

TOMATO

0 1/2 oz. can



NBC PREMIUM SALTINE

CRACKERS

ALL GRINDS

BUTTERMUT

INSTANT-6 oz. jar 89c INSTANT-10 oz. jar \$1.39

lives for eye-appealing salads! y Pitted Olives 3 cans 1

awyer Mixed Nuts 69c book's Time-saver! (Inc. 3c off) regular size pkg. netti Sauce Mix 2 reg. 49c

Dir. Oavor freshness for zestful dishes! 4 oz. box e's Black Pepper

> CHOCOLATE OR VANILLA KRAFT CARAMELS

U.S.D.A. "Choice" or Food Giant "Banquet Perfect" HUCK ROAST



U.S.D.A. "Choice" or Food Giant "Banquet Perfect"

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& 5th ribs

U.S.D.A. "Choice" or "Food Giant "Banquet Perfect" Boneless Beef Roast Here's a good low-budget buy for tempting meals! Plate Boiling Beef Patman's. For a tasty old-fashioned boiled dinner!

Corned Beef Rounds Lean & meaty breakfast bacon. 1 lb. package sliced 59% Rath Black Hawk Bacon

LEAN TENDER

STEW BEEF

Ground Chuck

U.S.D.A. "Choice" or Food Giant "Banquet Perfect"

The real McCoy for memory-making breakfast menus! McCoy's Beef Sausage

Choose McCoy's for praise-winning buffet spreads! 69% Smoked Beef Tongue Hot steak sandwiches in a jiffy! 2 oz. package frozen 10 : 51 Kold Kist Steaks Booth shrimp, lightly breaded. 1 lb. package frozen

Breaded Shrimp

891

FRESH MEATY

OF BEEF

U.S.D.A. GRADE "A" FRESH Roasting Chicken 49%

PLAY Channel IV BINGO

In San Pedro

at Anza

In Torrance

Highway

\$700 WINNER

SYLVIA MAJESKI 2057 DRACENA DR., LOS ANGELES 27

\$100 offered each day If there is no winner, \$100 is added to the next day's prize.

Chanel 13 — KCOP-TV — 11:30 A.M. — Every Weekday! FREE - nothing to buy! Pick up your free Bingo card at any Food Giant. One card to a person, please.



Most diabetics learn to 3. OTHER MEASURES to

ORDERS. Insulin or oral be worn for added warmth); medication must be admini- shoes must be comfortable; stered as ordered. Insulin socks or hose, correct size, must be measured exactly- smooth, and clean daily. each should always be given Avoid use of garters to pre-at the right tme. Never use vent interference with the



GUARANTEED GUEST-STUNNER: Velvet on velvet in a Bali-print evening skirt with solid top designed to turn hostess into queen for a day. Hand-screened print by Mr. Dino, worn with bare sleeveless shell, both lined. Cowl wide, soft and low for face-framing flattery. Set off by the simplest jewelry. FASHION INFORMATION: Skirt-Style 9300: Olive/chianti, blue/orange. Retail, about \$25. Top-style 9501 in black, Spanish olive. Retail, about \$15. Both 100% cotton. Sizes 8-16. At better department and specialty stores everywhere. MR. DINO, division of Chestnut Hill Industries: Photo. Doral Beach Hotel, Miami Beach, Fla.

WOMAN IN WHITE

By ETHELYN BATTLES, LVN

THE DIABETIC PA- See that the patient: fol-TIENT: It is important to lows his diet plan and does know something about the lot omit a meal; exercises, disease the same amount daily as when caring permitted; gets the necesfor a patient, sary amount of rest; and Diabetes is a help to prevent emotional

cond i t i o n outbursts. caused by the inade- at the correct times. Learn

q u a t e how to distinguish between a mount of diabetic coma and insulin

tured by the pancreas which charge. is a gland located behind

is not used is stored in the coming on. body for later use.

If there is not end When there is too much su-gar in the blood some of it gues into the urine. More

2. ENCOURAGE GOOD

if he follows the doctor's in- slow to heal. structions. Insulin is ob- There should be frequent tained from the pancreas of bathing with particular care jections to humans.

regular amount of exercise. for corns and callouses.

take care of themselves but prevent infections, irrita-

a needle wth a barb.

insulin in reacton, and know the pro-This hormone is manufactuntil the doctor can take See that the patient wears an ID tag or carries a card

There are a number of theories as to the purpose of insulin but it is generally considered essential to utilize the sugar in feed for the sugar the doctor recommends for use if be lize the sugar in food for heat and energy. That which is not used in the doctor recommends for use if he feels an insulin reaction

Give immediate care to scratches and other injuries as advised, since application sulin the unused sugar of strong antiseptics and adraises the level of sugar in hesive tape should be avoid-the blood above normal. Report colds and other

Water is required by the HYGIENE-regular care of kidneys to eliminate the su- teeth and mouth, with rougar thus increasing the out- tine visits to the dentist for Since the discovery of in-sulin in 1921 the outlook of poor circulation is a comfor a diabetic has improved plication they are especially

animals, and is given by in- of the feet-wash them daily, dry throughly between More recently oral medi- the toes. Water should be cations have been developed comfortably warm, never for milder cases to use hot, to avoid burning. Trim Sometimes diet alone is toe nails very carefully enough, but control usually straight across, for the pa-depends on a balance of diet tient. Im they are very thick and insulin adjusted to pa- or hard have a foot specialtients individual needs and ist cut them, and also care

if this is your responsibility tions, or burns, include the following points will be avoiding sunburn, never using a hot water bottle or 1. FOLLOW DOCTOR'S heating pad(bed socks can circulation,

Delta Zeta Alumni to Honor Founders

with the Long Beach Delta
Zeta Alumnae will hold
Founders Day activities at
7 p.m. tomorrow at Mr. C's
restaurant, 5305 E. Pacific
Coast Highway, Long Beach.

Tangible evidence of this
award, a specially designed
medallion, is presented at a
Founder's Day celebration
as announcement of the win-

group and the Long Beach
Alumnae have celebrated
Founders Day activities toPowers model, was born in

became a member of Delta ence.

South Bay Delta Zeta Sorority at the Univer-with the Long Beach Delta

The sorority will observe ner is made simultaneously its 61st birthday and the throughout the nation of third consecutive year that the South Bay Alumnae chapters and 241 alumnae

Los Angeles. She holds the Mary Ellen Hoheisel Matrix Award of Theta Sig-Goodman, noted social and ma Phi, is a Fellow of both cultural anthropoligiest, has the American Sociological been named Delta Zeta Soro- and Anthopoligical Associarity's Woman of the Year for tions, is listed in Who's Who 1963 by a committee of na- Among American Women tional judges. Dr. Goodman and in American Men of Sci-

LAWRY'S GARLIC SPREAD

for 35c

ORE-IDA FROZEN FRENCH FRIES or TATER TOTS 1-1b. 29c

POMPEIAN OLIVE OIL

8-oz. 59c

PINK LIQUID DETERGENT THRILL

plastic 65c

LIQUID MR. CLEAN incl. 10c off 28 oz. bottle 63c

In Hawthorne

423 S. Hawthorne Blvd.

In Manhattan Beach

2400 Sepulveda

at Main

In Gardena

14990 Crenshaw Blvd.

KRAFT MIRACLE WHIPPED MARGARINE 31c inclu. 2c off

SAFFLOWER MARGARINE

37c inclu. 2c off