

### Wise Use of Vacation Time Advised By Health Experts

"Two-weeks with pay" is close to being an American tradition. Whether or not you watch the clock during working hours, most of us keep tabs on the calendar for those pleasant vacation days which we rightly feel we have earned.

There is a good reason why we do and should not "time out" during the year for a vacation. Maintaining our mental and physical health demands it. Most of us work hard the year round. We may be indoors most of the time, frequently under pressure. In addition, there are home duties and responsibilities. We need a change and a chance to get away from routine tasks at least once a year.

Vacation time is meant for fun, rest and relaxation. All three are equally important and all come under the heading of "enjoyment." We don't all rest, or relax, or have fun in exactly the same way. Everyone has his own preferences and ideas, so there can be no set guide for making the best of vacation time. Some people are satisfied just to stay home eating, sleeping and having recreation when they please. Others get most satisfaction out of a stay at the mountains or the seashore.

In short, vacation is a period of self-indulgence, in a wise sense. It should leave us thoroughly rested, refreshed and invigorated. Instead, there are often good grounds for the standard cartoon of the man returning to the office, drawn and tired, arm in sling, plastered with poison ivy and underneath the caption: "Had a Wonderful Vacation!"

A person can ruin his entire vacation by trying to "crank" too much into the first few days. Moderation, dictated by common sense, helps us avoid losing precious vacation days in nursing a painful sunburn, an irritating rash from poison ivy or oak, or suffering extreme fatigue from prolonged hours of swimming and tennis.

Being sensible about vacation activities can be just as much fun and more fun than overdoing it because it makes the entire period that much more enjoyable. Everyone can and should get to know his own endurance in physical sports and stay within the limits.

Most of our unhappy incidents during vacation time are due to the fact that we ignore past experience. No one expects the vacationer to be actively conscious of health and safety rules. But it is obvious that a little caution and moderation will give him better "returns" on that precious "two-week" investment.

### HELEN LOCKWOOD, YWCA PROGRAM DIRECTOR REPORTS RELIGIOUS MEET

When used, there will be no misuse of words or any clashing of spirit. Creative words given in the spirit of Jesus knit together the souls and minds of people.

Anyone wishing to join the YWCA prayer group may do so by contacting Miss Helen Lockwood, 1339 Post Avenue, Torrance 1350.

### Mrs. Carl Larkins Is Honored Guest at Seaside Rancho Fete

Mrs. Herschel G. Springer, 5405 Carol Drive, Seaside Rancho, was hostess Friday afternoon at an elaborate party for 23 ladies of Seaside. A profusion of garden flowers was used for decoration and each guest upon arrival was presented with a corsage bearing her name. Games were played and delightful refreshments were served by the co-hostesses, Mrs. Q. Johnson, Mrs. Frank Jenkins and Mrs. Paul Rootger.

Honored guest was Mrs. Carl Larkins who was presented with a huge cake inscribed with her name. Present were: Mrs. J. F. Hulka, mother of the hostess; Mesdames Bill Schmitz, Schooley, Stohman, Stanley, Davis, Merola and Miss Patricia Merola, Hyder, Faichney, Malan, Barth, Hanover, Marland, Franklin, Hill, Schoekensy, B. Johnson, Q. Johnson, Jenkins, Rootger, Larkins, Miss Patricia Merola and the hostess, Mrs. Springer.

Dr. Glenn Clark expressed himself freely in regard to the political situation in the United States, stressing the importance of a "spiritual trust" as part of the political good of our nation. He said that if we as people did not repent of our national and individual sins and turn to our God, all material, economic, natural and intellectual wealth would profit us nothing. In behalf of the nation, the campers spent one night in prayer for their country's spiritual welfare.

Dr. Clark urged all Christians to ask largely of God, "If God can take our little visions which two or three give to Him in the spirit of harmony and love, and bring fulfillment greater than any of us alone can dream, why cannot we use the same method in giving God our larger visions in the same spirit and with the same faith, trusting Him to create out of the very imperfections in our visions the great perfection of His larger plan!"

One of the outstanding camp leaders was Starr Daily, a former criminal who, after many years in prison, had a dramatic religious experience which redirected his life and brought about his freedom. He now is a leading Christian author and speaker. On the importance of creative language, he said, "It is not truth that separates religious people, but terms. The language of Love is universal."

### Announcement is Made of Lomitan's Recent Wedding

Announcement has been made of the marriage of Miss Peggy Wilcoxson of Hermosa Beach to Ernest C. Johnson, son of Mr. and Mrs. Herbert L. Johnson of 25203 Eshelman Avenue. The ceremony was an event of July 3 at the Little Church of the Flowers in Long Beach. Attended by her sister, Mrs. James Nelson, the bride, attired in a gray tailored suit, was given in marriage by her father, James Nelson was best man. Following the wedding, a reception was held at the bride's home.

# JUST REMODELED! OPEN FOR BUSINESS!

Your Safeway Store at 1301 Sartori Ave., Torrance, was closed for remodeling Tuesday of this week. Stop in today and stock up on the many values offered!

## SAFEGWAY HAS THE LOW PRICES ON EVERYTHING, EVERY DAY OF THE WEEK.

**ALL WEEK-END VALUES EFFECTIVE THRU NEXT MONDAY!**

Monday is an ideal day to shop at Safeway! Enjoy all week-end values without week-end crowds along with better traffic conditions, parking space... all in all, more pleasant shopping. Do your heavy shopping on Monday... Save both time and money.

**PRICES EFFECTIVE THRU NEXT MONDAY, JULY 19, IN LOS ANGELES COUNTY SAFEGWAY STORES.**



Savings resulting from Safeway's efficient way of doing business are passed on to you in the form of low prices on all items. And Safeway goes even further... if lower prices are offered elsewhere on any items of like grade and quality, it is Safeway's policy to meet those prices item by item, day by day, town by town. This means you can always be sure the bottom prices in town are at your neighborhood Safeway. Along with these low prices go a guarantee on every item... assuring you complete satisfaction. Be sure... shop SAFEGWAY!

- TOMATO JUICE** SUNNY DAWN 3 18-oz. cans **25¢**  
(46-oz. can, 20c) Naturally a finer, fresher tomato juice!
- TOMATO SOUP** RANCHO 10 1/2-oz. can **8¢**  
Rich, deliciously seasoned soup.
- JELL-WELL** GELATIN DESSERT Pkg. **6¢**  
Strawberry, Raspberry, Lime, Lemon, Orange or Cherry.
- RIPE OLIVES** EBONY JUMBO SIZE 8 1/2-oz. can **29¢**  
(Large size, 9-oz. can, 23c; Med. size, 9-oz. can, 21c)
- MARSHMALLOWS** 1-lb. pkg. **25¢**  
Fluff-i-est brand. They stay fresh longer!
- SHORTENING** ROYAL SATIN 1-lb. can **39¢**  
(3-lb. can, 1.14) A pure vegetable shortening.

- ### CANNING SUPPLIES
- Mason Jars Regular Doz. Quarts **85¢**
  - Mason Jars Regular Doz. Pints **75¢**
  - Jar Lids Regular Dozen **11¢**
  - Jar Caps Regular Dozen **23¢**
  - Jelly Glasses Squat Dozen **45¢**
  - Paraffin Any Brand lb. **18¢**
  - Certo Liquid 8-oz. bot. **21¢**
  - Dry MCP 3 1/2-oz. pkgs. **23¢**
  - Pectin 21-oz. Granulated pkg. **32¢**

- ### TOILET & LAUNDRY SOAPS
- Sweetheart Toilet Soap bar **9¢**
  - Camay Toilet Soap 2 bars **19¢**
  - Lux Soap Toilet Bath Size bar **19¢**
  - Lux Soap For tub or shower bar **13¢**
  - Ivory Soap Medium Size 2 bars **21¢**
  - Swan Toilet Soap Regular Size 2 bars **21¢**
  - Swan Soap Large Size bar **17¢**
  - Par Soap Granulated 21-oz. pkg. **32¢**  
Laundry Soap, (3-lb. box, 66c)

- ### FRUITS AND JUICES
- Maraschino Cherries 4-oz. jar **15¢**  
Starr brand, (9-oz. jar, 27c)
  - Grapefruit Juice 3 18-oz. cans **25¢**  
Treesweet brand, (46-oz. can, 19c)
  - Grapefruit Juice Town House 18-oz. can **8¢**  
(46-oz. can, 19c)
  - Liquid Apple s & w 3 12-oz. cans **25¢**
- ### PEANUT BUTTER
- Peter Pan Peanut Butter 12-oz. jar **33¢**
  - Skippy Creamy or Chunk Style 1-lb. jar **37¢**
  - Beverly Cream Style Stabilized 1-lb. jar **35¢**  
(8-oz. jar, 21c; 2-lb. jar, 69c)
  - Real Roast Cream Style 1-lb. jar **32¢**  
(2-lb. jar, 62c)
- ### CANNED VEGETABLES
- Pimientos Coastal 4-oz. can **14¢**
  - Spinach Emerald Bay 18-oz. can **12¢**  
(27-oz. can, 15c)
  - Sauerkraut Del Monte 27-oz. can **15¢**
  - Tomato Sauce Gardenside Hot Sauce 7 1/2-oz. can **5¢**
  - Tomato Sauce Del Monte 2 8-oz. cans **13¢**
- ### CRACKERS
- Soda Crackers Oven-Glo lb. box **23¢**
  - Soda Crackers Busy Baker lb. box **25¢**
  - Graham Crackers Pirates' Gold lb. box **27¢**
  - Graham Crackers Oven-Glo lb. box **25¢**
  - Crackers Tea Timer lb. box **29¢**  
(8-oz. box, 18c)

- ### MUSHROOMS
- Stems and Pieces First State 4-oz. can **27¢**  
(2-oz. can, 2 for 27c)
  - Buttons First State 4-oz. can **37¢**
  - Buttons Broiled in Butter Jacobs brand, 3-oz. can **30¢**
- ### SANDWICH SPREADS
- Your favorites at Safeway Low Prices
- Sandwich Spread Lunch Box 1/2-pint jar, 21c **35¢**
  - Sandwich Spread Miracle Orange King Kelly 16-oz. jar **37¢**
  - Marmalade 2-lb. jar, 33c **19¢**
  - Preserves Kern Grape Variety 2-lb. jar **33¢**
  - Jams Kern Apricot or Peach 2-lb. jar **33¢**

## LOW PRICES ON MEAT

Safeway buys only Top U.S. Gov. Grades of meats, ages them to peak of flavor and tenderness... trims them waste-free before weighing to give you more good eating meat for your money.

- LAMB ROAST** 5-RIB SHOULDER NECK AND SHANK OFF lb. **69¢**
- PORK ROAST** LOIN END CUTS lb. **63¢**
- WIENERS** SKINLESS NO. 1 QUALITY lb. **58¢**
- Spareribs** Pork, Small-tender, lb. **59¢**
- Pure Lard** lb. **28¢**
- Sole Fillet** No waste, easily prepared, lb. **53¢**

## LOW PRICES ON PRODUCE

... Safeway produce is priced by the pound to save you money.

- Peaches** FANCY ELBERTAS lb. **9¢**
- Melons** PERSIANS SWEET, JUICY lb. **9¢**
- Oranges** NAVELS MEDIUM SIZE 7-lb. Mesh bag **29¢**
- String Beans** KENTUCKY WONDERS lb. **12 1/2¢**

- ### COFFEE
- Airway Coffee Whole Roast 1-lb. bag **40¢**  
(3-lb. bag, 1.15)
  - Nob Hill Coffee Ground to Order 1-lb. bag **43¢**  
(2-lb. bag, 85c)
  - Edwards Coffee Regular or D/W 1-lb. can **52¢**  
(2-lb. can, 1.02)
- ### BEER & WINE
- Eastside Beer No Deposit 12-oz. can **15¢**
  - Eastside Beer Steinie, One way, 11-oz. bottle **14¢**
  - Dessert Wine Monte Cristo—Muscatel, Fifth **68¢**
- Beer and wines sold only in Safeway Stores licensed to sell them. (10% less on full, straight or assorted cases of wine.) Tax additional.

## Van de Kamp's BAKERY SPECIAL PRICES

Thursday, Friday & Saturday July 15, 16, 17 Only

- CINNAMON ROLLS**... 6 for 17c  
(REG. 6 for 21c) 3/4 dozen
- A tremendous value... large, luscious rolls with fragrant, Saigon cinnamon and sugar rolled into tender coffee-cake dough. Abundant with juicy-plump raisins and topped with sweet, honey icing.
- 2-LAYER COCONUT CAKE**... 79c ea.  
(REG. 98c ea.) 40c half
- Cool coconut, a tropical treat to beat the heat! Fine-textured, silver layers generously filled in between and completely covered with mellow, butter cream icing... moist, snowy white coconut!

1506 Cravens