SWANSON'S FROZEN CHICKEN PIES 8-OZ. PIE 25¢

ARMOUR'S TREET LUNCHEON MEAT 12-OZ. CAN 39¢

MIXED FRUIT BELMONT LARGE 2 1/2 CAN 25¢

ORANGEADE BASE TANGO PURE 6-OZ. CAN 15¢

DAWN FRESH MUSHROOM STEAK SAUCE 3 6-OZ. CANS 25¢

SWANSON'S BONED CHICKEN 4 1/2 OUNCE CAN 31¢

ORE-IDA — FROZEN POTATO PATTIES 12-OZ. PKG. 2 for 35¢

THREE STAR BARTLETT PEARS LGE. 2 1/2 CAN 29¢

KRAFT DINNER 2 Reg. Boxes 25¢

STOWAWAY FROZEN HALIBUT FILETS 1-LB. BOX 49¢

CHOICE MEAT YES, AT MARKET TOWN YOU WILL FIND ONLY ONE GRADE OF MEAT—U. S. GOVERNMENT GRADED CHOICE—THE FINEST GRADED MEAT, and AT PRICES OF LESSER GRADES.



TON O' PORK SALE! PORK

Swift's Premium GRAIN-FED EASTERN

PORK ROAST LOIN END LEAN EASTERN 47¢ lb.

SPARERIBS MEATY 1 to 3 Lbs. Average 49¢ lb.

PORK CHOPS CENTER CUT FRESH LOIN 79¢ lb. LOIN 59¢ lb.

MEATY PORK NECK BONES 19¢ lb. FRESH SNOW WHITE PIGS FEET 13¢ lb. COUNTRY STYLE — PURE PORK SAUSAGE 33¢ lb. LEG "O" PORK ROASTS 59¢ lb. TENDER PORK STEAKS 57¢ lb. SWIFT'S, MORRELL'S, KINGAN'S, LUER'S HAMS 57¢ lb. NO. 1 WHOLE or SHANK HALF PORK SHOULDER ROAST 33¢ lb. 5-LB. AVERAGE

QUALITY MEATS U. S. CHOICE ONLY

STEAKS PORTERHOUSE 93¢ lb. T-BONE 89¢ lb. CLUBS 83¢ lb. NEW YORK CUT TOP SIRLOIN \$1.19 CUDAHY'S PURITAN NO. 1 BACON 1-LB. CELLO PKG. 57¢ BONELESS FILLET OF BASS 29¢ lb. BLUE WHITE BROKEN JUMBO SHRIMP 49¢ lb.

FARM FRESH POULTRY STEWING HENS 23¢ lb. N. Y. DRESSED SWIFT'S PREMIUM — BELTSVILLE 5-pound average TURKEYS 59¢ lb.

Swimming Offers Good Recreation

By HARRY VON BELLEHEM Recreation Director

Recreational directors and organizations are coming to the realization that swimming is one of the outstanding sports for both the individual and groups. Swimming is one of the few forms of recreation in which an entire family can enter because swimming requires only the amount of participation and skill that an individual wants to use or has. Swimming can be enjoyed either by an individual or a large group. Recreational director emphasize that large groups can be supervised very easily in a pool.

Swimming is further one of the few sports that lend themselves to co-education and help boys and girls to become better adjusted socially. A swimming pool provides an ideal location where boys and girls of varying athletic abilities can play. Those who are interested in strenuous activities can swim

and dive to their hearts' content. Others can take a quiet dip and then lounge and sunbath.

Keep Children Occupied

Of greatest importance is the general appeal of swimming which keeps children occupied under supervision, thereby eliminating the possibility of becoming mischievous or even delinquent.

Is it any wonder that those thinkers who are planning recreation every day see the swimming pool as the ideal, all-purpose solution for summertime activities?

Clergymen, social workers, educators, and other interested in the development of fundamental character in young people have frequently praised swimming for the many lessons it teaches.

Certainly any little child who has overcome the fear of the water has learned courage. As the child becomes confident of water, his self-reliance is in his ability to swim in deep water, his self-reliance is increased. Later, as he enters into swimming matches and other competitive games in the water, the benefits derived from competition are also his. Swimming gives an opportunity to excel to those individuals who might not be a stand-out in any other sport. This has a very definite bearing on his or her personality.

Popularity Unsurpassed Swimming is one of the few sports that can be described as both a manly sport for boys and still be lady-like for the girls. The hours of fun and joy that both boys and girls get out of a swimming pool certainly make them normal and well-equipped individuals. This type of sport with other individuals develops a sense of equality which gives him an assurance in his social group.

When the many qualities mentioned here are integrated into the character of any child, the father and mother will realize that they will have a self-assured, well-adjusted child. These desirable qualities of courage, reliance, poise, assurance, chivalry, and persistence must be taught and learned. These are, in deed, a precious heritage for you to give your children here in Torrance.

Coaches and athletic directors have long recognized that swimming is one of the best sports to develop the growing child. The growing child will develop smoothly as all muscles are used evenly.

Aids Stamina As in any exercise or sport, the youngsters' overall coordination is improved and his stamina is further developed. Swimming does a great deal to help the growing child to develop rhythm.



PREPARE FOR EARLY CHRISTMAS SHOPPING...

HAVE YOUR PHOTOS MADE EARLY FOR CHRISTMAS SO THAT YOU MAY BE ABLE TO DO YOUR MAILING EARLY COME TO...

PHOTO ARTS STUDIO

1311 POST AVE. FA 8-2830 (Next to Roths Mkt.)

STADIUM

LAST DAY

"THE ROBE" MOVIE STUNT PILOT In Cinemascope

STARTS FRIDAY 5 DAYS THRU TUES.

CINEMASCOPE



Dane Clark—Andy Devine "THUNDER PASS"

KIDDIE MATINEE SATURDAY Abbott and Costello "HIT THE HAY"

Dane Clark "THUNDER PASS" 6 Cartoons - 2 Comedies RIVER OF NO RETURN WILL NOT PLAY SATURDAY MATINEE

TORRANCE

FRI. — SAT. — SUN. Audie Murphy "SIERRA"

Ronald Reagan "BED TIME FOR BONZO"

NIPPON SHOW EVERY TUE. EVE. ALL SPANISH SHOW EVERY WED. EVE.

GOOD TASTE! FOR FINE FOOD... OR YOUR FAVORITE COCKTAIL... SERVED IN QUIET DIGNIFIED SURROUNDINGS VISIT

THE Cotillion 2522 Redondo Beach Blvd. — At Felton Lane —

HARBOR DRIVE-IN PER CAR LOAD 125 THEATRE TE 4850 23322 SOVERMONT AT SEPULVEDA NOW SHOWING

SECRET OF THE INCAS

THE DESPERADO SUN. — MON. — TUES.

EASY TO LOVE

GOG