

very quickly and, in addition, they are difficult for many people to digest. The need for vitamins and minerals remains much the same that it does in youth

Air Force Has New Booklet For Reservists

Lt. Col. Alfred S. Howe USAF, Commanding Officer of the 2375th Air Force Reserve Combat Support Training Center, Long Beach AFB, announced yesterday that the booklet "You and the Air Force Reserve" will be available free of cost or obligation to anyone who writes requesting one.

Purpose of the booklet is to explain the new "Long Range Air Reserve Program and the pay, promotion, and retirement benefits that can be earned by joining the Ready Reserve.

The 2375th AFRCSTC's mission is to provide logistical support for the 77th Air Depot Wing; a reserve unit whose training groups supply transportation, maintenance, medical and air base are now accepting applications from qualified AFRes officers and airmen in this area.

A source of pleasure and health for the older person, the government publication "A Guide for Older Folks" will be sent to anyone who mails a card of request to the Los Angeles County Health Department, 2 N. Figueroa St., Los Angeles.

Eating Habits Play Major Role In Determining Health of Aged

Unfortunately an increase in the length of life does not always mean a longer period in which to enjoy it.

All too frequently, the later years are simply years of increasing disability, multiple discomforts, or added woe. Little is yet known about the causes of many of the degenerative diseases that plague the aged, or the reasons why senility afflicts some individuals at an early age and others at a later period or practically not at all, according to Dr. Roy O. Gilbert, county health officer.

But all experts, when discussing age and its problems, seem to agree that "nutritional control is probably more important than any other one factor in the maintenance of a positive state of health."

Old age, we are told, cannot be measured in years alone. Individuals old and "set" at 40 may be rarer than at the turn of the century, but there are still plenty around. In many people, however, this decline in vigor and vitality may be postponed until the age of 70 or more. Commonly, however, this older period of life is reached in the mid-sixties.

Diet Important
Diet for the older person should not differ greatly from that at other age levels. Because of lessened activity and the decrease in body size, both in height and weight, a smaller amount of food is required.

Indeed, say the experts, if a person of 70 weighs as much as he did at 40 it is almost certain that there has been a large gain in fat. Excess food simply causes overweight and shortens life. It means that more fat must be carried around by weakening muscles including that of the heart.

A little bit of everything and not much of anything will generally ensure good nutrition in the older person and, needless to say, the food should be properly cooked. Sweets should be restricted because they dull the appetite and cause the individual put on weight.

Fats should also be limited, for they also put on the pounds.

STADIUM

NOW-SATURDAY
Two TECHNICOLOR HITS
Ty. Power—Penny Edwards
"PONY SOLDIER"

—and—
Broderick Crawford

Claire Trevor
"STOP, YOU'RE KILLING ME"

"SUN. - MON. - TUES.
"O. HENRY'S FULL HOUSE"

with a full cast of stars
—PLUS—

"TOM, and JERRY, REVUE"

an hour of your favorite cartoons

TORRANCE

FRI. - SAT. - SUN.
Maria Montez - Turhan Bey
in
"Arabian Nights"

—and—
"SUDAN"

Both in Technicolor

GARDENA

FRI. - SAT. - SUN.
Chas. Boyer - Marsha Hunt
"THE HAPPY TIME"

—also—
"TARZAN'S SAVAGE FURY"

PARK

FRI. - SAT. - SUN.
George Montgomery in
"The PATHFINDER"

in Technicolor
—and—
Stanley Kramer's
"8 IRON MEN"

A war Story with a New Twist

HARBOR DRIVE-IN THEATRE

PER CAR LOAD
\$1.00
Phone 238
Tax

NOW SHOWING
The Story of
"Robin Hood"

Richard TODD in Technicolor
—and—
"APACHE WAR SMOKE"

STARTS SUNDAY
"EVERYTHING I HAVE IS YOURS"

and
"LEOPARD MAN"

and
"DENNIS O'KEEFE JEAN BROOKS"

Dollar Days

REG. \$3.95 - \$4.95 VALUES — LONG SLEEVE

SPORT SHIRTS
GABARDINE — SHARKSKIN
\$2.69 or 2 for \$5.00

ALL COLORS IN S-M-L and EXTRA LARGE

REG. \$1.95 to \$2.95 VALUES — ASSORTED COLORS
Sizes S - M - L

TEE SHIRTS
\$1.29 or 2 for \$2.50

OTHER DOLLAR DAY VALUES THROUGHOUT THE STORE!

TORRANCE MEN'S SHOP
1325 SARTORI AVE. Phone Torrance 1441
The Best in Nationally Advertised Men's Wear

PREM SWIFT 12-OZ. CAN 39c

HILLSDALE SLICED **PINEAPPLE** 2 1/2 CAN 25c

SALAD DRESSING DURKEE QT. JAR 39c

PRESERVES OLD TAVERN STRAWBERRY 20-OZ. JAR 39c

COFFEE VIKING 1-LB. GROUND TO YOUR SATISFACTION 69c

ROTHS LOWER PRICES

DELICATESSEN FOODS

MANHATTAN BRAND — Midget Size

MIDGET BOLOGNA 39c lb.

GOLDEN CREME COTTAGE CHEESE 1-Lb. CARTON 25c

FULL CREAM **CHEDDAR CHEESE** 49c lb.

PICNIC SHOULDER CROWN BRAND READY TO EAT 5-LB. CAN \$3.29

FRESH MADE POTATO SALAD 29c lb.

FROZEN FOODS

Libby's **CUT CORN** 10-OZ. PKG. 6 for 1.00

Libby's **BROCCOLI** CHOPPED 10-OZ. PKG. 6 for 1.00

Libby's **LEAF SPINACH** 10-OZ. PKG. 6 for 1.00

ORANGE JUICE SNOWCROP 6-OZ. 17c



PRICES EFFECTIVE THURS., FRI., SAT., SUN., FEB. 19, 20, 21, 22
109 S. Hawthorne. Hawthorne 1321 Post Avenue. Torrance
310 E. Manchester Ave. (At San Pedro Street) Los Angeles . . . 12021 West Washington Blvd., Culver City
2412 Pico Blvd., Santa Monica . . . 2713 E. Main, Ventura
ALL ITEMS SUBJECT TO STOCK ON HAND
Tax will be added on all taxable items — We reserve the right to limit quantity

MANOR POULTRY SPECIALS!

All Poultry sold is processed in our own plant and eggs are produced on our own ranches to assure you of Quality and Freshness!

Manor Junior Size
Turkeys 59c lb.
Oven Ready
6 to 8-lb. Avg. Wt.

Manor Large
Grade "AA" EGGS 55c doz.

RED
Fryers 49c lb.
2 1/2 to 3 1/2-lb. Av. Wt. N.Y. Dressed

ALSO FRYING CHICKENS BY THE PIECE
Legs and Thighs 99c lb.
Livers 95c lb.
Wings 49c lb.
Necks and Backs 29c lb.
Gizzards 60c lb.

LARGE GRADE "A" EGGS 53c doz.

STOP BY — STOCK UP — EVEN LOWER PRICES to Freezer Owners
MANOR POULTRY
8 to 6 SUNDAY THROUGH THURSDAY
Corner Hawthorne and Redondo Beach Boulevard
FRONTIER 4-8949
FRIDAY AND SATURDAY, 8 to 6:30
SERVING YOU SINCE 1923

- hetti, 1 19c
- Baby P 3 cans 25c
- ons, 16 15c
- oodle 54, 10 1/2 17c
- 18 1/2 14c
- llah, 7 1/2 jar 19c
- 14-oz 23c
- (Chlor) 21c
- yrwp, 12 27c
- ookies, 12 pkgs 21c
- 21-oz 37c
- 15 1/2-oz 22c
- 2 39c
- 2 39c
- ble Cof, 1, 46-oz 35c
- 20-oz 49c
- as, 303 21c
- am Style, 303 18c
- Label, 2 1/2, bottle 23c
- Starch, 1 13c
- as, 303 15c