

THERE'S BEAUTY IN OUR UNDERSTANDING, TOO

STONE & MYERS
Mortuary

1221 ENGRACIA AVE. PHONE 8-1212
MRS. BESSIE V. MYERS
Free Parking in Rear

Sleep Needs Vary Widely Among Individuals County Doctors Say

What I wouldn't give for a good night's sleep!" How often have you heard that remark, and, indeed, made it yourself. Why? Because you arose from bed feeling tired, restless, and full of tension, and feeling too, perhaps, you hadn't had any rest at all. How much sleep should you have? It varies in individuals, but an average of eight

hours is a good yardstick. What is sleep? The dictionary defines it as that period of rest for the body and mind, during which volition and consciousness are in partial or complete abeyance and the body functions partially suspended.

healthy person who wants an unusual amount of sleep is not suffering from mental exhaustion, but from lack of exercise and sluggish digestion. In fact, there are some authorities who believe that oversleeping is just as bad as overeating.

While the required hours of sleep vary in individuals, the rest is essential to good health. Some persons fare very well on a few hours sleep, while others require more than the average eight. The type of sleep also plays a role in the amount of rest.

A restless sleep, interrupted frequently by fitful periods of waking, is not conducive to good repair of body tissues. A good, sound sleep provides complete recovery from previous fatigue. Less than the conventional seven or eight hours of sleep proves, in most cases, wearing. The result is not only a haggard face, but a strained disposition.

There are many persons who believe they require more hours of sleep, anywhere from 10 to 12 hours. As a rule, the

Since sleep is essential to good health, giving the body opportunity to rest emotionally and physically, every effort should be made to induce body-building hours of slumber. Good sleeping habits should be established. Freeing the mind of all care and worry is one step. Problems cannot be solved by restless thrashing in bed. A mind, refreshed by a quiet sleep can cope with the exigencies of everyday life with more logical application.

Room temperature is important to sleep. A temperature that is too warm or too cold for the individual can be an obstacle. Fresh air is important, but this does not mean that the sleeping room should be exposed to cold blasts of winter temperatures. Bed clothing should be comfortable as should sleeping apparel. The type of garment is an in-

OPEN SUNDAY 9-2—ALL DAY SAT.

CORRUGATED FIBERGLASS PANELS

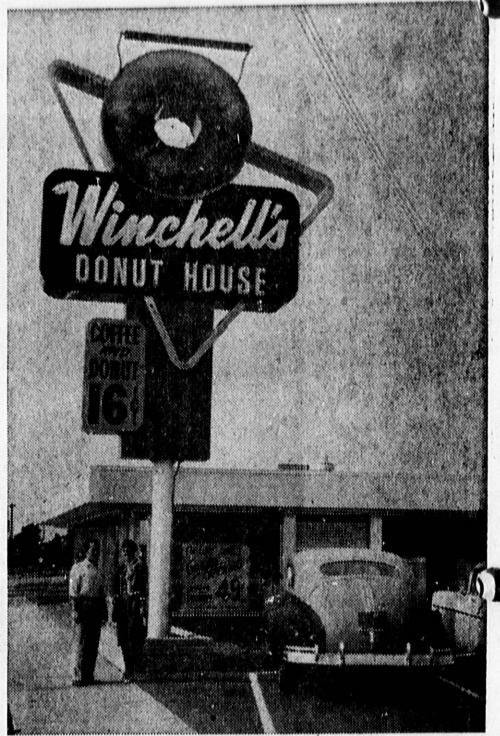
Assorted Colors Long Lengths Excellent Quality

29¢ Sq. Ft.

BAY CENTRAL

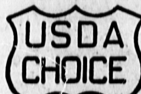
IS THE PLACE—
COME IN & MAKE US PROVE IT!

2407 W. SEPULVEDA
TORRANCE FA 0-0724



NEW BUSINESS . . . Chuck and Julie Wiggett are pictured in front of the newest Winchell's Donut shop, which they will manage at 174th and Prairie north of Speedee Mart market. Besides 23 delicious varieties of doughnuts, the 81st shop in the chain will feature coffee, chocolate, malts, and soft drinks. Opening tomorrow with a doughnut special of 49 cents a dozen, the new store will be open from 7 a.m. to 11 p.m. (Herald Photo)

Safeway Chucks Are Different!



*Safeway Chuck Steaks and Roasts are guaranteed to be perfect eating every time or your money will be cheerfully refunded.

*Safeway Chuck Steaks and Roasts are cut from the same top quality beef as our finest sirloin steaks or rib roasts. No "below par" chucks are purchased by Safeway. Our chucks are aged for top flavor, too.

*Safeway Chuck Steaks and Roasts are trimmed just as carefully as our finest steaks. No excess bone or fat to cost you extra.

*Safeway Chuck Steaks and Roasts are cut only from the choice portion of the forequarter. You'll never get a "Neck Cut" when you buy a chuck roast or steak from Safeway.

	Blade Cut Chuck Roast lb. 45¢ <small>No Neck Cost</small>		Seven Bone Chuck Roast lb. 49¢		Round Bone Shoulder Swiss Steaks lb. 59¢		Beef Shoulder Boneless Steaks lb. 89¢
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Low, Low Prices plus Blue Chip Stamps

SAFEGWAY COUPON

Candi-Cane Pure Cane

Sugar 5-lb. bag **35¢**

With This Coupon Good Thurs.-Sun., June 2, 3, 4, 5, 1960 at Safeways in Los Angeles, Orange, Riverside, San Bernardino, Ventura, Santa Barbara counties, except Santa Maria, Lompoc, Barlow, Victorville, Big Bear, Blythe and Avenal.

Limit 1 coupon to customer.

Apple Sauce

Highway brand 8 16-oz. cans **\$1.00**

New Potatoes

Highway Small, whole 12 15-oz. cans **\$1.00**

We Give BLUE CHIP STAMPS

Angel Cake
Curtis Baked, Party Type 3 cakes \$1.00
12-oz. ring **35¢**

Sweet Rolls
Curtis Baked, Butterroll, Pineapple Coffee Cake or Jelly Snail
pkg. of 2 **19¢**

Raisin Bread
Mrs. Wright's-Check full of raisins
15-oz. loaf **25¢**

Boneless Beef Cubes For shish-to-bob, to braise or stew **79¢**

Boneless Beef Brisket Fresh Lean **89¢**

Ground Beef Chuck Fresh Ground Extra Lean **65¢**

Fresh Sliced Bacon Kingan's (Hygrade) Circle K Brand 1-lb. pkg. **49¢**

California Grows

Fresh Roasting Chickens

Whole 4 to 5 lb. Size **49¢**
Cut-up to fry lb. 53¢

Ground Beef Fresh Lean **45¢**

Beef Steakettes A Breakfast Treat **89¢**

Bologna Chub Safeway Quality **1 1/2-lb. also 79¢**

Smoked Pork Loin Danish 2-lb. Purpose can **\$2.98**

Fishsticks Captain's Choice Pre-cooked **59¢**

Perch Captain's Choice Pre-cooked **59¢**

Yes, We Give Blue Chip Stamps with All Meat Purchases!

Zee Tissue Toilet Paper White, Aqua, Pink or Yellow (Packaged in 4-Roll Packages) **12 rolls \$1.00**

Canned Peas Gardendale Sweet **10 17-oz. cans \$1.00**

Hunt's Catsup Real Red Tomato **2 14-oz. btl. 29¢**

Welchade Grape Drink qt. can **29¢**

Stewed Tomatoes Town House **6 16-oz. cans \$1.00**

Lunch Box Spread Makes every sandwich taste better! quart jar **59¢**

Pard Crunchers Dry Dog Food 8 1/2-lb. pkg. **95¢** 4-lb. pkg. **49¢**

Longhorn Cheese Excellent for appetizers, party snacks or sandwiches **59¢**

Grade AA Fresh Eggs

Cream of the Crop—Every egg guaranteed. Rushed to you from nearby farms at flavor peak of freshness.

Medium Size 2 1-do. cnts. **79¢** Large Size 2 1-do. cnts. **85¢**

FROZEN FOODS

Fill your freezer with today's best food values . . . buy Frozen Foods!

Banquet Dinners
Choice of Ham, Beef, Turkey or Chicken **49¢** pkg.

Broccoli Spears
Bel-air Premium Quality. Serve with cream sauce. **4 10-oz. pkgs. \$1.00**

Brussel Sprouts
Bel-air Premium Quality. Firm, Tender and Tasty. **4 8-oz. pkgs. \$1.00**

Ore-Ida Tater Tots
Just right size pieces of high quality potatoes. **1-lb. pkg. 29¢**

Mrs. Wright's Rolls
Choice of Parker House or Clover Leaf Rolls **2 pkgs. of 12 29¢**

Big Values in Small Type

Instant Tang Orange Drink 7-oz. can **37¢**

Sweet Potatoes Highway in Syrup 6 16-oz. cans **51¢**

Chunk Style Tuna Chicken of the Sea 6 1/2-oz. can **33¢**

Dubuque Temt Luncheon Meat 12-oz. can **43¢**

Chopped Ham Dubuque Brand 12-oz. can **49¢**

Vienna Sausage Dubuque Brand 4-oz. can **21¢**

Corned Beef Hash Dubuque Brand 16-oz. can **39¢**

Free Color Portraits

AT CARSON AND WESTERN SAFEGWAY SPONSORED BY THESE PRODUCTS

Foremost Milk 2 tall cans 29¢

M.J.B. Coffee Vacuum Pack 1-lb. can 69¢

M.J.B. White Rice 24-oz. pkg. 41¢

Frozen Pies Johnston Assorted Family Size 59¢

Kold Kist Chili 4 for \$1.04

Kold Kist Steaks 10 for \$1.04

Kold Kist Chicken 54¢

Oh Boy Cheese Pizza 45¢

Oh Boy Deluxe Pizza 55¢



Sweet Corn

Our Safeway buyers have personally selected this corn as the finest, most fully matured to be found on the market today. The kernels are plump and tender, ears well filled, no worm scars or dry ends.

Golden Cross Full Sweet Kernels 4¢ ear
Dozen Ears . . . 45¢

Lettuce Large Crisp For and Summer Salads **10¢** head

Pineapple Sugar Leaf Variety Large Size (each 3 1/2 lbs.) **3 for \$1.00**

PRICES EFFECTIVE Thurs. thru Sunday, June 2, 3, 4, 5, 1960

SAFEGWAY

Blue Chip Stamps given with each purchase except fluid milk products, cigarettes, tobacco or alcoholic beverages. The kernels are plump and tender, ears well filled, no worm scars or dry ends. Applicable taxes collected. Subject to stock on hand. We reserve right to limit and not sell to other merchants. Merchandise sold in quantities as advertised.

dividual matter. Some persons like pajamas, for example, while others prefer to sleep in the "raw."

Sleep inducers should be avoided. These are but crutches for a normal pattern of sleep. Many sleeping pills and powders, unless taken definitely under medical supervision, are habit-forming. The user depends on the sleep inducer for rest instead of seeking medical help to free him of his insomnia.

Classified School Workers Meet Tonight

Classified employees of the Torrance Unified School District will attend the regular monthly meeting on Thursday, June 2, at 7:30 p.m. in the conference room of the Educational Materials Building on Plaza del Amo. Of special interest to all will be the showing of a film entitled, "Rescue Breathing," according to Irene Smith, program chairman.

(POLITICAL ADVERTISEMENT)

Re-ELECT

VINCENT THOMAS

YOUR FAITHFUL REPRESENTATIVE

IN THE

CALIFORNIA ASSEMBLY

68th District

This seasoned legislator has represented your 68th district faithfully and effectively for the past 18 years. He has served on many important committees that have vitally affected the growth and development of this district and aided in solving the problems of our great state.

A resident of the district for the past ten years he has won the respect and confidence of civic-minded citizens irrespective of party affiliations. Always he has placed the best interests of his district and California first.

He is endorsed first of all by citizens who want and appreciate good government. He has the specific endorsements of prominent organizations representing all phases of community life including labor, business and industry, religious, patriotic and fraternal.

VOTE FOR

VINCENT THOMAS

DEMOCRATIC BALLOT

PRIMARY ELECTION

TUESDAY JUNE 7, 1960

(POLITICAL ADVERTISEMENT)