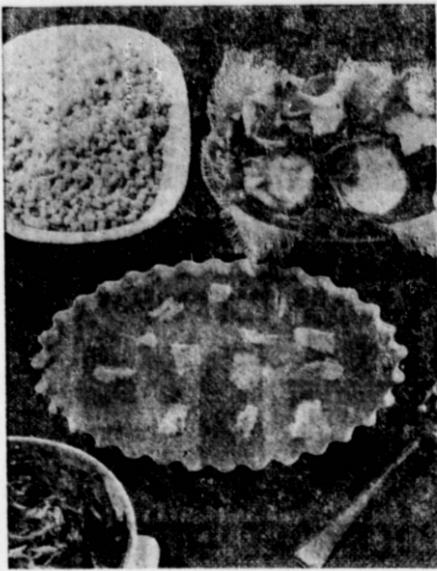


MARY WISE



TUNA TOMATO RAREBIT provides economical nutrition for supper or brunch entree for any time of year. With vegetables as go-withs it rounds out an easy menu of value.

Tuna: As You Like It Is Available Booklet

Popular canned tuna, a familiar item in every American home, is economical, nutritious and easy to prepare in so many ways. Summer calls for its use again and again.

To aid you in suggested uses, the Tuna Research Foundation has prepared a booklet which is free to you upon the asking. It is entitled: **TUNA: AS YOU LIKE IT.** This 21 page booklet contains many recipes and facts of tuna and the industry. Send your name and address to: Tuna Research Foundation, Ferry Building, Terminal Island, California, for your copy.

Savor the Flavor!

Do meat balls a flavor favor by combining ground beef, olives, buttermilk and seasonings.

- OLIVE MEAT BALLS**
- 1/4 cup ripe olives
 - 1/4 lb. ground lean beef
 - 1/4 cup buttermilk
 - 1 tsp. grated onion
 - 1/4 tsp. Worcestershire
 - 1 tsp. salt
 - Pepper
 - Fine dry bread crumbs
- Chop olives. Combine with other ingredients except bread crumbs and shape lightly into small balls. Roll in crumbs.
- Fry in small amount of hot oil.

Our Pacific coast catch of tuna includes albacore, bluefin, skipjack and yellowfin and all are equally desirable. Try one in this recipe for Tuna Rarebit.

- TUNA TOMATO RAREBIT**
- 2 cans (6 1/2 or 7 oz.) tuna
 - 1 can (10 1/2 oz.) condensed tomato soup
 - 1 cup grated cheese
 - 1/2 tsp. prepared mustard
 - 1/4 cup light cream
 - Toast cups, patty shells or toast
- Drain tuna. Rinse if desired and drain well. Break into large pieces.
- Combine all ingredients in saucepan or chafing dish and heat to boiling point, stirring constantly. Serve in toast cups, patty shells or on toast. Serves 6.

A Closer Look

By Ernest Kreiling

HOLYWOOD — Since 1949 radio and television stations have had the right to present on-the-air editorials on issues of public interest.

One limitation has prevailed however. Unlike newspapers, broadcasting stations, because they use publicly licensed frequencies, have "the affirmative duty generally to encourage and implement the broadcast of all sides of controversial public issues," meaning that if a station takes a stand on, say, an urban renewal project, opponents of the project must also be given a chance to air their views.

In spite of this obligation approximately one third of the AM radio stations and TV stations have taken to airing clearly labeled editorials at least once in a while. Almost without exception they have found that their prestige and stature in the community has been immeasurably enhanced, and that the public quickly accepted the right of stations to express editorial opinions. (Recently some Congressmen charged the networks of presenting one-sided and biased documentary programs. Although important, this is a different problem from that of airing clearly identified editorials.)

BUT LAST YEAR 133 of the 4,500 radio stations and 15 of the 50 television stations were audacious enough to editorialize for or against specific candidates. Suddenly Congress began to take an interest in this practice which for years the FCC, the National Association of Broadcasters, industry leaders, critics, and scholars had all been encouraging.

As long as the editorials have supported mother, country, and baseball and militantly and

courageously opposed scarlet fever, orphanage fires, and crab grass this quaint little practice of using publicly licensed airwaves to express private opinion was harmless and worthy of little attention.

But now the insidious broadcasters had dared to express an opinion about legislators and would-be legislators. Clearly something had to be done about such an evil conspiracy, so a few Representatives hurriedly wrote some new laws and called a hearing to discuss this dastardly practice, which just by chance also had considerable news value.

THROUGHOUT a week of rantings and hearings the strange logic was put forth that perhaps radio and TV stations

could be allowed to editorialize unfettered on local issues, but not on national issues, a policy that would just coincidentally help immunize Congressional candidates from becoming the subject of broadcast editorials.

E. William Henry, chairman of the Federal Communication Commission (a group not recently found guilty of under-regulation of broadcasters) recommended fluently against new legislation, feeling instead that the problems of overall fairness and balance could be best handled by the Commission laying down some additional guidelines for stations.

THERE ARE indeed some serious problems involved in the matter of editorializing, such as the possibility of stations editorializing against a candidate the day before an election when there was no time left for the required opportunity to reply.

But these and other delicate matters require some careful, sober thought and discussion in an atmosphere of calm deliberation. The public's interest isn't likely to be served through hastily called hearings that are motivated essentially by considerations of Congressional job tenure rather than by a desire to mold long range public policy that effects the freedom of speech.

Tires have their own speed limits. Tire studies reveal that driving regularly at speeds in excess of 60 m.p.h. will wear out tires three times as fast as 50 m.p.h.



- | | | | | |
|--------------------------|--|------------|----------------------|---------------|
| Cottage Cheese | Lucerne Quart ctn. | 49¢ | Pint ctn. | 25¢ |
| NuMade Mayonnaise | Includes 5c Off | | 24-oz. jar | 39¢ |
| Hi C Drinks | Orange or Grape | 4 | 46-oz. cans | \$1.00 |
| Frozen Lemonade | Bel-air Regular or Pink | 3 | 12-oz. cans | 69¢ |
| Apple Pies | Bel-air Frozen "Quick Bake" | | 8-inch size | 33¢ |
| Ice Cream | Lucerne Party Pride Gourmet Bulk Pack—Round Carton | | 1/2-gal. ctn. | 79¢ |
| Ice Tea Blend | Canterbury Black | | 1/2-lb. pkg. | 59¢ |

Edwards Coffee

Vacuum Packed Drip, Fine or Regular

1-lb. can 49¢

Scot Tissue

Full 1000 Sheets

roll 10¢

Ozark Briquets

10-lb. bag 69¢

20-lb. bag \$1.29

5-lb. bag 39¢



Safeway's (the) place to buy **Center Cut Round Steak**

USDA Choice Beef

Bone in **69¢**

Save 29c lb.

Barbecue Buys Turkey Quarters

Young Grade A Drumstick and Thigh **lb. 29¢**

Fryer-Roaster Young Turkeys

6-lb. Min. Wt. ea. **\$2.89**

7-lb. Min. Wt. ea. **\$3.29**

Dubuque **Canned Ham**

Fully Cooked Boneless

5-lb. can \$3.89 Save 80c

- Sliced Bacon** Luer or Yorkshire 1-lb. pkg. **59¢**
- Sliced Liver** Baby Beef lb. **59¢**
- Frying Rabbits** Tender Fresh, Local lb. **59¢**
- Franks** Safeway All Beef Vacuum Pack 1-lb. pkg. **59¢**
- Cotto Salame** Gallo Sliced 5-oz. pkg. **29¢**

- Ground Chuck** Lean Beef Shoulder lb. **59¢**
- Corned Rounds** Boneless Beef lb. **69¢**
- Corned Brisket** Boneless Beef lb. **69¢**
- Fish Sticks** Captain's Choice 3 8-oz. pkgs. **\$1**
- Finnan Haddie** Smoked Cod Fillet lb. **49¢**

- Grade AA Fresh Eggs**
- Cream O' the Crop Lucerne Brand
- Medium 1-do. 39c Large Size 1-do. 49c
- Large Size 1-do. 45c Extra Large 1-do. 51c

Dollar Values

Cut Green Beans Highway 16-oz. can Your Choice

Golden Corn Highway Vacuum Packed—12-oz. Green Giant 7-oz. can **7 for \$1**

Jack Mackerel 16-oz. can

Mustard Greens Highway 16-oz. can

Frozen Vegetables

Bel-air Family Pack — Plio Bag

Mixed Vegetables Fordhook Limas Whole Kernel Corn Cut Green Beans, 28-oz. bag, 49c

2 -lb. bag 49¢



Cantaloupes

Jumbo Size Thick Meated. For Breakfast or Dessert

6 for \$1.00

- Sun Grande Freestone Nectarines** lb. **19¢**
- Vine-ripened Large Slicing Tomatoes** lb. **19¢**

• Radishes • Green Onions • Cucumbers • Sweet Corn

Your Choice **4 for 25¢**



Prices Effective Thursday thru Sunday July 25, 26, 27, 28, 1963 at Local Safeway Stores

NO LIMITS — Buy all you want at Safeway

Copyright 1960-61-62 and /or 1963 Safeway Stores Incorporated

Carson at Western, Torrance • Narbonne at 101 Hwy., Lomita

GOODNESS! Look what's new from **Nesbitt's**

ORANGE CRATE COOLER

\$6.00 value **\$2.50** JUST

Pick up coupon on Nesbitt's six-pack at your favorite store today

WHAT IS IT THAT HAS A BEARD, THREE FULL GLASSES AND TALKS ABOUT FISHES THAT FLY LIKE BIRDS YET?

It's a genuine **GARY OWENS**, brought to you by the makers of 710 on your radio dial.

Fantastically funny. The real funky stuff. Not sweet, not drippy. No OWENS listener has ever had to burp his radio.

GARY OWENS happens each evening at 9:05 on good, old **KMPC**. Enthusiastically sponsored by delicious **RC Cola** and the **Big White Steamship** that goes to Catalina. Back, too.

Blue Chip Stamps given with each purchase except cigarettes, magazines, tobacco, alcoholic beverages or fluid milk products.