

WHITE FRONT'S OWN 1st QUALITY
HARDWOOD
SMOKED

SLICED BACON

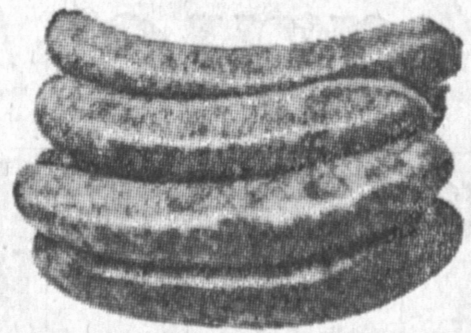
49^C
Lb. Pkg.

TRIMMED TO PERFECTION

U.S.D.A. Choice, Supreme Quality
Club Steaks 98^C lb.

FRESH 'N LEAN
Ground Beef 37^C lb.

FRESH AND EXTRA LEAN
Ground Chuck 57^C lb.



FARMER JOHN • SKINLESS

FRESH PORK

LINK SAUSAGES

3 8-oz. Pkgs. 69^C



PRICES EFFECTIVE OCT. 17-23

SO LEAN & FRESH
Ground Round 67^C lb.

Center Cut Boneless Steak
SWORDFISH 57^C lb.

Farm Fresh Chickens
Grade A—Fryer
ROASTERS 39^C lb.

FARMER JOHNS • SLICED & TIED
PORK SHOULDER

SMOKED PICNICS

Looks and Tastes Like Ham
39^C lb.



PROGRESSO TOMATO SAUCE

REG. 8-OZ. CAN
5^C
Save 4c



CRISCO SALAD OIL

Large 24-oz. Bottle
25^C
Save 8c



DAILY DIET Top Quality DOG FOOD

FOR HAPPY PETS
NO. 1 TALL CAN
Save 5c
5^C

Crackling Good Flavor!

WASHINGTON • FANCY
GOLDEN DELICIOUS
IDAHO
DEEP RED JONATHONS
WASHINGTON
GME BEAUTIES
WEST • EXTRA FANCY • DEEP RED

DELICIOUS APPLES
2 lbs. 19^C
MIX OR MATCH

Prices for Fancy Apples

Produce Prices . . . Anywhere!

FINEST QUALITY
LARGE HEADS
ROMAINE 3 for 19^C

U.S. No. 1 FANCY
BROWN SWEET
SPANISH ONIONS 3 LBS 19^C

BRACH'S OR PEARSONS
MIX OR MATCH
3 lbs \$1.00

PRESERVES
PURE • TOP FLAVOR
Strawberry, Blackberry, Peach, etc.
4 Big 18 oz. Jars \$1.00
SAVE 32c

SAN BERNARDINO
499 ORANGE SHOW ROAD
FRIDAY 11:30 to 10 P.M. • SATURDAY and SUNDAY 9:30 to 8 P.M.

LARRY'S • FROZEN
Sandwiches 49^C
Twin Pack
BBQ BEEF or PASTRAMI

CURTISS—HALLOWEEN PACK
Baby Ruth or Butterfingers 3 20 Count \$1

HAMLET LUNCHEON MEAT 33^C
12 OZ. SQUARE CAN

DELICATESSEN
DUBUQUE • LEAN & TENDER

HAM 5 \$3.98
Pound Can

CURTISS • HALLOWEEN
CHEWEES 49^C
Orange Licorice 120 Count

PROGRESSO • CONCENTRATED
Spaghetti Sauce 10^C
6-oz. Can

Globe A-1 Macaroni or SPAGHETTI 2 FULL LB. PKGS. 29^C

GRAND TASTE • ALL BEEF
SALAMI CHUBS 49^C
12 oz. Chub . . .

GRAND TASTE 2-lb. Bag
JUICY FRANKS 79^C
TENDER

Miss Wisconsin • Medium Sharp
LONGHORN 10-oz. Pkg. 45^C

FRENCHS • BLACK
PEPPER 29^C
4-oz. Can
SAVE 8c

SEGO LIQUID DIET 4 Asstd. 10-oz. Cans \$1.00

BEER MAIER'S "102" 6 12-oz. Cans 89^C

Libby's Seasoned Vegetables

Peas with Pearl Onions 4 F \$1
Peas and Celery 4 R \$1
Corn, Peas & Tomatoes 4 R \$1
PEAS with Cream Sauce 2 55c
FORDHOOK LIMAS with Cheese 2 69c
MIX VEGETABLES with Onions 2 69c

'Living with Your Heart'

By JOHN L. DENNEY, M.D.

Many questions arise in the minds of Mr. and Mrs. Torrance about their hearts, partly because such a wealth of misinformation has existed over the years.

The Los Angeles County Heart Association reports that the human heart is a tremendously tough muscle about the size of your balled fist. It rests near your spine and on your diaphragm and in 70 years it beats more than 2½ billion times.

Each hour it circulates and recirculates your 11 pints of blood at the rate of 166 gallons, and in a biblical lifetime pumps more than 100 million gallons of blood!

Its only rest is that very brief interval between beats, more testimony to its qualities of strength and endurance.

Yet the heart disease rate shows that even this marvelous muscle is not indestructible and needs the kind of care that moderation and regular physical activity can provide.

Here are some of the most-asked questions about heart disease:

1. Do people under 35 have heart disorders?

Heart disorders can occur at any age, but the most common types below 35 are rheumatic disease and congenital heart defects.

2. Are active sports harmful to the heart?

Competitive sports usually are not harmful to the youth or young adult whose heart is normal. Highly competitive sports are harmful to young people with heart disorders and to those of middle age or past.

3. Do emotional upsets affect the heart?

Yes, they can, in much the same way as does excessive physical activity. Persons with coronary heart disease may suffer heart attacks during an emotional outburst.

4. Is shortness of breath upon exertion a symptom of heart disease?

Sometimes, but certainly not always. We all get

breathless with exercise and those with heart disorders become uncomfortably so. But disorders other than heart trouble also may lead to shortness of breath.

5. Is palpitation a symptom of heart disorder?

This is common to nervous people without heart disease. More rarely it may accompany cardiovascular disease as a signal the heart is being overworked.

6. If the heart sometimes skips a beat, is this a sign of a heart disorder?

No. As a rule, this has little significance.

7. Is pain in the left arm a symptom of heart disease?

Usually only in persons over 40. Characteristically, heart pain radiates from the mid-chest into the left shoulder and down the inside of the left arm. This same pain may be triggered by conditions other than heart disease.

8. What are the symptoms common to most types of heart disorders?

Uncomfortable breathlessness is apparent from foregoing questions and answers that many of the aches and pains associated in the public mind with heart disorders more often indicate something else entirely.

Yet, it is the part of common sense to tell your family doctor if you have recurring symptoms of any description. For only the doctor can accurately diagnose a heart or blood vessel disorder, or any other major ailment. See him periodically, tell him everything, and place your trust in him.

By the way, if you have not made your yearly appointment with your doctor, why not phone him today? It will be 1964 before you know it.

This interesting pamphlet and others on heart and blood vessel disorders can be obtained by writing your Southwestern Region office of the Los Angeles County Heart Association, 16811 Hawthorne Blvd., Lawndale, or by calling 371-3591.

California Insurance Fund Is Second Highest Among States

California unemployment insurance fund is second highest among the states and is thoroughly solvent in terms of any realistic forecast of potential unemployment insurance benefit payment needs, Albert B. Tieburg, director of employment, said today.

Spelling out highlights of the state unemployment fund's condition, and commenting on its significance for California's economy, Tieburg said:

1. The California unemployment fund balance of \$654½ million on Sept. 30, 1963, was \$36½ million greater than on the corresponding date last year. The California total stood second only to that of New York, and more than 50 percent greater than that of Illinois, the state with the next largest reserve of unemployment insurance benefit money, at the end of June, most recent date for which comparative figures have been received.

2. Not only is the unemployment fund sufficient to continue to meet the needs of the present, but its current upward trend is expected to continue.

3. California's economy is tied solidly to defense production. This has advantages. The principal disadvantage is that sudden and extensive layoffs occur as a result of contract adjustment. In this particular instance, unemployment insurance has two vital implications for the economy:

(a) It cushions the shock to the economy which results from such layoffs by helping maintain purchasing power.

(b) It contributes tremendously to the economy's revitalization following layoffs by helping a highly specialized work force fit itself into other job opportunities as they develop. Unemployment insurance, therefore, is a factor in keeping profitable defense contracts coming into California, because such work can be performed only where workers have the required skills. (An outstanding example was California readaptation to electronics and missiles as aircraft production fell off. Another was the reabsorbing of workers idled by the Skybolt cancellation.)

Tieburg said he expects upcoming legislative studies under House Resolutions

205 and 98 of the unemployment insurance system to yield very constructive results. Scope of the studies includes the degree of unemployment hazards and related costs in various industries and occupations; practicality of present unemployment insurance benefit eligibility tests; pertinent characteristics of claimants; benefit amounts and durations; and financing of unemployment benefits, including, in the language of H. R. 98, "the desirability of financing some unemployment benefits by means other than a payroll tax."

"California today continues to be a leader in the caliber of its unemployment fund. And these studies will carry on the tradition of California's Legislature of frequent evaluations of all aspects of the program in the interests of continued improvement," the director concluded.

Invitations Out for Seminar on Theater Arts

Chapel Theater members have been invited, according to Ed Long, director, to attend a seminar on theater arts at the Cameo Playhouse, 8365 Santa Monica Blvd., Hollywood, beginning Oct. 28.

Although designed for anyone interested in acting, directing, producing or writing for the theater, special invitations have been issued to organized theater groups to attend the eight lectures and discussions for a fee of \$12.50.

Noted artists including such personalities as Richard Boone, Richard Chamberlain, Raymond Massey, Jose Ferrer and Loretta Young are among the lineup of lecturers scheduled to address the seminar group on consecutive Mondays at 8:30 p.m.

This will be the second such series sponsored by the Cameo Playhouse.

The first, which ended this week, included Jerry Lewis, Rod Sterling, Robert Gist, Don Murray, Lorne Greene, George England and Ronald Lubin.

For additional information on the seminar, interested persons are asked to call the Cameo, OL 6-5904.