

BOY TRIPLE SAVINGS at FOOD GIANT *the plus store*
LOW PRICES ② BLUE CHIP STAMPS ③ VALUABLE COUPONS
WE SELL ONLY U.S.D.A. CHOICE BEEF!



BONELESS LONDON BROIL
U.S.D.A. 'CHOICE' BEEF ONLY
\$1.09 lb.



FRESH FROZEN GENUINE SPRING Lamb Shoulder ROAST
U.S.D.A. CHOICE LAMB
49¢ lb.



BONE IN RUMP ROAST
U.S.D.A. 'CHOICE' BEEF ONLY
89¢ lb.

McCOY'S U.S.D.A. CHOICE—CRY-O-VAC CORNED BEEF
ROUND OR BRISKET
98¢ lb.

WILSON CRISPITE SLICED BACON 1-lb. pkg. **65¢**
ALASKAN KING CRAB MEAT 1-lb. pkg. **\$2.98**
PAN READY FILLET OF HALIBUT 1-lb. pkg. **69¢**
CERTI-FRESH FROZEN BREADED SHRIMP 1 1/4-lb. pkg. **\$1.55**
HONEYBUCKLE, FROZEN WITH GRAVY SLICED TURKEY 1 1/4-lb. pkg. **\$1.69**

YOUNG TURKEY DRUMSTICKS
U.S.D.A. INSPECTED
33¢ lb.

DOUBLE LUCK CUT GREEN BEANS
8 TALL 303 CANS **\$1.29**

SAVE 20¢

GOLDEN CREME FRESH LARGE "AA" EGGS
WITH COUPON and \$2.00 purchase or more **29¢ DOZ.**
LIMIT—ONE DOZEN—ONE COUPON PER CUSTOMER
Valid Thurs. thru Sun., April 17-20, 1969

LAUNDRY DETERGENT GAIN
GIANT PKG. (Incl. 12c Off) **67¢**

MAGIC CHEF SALAD OIL
24-OZ. BTL. **39¢**

HEINZ 5 VARIETIES PICKLE RELISHES 4 11 1/2-oz. jars **\$1**
THOROFED MEAT BALL DOG FOOD 5 14-oz. cans **\$1**
VITA-PAKT GRAPEFRUIT JUICE quart bottle **37¢**
LAUNDRY FORMULA AXION PRE-SOAK 12-oz. pkg. **35¢**
GOLDEN CREME ICE CREAM BON BONS reg. pkg. **59¢**

MARY ELLEN PRESERVES
• STRAWBERRY • BLACKBERRY • BOYSENBERRY • RED RASPBERRY • APRICOT/PINEAPPLE **29¢ 10-oz. jar**

DELICATESSEN
FOOD GIANT WISCONSIN DELUXE AMERICAN PIMIENTO or SWISS
PASTEURIZED PROCESSED CHEESE 8-oz. pkg. **45¢**

FOOD GIANT FRESH LIVER SAUSAGE 10-oz. pkg. **45¢**
KNUDSEN FARMER STYLE OR LARGE CURD COTTAGE CHEESE pint ctn. **35¢**
LEO'S BEEF, HAM, CORNED BEEF, PASTRAMI, DARK TURKEY CHIPPED MEATS 3-oz. pkg. **35¢**
DANISH IMPORTED SLICED DANOLA HAM 4 1/4-oz. pkg. **65¢**

FRESH KIST PRODUCE
Cantaloupe **39¢ ea.**
First of the Season
VINE RIPENED LARGE

COACHELLA VALLEY RUBY RED GRAPEFRUIT 8 1-lb. cello bag **49¢**

FRESH LETTUCE—LARGE HEADS ROMAINE **22.9¢**
FRESH TENDER, ALL GREEN BROCCOLI **19¢ lb.**
LARGE, BROWN STEAK—1/2-lb. MUSHROOMS **39¢**

FOOD GIANT HAWTHORNE
13119 HAWTHORNE BLVD.

FOOD GIANT GARDENA
14990 S. CRENSHAW BLVD.

FOOD GIANT MANHATTAN BEACH
2400 SEPULVEDA BLVD.

FOOD GIANT TORRANCE
3731 PACIFIC COAST HWY.

FOOD GIANT LOS ANGELES
5245 W. CENTINELA AVE.

FABULOUS FOOD GIANT THE PLUS STORE



AT THE MOVIE . . . "O.S.S.," starring Alan Ladd and Geraldine Fitzgerald will be featured Saturday evening when Thrifty Drug and Discount Stores present Channel 5's Saturday Night Movie. The action takes place in France after a team of three men and a woman are parachuted into the area just before D-Day. The program airs at 7:30 p.m.

The Mail Ego

By Terrence O'Flaherty

"Why is it that most of the newscasters wear hearing aids? Do you have to be deaf to get the job?"

What appears to be a hearing aid is actually a small microphone which enables the director of the show to give information and instructions to the newscaster while he is on camera.

"Marc Copage, the youngster who plays Diahann Carroll's son in 'Julia,' is cute but something is wrong about his performance. What is it?"

He can't act.

"I'm keeping score of the movie stars who have appeared in the nude in major movies and the list is rather long and growing. I'm depending on you to fill me in with the latest information."

Your collection may not grow as fast as you expect. Now it appears to be more chic for a star NOT to disrobe. Catherine Deneuve won't and neither will Raquel Welch. The latest hold-out is Orson Wells — all 300 pounds of him. He refused to strip for his latest Columbia film, thereby scotching the rumor that actors have no regard for the sensibilities of their audiences.

"I disagree with your opinion that television's only truly romantic scenes will disappear if the cigarette commercials are banned. What do you think the commercials for mouthwashes, breath mints, tooth-paste and hair rinses are trying to tell us?"

I don't know, but let me guess — The family that sprays together, stays together.

"Last week I saw Connie Haines in an old movie called 'The Dutchess of Id-

aho' and I just wondered whatever became of my old schooldays' crush."

She is married to musician Del Courtney and lives in suburban Orinda near San Francisco. She appears regularly in Las Vegas with her own revue and is the live hostess on a San Francisco television movie program every weekday morning. By some miracle, she still looks as young as she did when she sang "Old Man Mose Is Dead" with Tommy Dorsey's band in the late Thirties.

"I wonder what has happened to Mary Tyler Moore, the actress who played Dick Van Dyke's TV wife? I heard that she has been very ill."

Recently she discovered that she is diabetic but that hasn't kept her from being very busy. On April 13 she will co-star with Van Dyke in a CBS-TV special and she has just completed "Change of Habit," a movie in which she plays a nun who is torn between the church and a psychiatrist played, heaven help us, by Elvis Presley. As if psychiatry isn't having enough problems as it is.

"The best actress on the Laugh-In show is the girl who plays the old maid in the hair-net. I hope she will get a chance someday to do something better."

Her name is Ruth Buzzi. This week she starts filming a 90-minute ABC TV movie titled "In Name Only" in which she co-stars with Eve Arden, Paul Ford, Elsa Lanchester and Chris Connolly. It will be a possible pilot for TV series next year.

"I have read where the replacement for 'Big Valley' will be something titled 'Love: American Style.' What's it about and who is in it?"

The only permanent performer in the series is a brass band. I think THAT'S what it's about.

HEADACHES

What can be done?

By
Dr. James L. Hedgecock, DC

Many who are suffering from headaches, even those diagnosed as of the migraine type, are suffering needlessly. Research has shown that the great majority of these cases are caused by pressure or irritation of the nerves around the base of the skull where the brain stem enters the spinal column and becomes the spinal cord.

Great advances have been made in the science of chiropractic in the last few years. Researchers in this profession have found that after preliminary examination over 90% of cases are now accepted for treatment. With the use of new techniques over 85% of those accepted reported great improvement or complete disappearance of symptoms after a minimum time under care.

SCIENTIFIC APPROACH

This approach is different in that we analyze the basic cause and correct it rather than endlessly masking the effects of this cause with drugs that can cause other harmful side effects, and at best give only temporary relief. With the introduction of new methods in this field, this correction is completely painless. An examination to determine whether a patient's case should respond favorably takes only a short time. If you desire more information on this or other conditions that respond well, under modern scientific chiropractic care, feel free to drop by our office at 1425 Macelina, in down town Torrance.

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