

It's Not Too Late To Quit the Habit

The brief attack of bronchitis that follows a severe head cold is a familiar fact of life to many people. The cough lasts awhile, goes away, and usually no great harm has been done.

It's the bronchitis that doesn't go away or that keeps coming back — in other words chronic bronchitis — that can mean serious trouble. Over a period of years, if untreated, it can cause grave damage to the breathing organs. There are more than three million sufferers from this disease in the United States now. New cases in 1965 were estimated at 421,000, and the number of deaths has approximately doubled every five years since 1950.

Chronic bronchitis is characterized by an inflammation of the bronchial tubes, which connect the windpipe with the lungs. Its causes are various, but chief among them is heavy cigarette smoking carried over a period of years. This isn't theory or a conjecture but a medical fact, clearly confirmed in the laboratory and in medical practice. A patient with chronic bronchitis who continues to smoke is gravely damaging his chances of improvement.

Conversely, medical science has established that the cessation of smoking invariably brings a reversal of the damage, and a discernible improvement in the condition of the chronic bronchitis patient. No matter how much one has smoked in the past,

or how advanced is the disease, some benefit can be gained by quitting. There is no such thing as "too late to stop."

The most common symptom of chronic bronchitis is a chronic cough. In some cases, shortness of breath may develop. If you have a chronic cough or shortness of breath, see your doctor—the sooner the better. Ask your Christmas Seal Association for its free booklets: "Your Breathing Troubles," and "Bronchitis."

Free chest X-rays are available at the Inglewood Health Center, 101 S. Grevillea St., and the Torrance Health Center, 2300 Carson St. Both centers are part of the Los Angeles County Health Department.

X-Ray Unit Will Visit El Camino

California Chest Surveys mobile X-ray unit will be on the El Camino College campus Sept. 20 and 21 for use by area residents.

A fee of \$1 will be charged and results will be mailed. The unit will be open from 9 a.m. to 5 p.m. and 6 to 8 p.m. The X-rays are taken by a licensed X-ray technician and interpreted by a chest specialist.

TORRANCE CAMERA

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Personnel Contract Approved

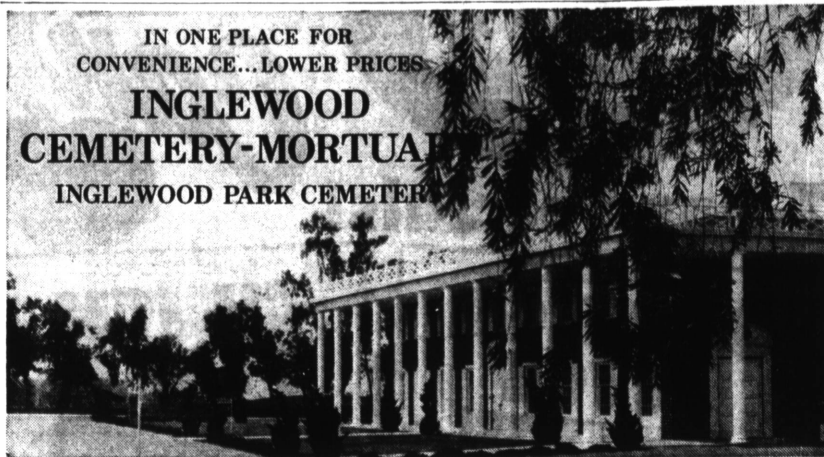
Los Angeles County Personnel Department will continue to provide recruitment and hiring services for the city of Torrance under an agreement approved this week by the Board of Supervisors. The city will reimburse the county for all services received, which will include testing and screening of applicants for civil service.

Torrance is one of 15 cities in the county which contract for personnel services from the centralized county Department of Personnel.

IN ONE PLACE FOR CONVENIENCE... LOWER PRICES.

INGLEWOOD CEMETERY-MORTUARY

INGLEWOOD PARK CEMETERY



RUSSET POTATOES

U.S. NO. 1 GRADE

The Very Finest!

10 39

1-lb. Cello Bag

HOME-GROWN, SALAD SIZE

TOMATOES

2 29

Calavo's Finest Haas, Lge. Size

AVOCADOS

2 25

Crisp, Fresh Long & Green

CUCUMBERS

4 25

LE GRANDE NECTARINES

Extra Fancy

19

Sweet and Juicy

Fiesta of FRESH



BETTER FOODS MARKETS



FREE

CHUCK STEAK

Young Steer Beef

USDA CHOICE

39

lb.

ARM CUT B-B-Q STEAK lb. 59c

BONELESS FAMILY STEAK lb. 89c

CHUCK POT ROAST lb. 49c

RANGE STEAK lb. 49c

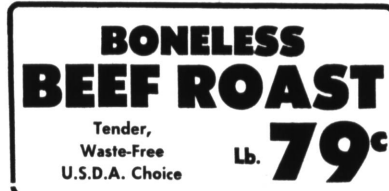


BONELESS BEEF ROAST

Tender, Waste-Free U.S.D.A. Choice

79

Lb.



FRESH/TENDER

BARRACUDA

lb. 49c

FILLET of HALIBUT lb. 49c

FRESH FILLET OF Rock Fish, Perch or Red Snapper lb. 59c

Laura Scudder's MAYONNAISE

Fresh, Pure FULL Quart

39

A Better Buy at Better Foods Markets



BETTER FOOD DETERGENT

ALL PURPOSE Washing Powder



WASHING POWDER

Our Own Heavy Duty Detergent

39

GIANT BOX

PUREX

SUPER BLEACH

47

A Better Buy at Better Foods Markets

Special Offer SAVE 16c Full Gallon Jug



PICTSWEET FROZEN VEGETABLES

Green Peas, Squash, Butter Beans, Leaf Spinach or Chopped Spinach Reg. 10-oz. pkgs.

8 1

Mix or Match

FRENCH FRIES POTATOES 9-oz. Pkgs. 10 for \$1

BRUSSELS SPROUTS 10-oz. 3 for \$1

BROCCOLI SPEARS 10-oz. 4 for \$1



Waffles

Downyflake Family Size Pkg. of 10

29

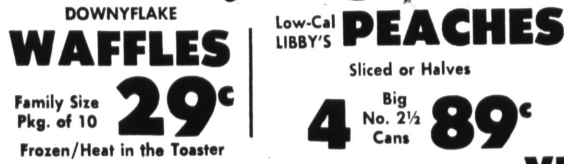
Frozen/Heat in the Toaster

PEACHES

Low-Cal LIBBY'S Sliced or Halves

4 89

Big No. 2 1/2 Cans



GENUINE DRAFT BEER

Bavarian Weiss 11-oz. Btls. No Deposit No Return

6 79

plus Tax

Colton Hall Straight Whiskey

KENTUCKY BOURBON

6 Year Old—80 Proof

3 49

5th

Red Mountain Brand Fine California

TABLE WINES

Burgundy, Rose, Sauterne, Vino Rosso

1 49

Full Gallon

VET'S DOG FOOD

Regular, Variety, or Chicken

12 1

Tall Cans

50c Off Label/Vet's

NUGGETS

5-lb. Pkg. 69c

10c Off, 10-lb. 1.19

GINO'S PIZZA

Frozen—Just Heat & Serve

Cheese Family Size 59c

Pepperoni or Sausage 79c

19-oz. Pkg.

TREESWEET ORANGE JUICE

From Florida 6-oz. Cans Frozen

6 for \$1

Large 12-oz. Size 33c

Apple Time/Pure, Sweet

APPLE JUICE

Large 29-oz.

4 1

Hollywood Pure

SOY OIL

6c Off Full Save 10c Quart

59

Fresh Golden Quarters

NUCOA

Margarine 1-lb. ctn.

27

Your Choice of Flavors

SEGO

DIET FOOD 10-oz. Can

29

Swift's MEATS for the Baby 2 1/2-oz. Jars 2 for 49c	Kern's Plum PRESERVES 12-oz. Jar 29c	ROYAL OAK Charcoal Briquets 5-lb. Bag 59c	Ore-Ida Frozen Pixie CRINKLES 1 1/4-lb. Pkg. 35c	ABC Fresh Vanilla or Chocolate CREME COOKIES Jumbo Buy 2-lb. Pkg. 69c
Coronet Frozen 5-oz. ONION RINGS 29c	Mrs. Friday's Frozen Frieded Gourmet Jumbo Shrimp 1-lb. Pkg. 1 09	10-lb. Bag 89c	Van de Kamp Salad DRESSINGS Roquefort, 8oz. 39c	Banquet Frozen MEAT PIES each 4 for 89c
		25-lb. Bag 1 79		Banquet Buffet SLICED BEEF 2-lb. Pkg. 1 09
				Cary's Pure 8-oz. MAPLE SYRUP 69c