

**Appoint Local
Man as District
Manager of CIBA**

John D. Gulbransen has been appointed district manager of the new Los Angeles, California district of CIBA Pharmaceutical Products Inc., it was announced by Paul W. Roder, vice president in charge of marketing.

Before being named to this newly created position, Gulbransen was a professional service representative. He received a B.S. degree from the University of Southern California.

Gulbransen is married and has one child. They live at 22615 Drallie Drive, Torrance, 1-18 A. A. SILVER

A. A. Silver of 1411 Acacia St., Torrance, was honored by Tidewater Oil Company for 35 years of service to the Flying A firm at the Company's annual Diamond Service Emblem Dinner Wednesday evening (March 8, 1961) at the Ambassador Hotel in Los Angeles, California.

Silver was one of 121 Tidewater employees from the Los Angeles Basin, Ventura Coastal area and San Joaquin Valley to receive diamond service awards from Charles R. Brown, Tidewater vice president, and Western Division General Manager.

The principal speaker was George F. Getty II, Tidewater president.

The annual dinner honors employees with 25 years or more (at five-year intervals) of Tidewater service.

**Beginners Class
Set for March 29**

A new Harbor Lite Dog Obedience beginners class will start at Peck Park, 560 N. Western, San Pedro on March 29 at 7 p.m. Registration will be taken at the Directors office.

Nine week training course will consist of heel on leash, automatic sit, stand for examination, free heel, recall, long sit, and long down.

Highlights of the course will be graduation at which time handler and dogs will be judged by point system. Judge will be provided through the courtesy of the Harbor Lite Dog Obedience Club. Trophies will be awarded Handler and Dogs receiving highest score. Perfect score being 200. Also graduation certificate will be awarded.

The Harbor Lite Dog Obedience Club is sponsor of Girl Scout Troop 2000, and has recently bought camping equipment for the troop.

My Aching Head

Practically nobody gets through life without having a headache. In fact, it's been estimated that the average person suffers at least half a dozen headaches a year, severe enough to drive him to the aspirin bottle.

To set nervous fears at rest, less than one-half of one percent of severe recurring headaches are due to brain tumor. Headache may be a sign of tuberculosis, asthma, chronic bronchitis, heart disease, blood disorders, kidney disease, high blood pressure, eye strain.

Headache can also come from poor ventilation, fever or hunger. By far the most common type of headache is the tension headache, a full, steady pain across the forehead. Pain right on the top of the head can result from a neurotic state.

Sinus infection and noise are both over-rated as headache causes. Sinus infection may account for an occasional headache, but hardly for headaches which recur over a long period of time. And it's so much noise itself which gives you a headache, as your irritation with the noise.

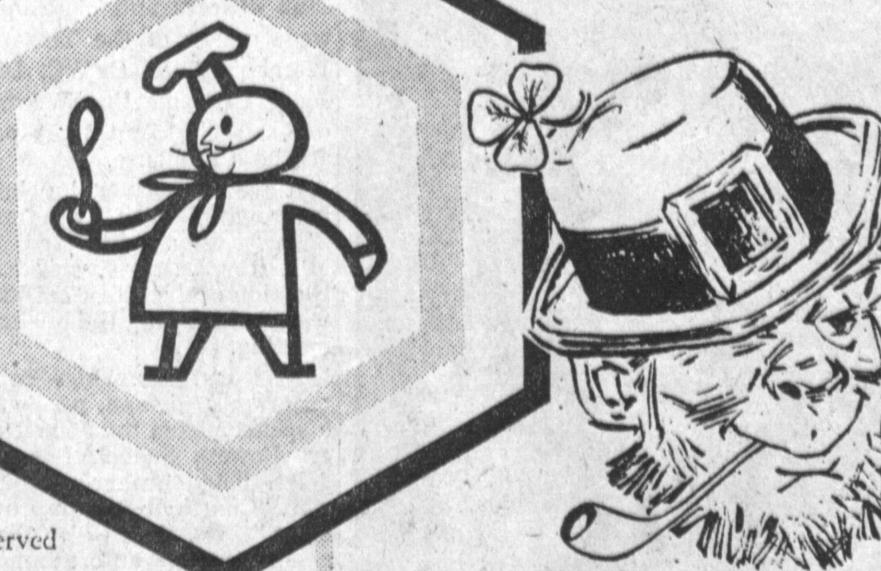
When should you see your doctor about a headache? There's no one answer to that. If you're worried that something might be wrong, by all means go to your doctor, even if the visit merely relieves your anxiety, since that can cause a headache, too. You should also see a doctor if the kind of headaches you get change suddenly, if you have trouble with your vision or hearing as well as a headache, if you have weakness or numbness on one side of your body along with the headache, and if you have any trouble concentrating.

RAIN-OR-SHINE COAT

A new version of the rain-or-shine coat is the reversible cape, backed with cotton poplin for spring showers and putting on a lovely wool flannel front when it's sunny.

MAGIC CHEF

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ALL US LEPRECHA SHOP AT MAGIC

And Get Blue Chip Stamp

4 MAGIC SALE DAYS
Thursday thru Sunday
March 16, 17, 18, 19.



Light Meat
No. 1/2
Can

Bit O Honey Brand. The finest label for your table! In a tall 303 Can.

GARDEN PEAS 2 for 29¢

Ma Perkins Brand. Try a Sliced Pineapple Salad tonight. No. 1 1/4 Can

SLICED PINEAPPLE 19¢

Peter Pan Brand. Here is real Mexican style chili with excellent flavor in a 15-oz. Can

CHILI AND BEANS 25¢

C.H.B. Brand. Here are plain or kosher dills at their very best in a 58-oz. Jar

C.H.B. DILL PICKLES 59¢

**C.H.B.
MAYONNAISE** 29¢

Price includes
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Johnson's Frozen
**CREAM OR
FRUIT PIES**
Strawberry
Chocolate
Coconut Cream
Apple
Boysenberry
Pumpkin
Mince
9-inch Pie
49¢

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TOMATO SOUP
Jumbo Size
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Jack and the Bean Stalk Brand, is the fine quality you want to serve. Tall 303 Can

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Ma Perkins Brand, for flavor and quality that is hard to find try this 303 can of

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WONG'S FROZEN
CHINESE DINNERS
Cantonese
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Flav R Pak, Frozen
CORN ON THE COB
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Tip Top Brand. Grow Strong, just like Popeye with spinach.
LEAF SPINACH
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8 Year Old "Doyle Springs" Straight
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CANNED HAMS
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From Bonnie Scotland "Carrs"
Distilled and Blended in Scotland
IMPORTED SCOTCH
Full \$3.98
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Grand Taste—Tender
FRANKS
1-lb. Cello
49¢

Elder Brau Premium, Case of 24 Cans—\$4.29
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16-oz. Cans

Wisconsin—Mild
CHEDDAR CHEESE
By The Piece
55¢

MAGIC CHEF PLENTIFUL PRODUCE
EXTRA FANCY WASHINGTON WINESAP APPLES
4 Lb. Cello Bag
39¢

RAIN-OR-SHINE COAT
A new version of the rain-or-shine coat is the reversible cape, backed with cotton poplin for spring showers and putting on a lovely wool flannel front when it's sunny.