

Red Cross Cites Drowning Danger

The danger of drowning will result from extended breath holding under water was emphasized today by Roger Plaisted, director, Safety Services, Los Angeles Chapter, American Red Cross.

Plaisted said his warning was addressed to children and teenagers who compete with each other to see who can stay under water the longest.

"Youngsters who play this game are simply asking for trouble—and possibly tragedy," Plaisted said.

"Hyperventilating—taking several deep breaths before going under water—is a dangerous practice. This is what happens physiologically," he continued. "Before going under water an individual takes several deep breaths in order to build up as much oxygen in the lungs as possible. This deep breathing, called hyperventilation, does increase the oxygen, but it lowers the carbon dioxide in the system."

"After a period under water, because the carbon dioxide does not build up fast enough to trigger the breathing urge, the swimmer tends to stay under too long and may black out. Then, unless help is at hand to get him to the surface quickly, drowning



Drive a Buick Bargain and get a Buick.



Now. At your Buick-Opel dealer.



Dad Shoots Son

The father of a 16-year-old Torrance youth accidentally shot his son in the lower right leg Monday morning while they were hunting at Mint Canyon.

Treated at Little Company of Mary Hospital was Edward Katzorke, 2707 Martha St.

PRE JULY 4th SALE

FIX UP • CLEAN UP • PAINT UP
SAVE NOW!



WOOD STEP LADDERS
Sturdy Professional

4 FOOT & 5 FOOT

99¢
PER FOOT

3 DAYS ONLY
THURSDAY-FRIDAY-SATURDAY

Stop Stains Before They Happen!

\$1.69

It's spray-on easy with



Scotchgard
FABRIC PROTECTOR

FLOOR TILE



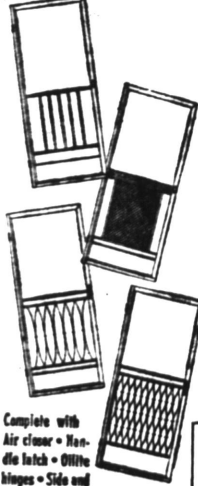
9" x 9" ONLY
12" x 12" ONLY

9¢ Per Tile
19¢ Per Tile

Many, many patterns to select from.



A DOOR FOR EVERY BUDGET!



hiLITE SCREEN DOORS
Complete choice of styles

Sturdy kick plates • Heavy, extruded push bars • Strong protective grilles • Reinforced corners • Choice of colors and finishes

AS LOW AS **99¢**

AVAILABLE IN STANDARD SIZES

Complete with Air cleaner • Handle latch • Utility hinges • Side and bottom expanders



Professional Painters' **Pan Roller Set**

COMPLETE with Extension Handle
Regular \$1.75 **79¢**



PURE BRISTLE 3" PAINT BRUSH

Regular 2.95 **99¢**



Guard Your Investment With **Evr-Gard Products**

Now On Sale At Golden State Paint Centers

9x12 PLASTIC **DROP CLOTHS 10¢**

FREE REFRESHMENTS

GOLDEN STATE Paint CENTER

1731 CRENSHAW BLVD.
TORRANCE • 320-7474

Half Bk. So. of Carson—Opposite New Post Office
EXCLUSIVE DISTRIBUTORS IN SOUTHERN CALIFORNIA OF EVR-GARD PRODUCTS FOR CREATIVE LIVING

USDA PRIME



USDA PRIME STEER BEEF AGED FOR TASTE AND TENDERNESS

PRIME T-BONE STEAK
\$1.59
1 LB.

CENTER CUTS

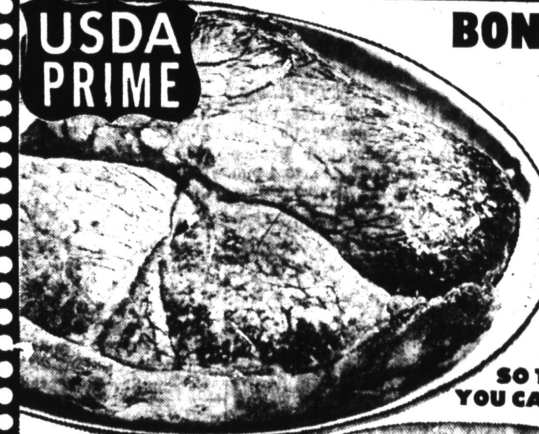
Ol' Fashioned BUTCHER SHOPPE
Fresh Poultry & Fish Market



ONLY THE FINEST... MEATS, POULTRY and FISH

FEATURING "PERSONAL SERVICE"
Blue Chips Too!

USDA PRIME



BONELESS PRIME TOP ROUND STEAK

\$1.19
1 LB.

USDA PRIME STEER BEEF

SO TENDER YOU CAN BROIL IT

MANY WAYS TO COOK THIS FAVORITE

FLANK STEAK
\$1.09
1 LB.



USDA PRIME AGED STEER BEEF

BONELESS RUMP ROAST \$1.29
1 LB.

ROLLED PRIME AGED BEEF • READY FOR OVEN OR SPIT **\$1.39**
1 LB.

ROTTISSERIE ROAST

A DELICIOUS VERSATILE CUT OF PORK
PORK TENDER-LOINS

98¢
LB.

VEAL CUTLETS

TENDER GREAT FOR YOUR FAVORITE VEAL DISHES **\$1.79**
LB.

BBQ JUNIOR TURKEYS

\$2.98
EA.

SALAD TIME

KNUDSEN'S
• POTATO
• COLE SLAW
• MACARONI
SALADS
FULL PINT **39¢**

Jack's Fresh Fish Market

FRESH CHINOOK SALMON Delicious Baked, Barbecued Or Broiled **98¢**
LB.

BY THE PIECE **FRESH BARRACUDA 39¢**
LB.

JACK'S COOKED **SHRIMP 59¢** Per Quarter Pound **DUNGENESS CRABS 59¢**
LB. LARGE SIZE 3 LB. AVG.



2655 **PACIFIC COAST HIGHWAY AT CRENSHAW BLVD.**

PHONE **325-0720**

OPEN DAILY 9 'TIL 7
Friday 9-9, Sunday 9-6
7 BIG SALE DAYS
THURSDAY thru WEDNESDAY
JUNE 20 thru 26, 1968



Ol' Fashioned BUTCHER SHOPPE