## Economic Doctors Watch For Signs of Inflation

Seafoad Sea-lections wsym orsus zew mest ovie sot $= \pm$ wis


## Birds Eye-Frozen-Fully Seasoned

 VEGETABLE DISHESPeas, Corn or Green Beans With Buther, Corn 8
Peas With Tomatoess, Peass With Onions, Peal
With Celery, Peas in

Rosarita Combination Plate nozerna. 38.


Van's Bakery VON'S ENGLISH MUFFINS
 VONS RRESH CORN MUFFINS Pkg. of $6 \ldots 29 \mathrm{ar}$ Buterly Coffee Cakes $45^{\circ}$ Von's Enriched Bread

| Liguar Features STRAIGHT BOURBON <br>  <br> ${ }^{86}$ Proot Save 40 ( ${ }^{2}$ <br>  |  |
| :---: | :---: |
|  |  |

Leslie Table Salt $n=10$
Star-Kist Tunamencime 23
 Sandwich Baggies : 29 Yuban Coffee

| Big Dollar Buys! | RED KETTLE SOUPS |
| :---: | :---: |
| LIBBY's TOMATO Juce "... | Boat Noode, Ca |
| MEATS FOR BABIIS | Vegetobolo with |
| HI MEAT DINNERS 6 : | ${ }_{2}$ PKG. PACK $\quad$, 5 |
| SPAGHETII in Sauce | Your |
| LORD \& LADY CAT FOOD |  |

## 

All Meat Franks wimes.i. wiver $49^{6}$
 Cottage Cheese chamedidit icm $25^{\circ}$


## 



[^0]1260 W. REDONDO BEACH BLVD.-IN GARDENA

SEAT BELTS STANDARDIts now virtually official:
starting in 1964 all new cars in
the U.S. will have factory-inte U.S. will have factory-in-
stalled seat belts. Safety organizations have pressed for this
for more than a decade, claiming the belts cut traffic deaths as much as 52 per cent. dicating the addition of belts
won't add more than a few dollars to the full list price,
thanks to mass-production economies. Until now, ordering
your own set of the devices yeant an extra charge of about $\$ 20$ for a front-seat pair.
BITS O' BUSINESS
dential construction is helping dential construction is heiping
pace the building industry to
what is what is likely to be a near-rec-
ord year. Total contract awards ord year. Total contract awards
in July came to $\$ 4.1$ billion, up
in 10 per cent over the same 1962
month...Chicken is account. month. . Chicken is account-
ing for an increased share of ing for an increased share of
meat consumption, currently
about 20 per cent compared about 20 per cent compared
with 15 per cent in 1950; pork's share of total consumption has
shown a gradual decine over shown a gradual decline ove
the same period and now
no Stop Smoking Plan Offered In Torrance
A newly developed five-day
program to help smokerz quit smoking will begin in Torrance Sunday evening. The program is based on group therapy,
The five-evening course willThe five-evening course wild be offered free to those who
wish to quit smoking. Sessions
will terin Sunday at 7.30 pm will begin Sunday at 7:30 p The free course is being offered as a public service by
the Torrance Seventh-day Adthe Torrance Seventh-day Ad-
ventist Church, according to ventist Church, according to
Pastor Manson Metcalf of the local congregation. The fiveday plan is not a religious pro-
gram.
Such topics as the psycholog.
ical and physical aspect3 of
smoking how smoking, how craving can be
lessened, how will power can lessened, how will power can
be strengthened, the physical be strengthened, the physical
effeets of smoking, and the or-
ganization of a buddy system ganization of a buddy system
will be covered during the five
evenings.


[^0]:    5035 PAC. COAST HIWAY AT CALLE MAYOR - IN TORRANCE

