

ATIONAL "BONDED" MEATS!

A BOND WITH EVERY PURCHASE!

ARE "BONDED."
ST, MOST TENDER
Y... BACKED BY
WORTHY BOND
RE... YOU MUST
SIFIED... OR YOUR
CAN'T LOSE.. SO
R-SHOPPERS TODAY
AILY THE BEST...



Steak

63¢

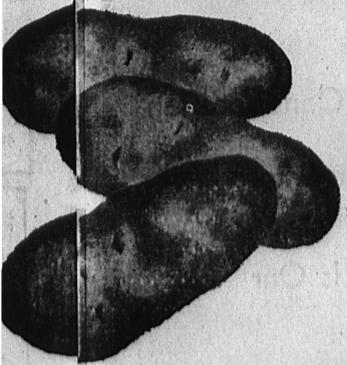
LB.



- U.S.D.A. GRADE CHOICE **SWISS STEAK** 63¢ lb.
- U.S.D.A. GRADE CHOICE **GROUND ROUND** 63¢ lb.
- U.S.D.A. GRADE CHOICE **RUMP ROAST** 65¢ lb.
- UNION ROYAL BRAND ROUND **CORNERED BEEF** 63¢ lb.
- SWIFT'S EVERSWEEP **SLICED BACON** 59¢ lb.
- NORTHERN **SWORDFISH STEAKS** 59¢ lb.
- FRESH FILLET **TRUCOD** 49¢ lb.

JIM DANDY'S FARM FRESH PRODUCE
U.S. NO. 1 WHITE ROSE

Potatoes



10 lbs. for **25¢**
In Pliofilm Bag

Fresh, Sweet, Large Cluster Thompson **SEEDLESS GRAPES 15¢**
Fancy Large Royal **APRICOTS 2 lbs. 25¢**

YOUR LAST CHANCE!
— TO COMPLETE SET —
JIM DANDY'S... GOOD-WILL OFFER ON
WEBSTER GIANT UNABRIDGED
... DICTIONARY ...
— ALL DICTIONARY SETS WILL GO OFF DISPLAY —
JUNE 30—FINAL DATE OF SALE!



2515 Torrance Boulevard, Torrance
24911 S. Western—Harbor City-Lomita Area
OPEN 'TIL MIDNIGHT every night



Teenage Acne Annoying, But It Is of Little Lasting Importance

By ROY O. GILBERT, M.D.,
Los Angeles County Health Officer

Acne is a skin disorder that generally occurs in adolescence and vanishes when it is over. The unsightly blemishes usually appear on the face and often extend to the neck, arms, chest, and back. Even when the eruption is relatively inconsequential, it is frequently a matter of great concern to the growing youngster. This condition occurs because the increased activity of the sex glands during the teens stimulates the sebaceous or oil glands in the skin to greater production. The pores, minute outlets in the skin, are simply unable to cope with the overabundant supply of oil and becomes clogged.

Passages Blocked
With the blocking of these passages, irritation is set up in the hair follicles and various skin microbes, usually harmless, cause skin infections, such as acne, to develop. When any such condition occurs, the youngster needs immediate guidance in the care of the skin and medical attention if the condition fails to improve promptly.

Even with the help of a doctor, however, it should be realized that no sure panacea for acne exists. Cleanliness of the skin must be maintained and, in general, all oils and fats should be avoided in cosmetics, lotions, make-up bases, and powders. Pinching blackheads and infected areas is useless and often leads to more trouble.

In some instances, the avoidance of certain foods will eliminate acne. The list of things that have been known to trigger the appearance of the condition — just why this happens is not yet understood — includes sweets, particularly chocolate, iodized salt, peanuts, sharp cheese, and shellfish.

Infection Possible
In possibly ten per cent of all cases, acne is apparently aggravated by a focal infection in the teeth or tonsils, and when such conditions are remedied, the skin eruption disappears.

The worries and fears peculiar to adolescence may also cause the condition to appear, according to some medical specialists. When proper help is given, the eruption tends to subside.

Many cures for acne have been tried during the years. At the Bellevue Medical Center in New York a great deal of research has been done in the use of X-ray for the treatment of this condition and its is firmly established that many times, not always, it is successful. Ultra-violet rays have also been used to good effect.

Vitamins Help
In some instances, large doses of vitamin A has controlled the condition effectively.

The most recent, and possibly the most effective treatment for acne, is reported from the Vanderbilt Clinic at Columbia University. The procedure used in treating nearly 400 very severe and chronic cases resulted in greatly improved or completely cleared skin in 94 per cent of the patients. The treatment, described in the March 1957 issue of "Today's Health", include hormone and antibiotic medication accompanied by education in diet and skin care.

At any rate, with the present medical knowledge available on acne, there is no need to endure it. While it is true that the condition never kills and rarely leaves physical scars, the damage to a growing and sensitive personality can be serious.

Dance Class Featured in August Show

Torrance Recreation Department's modern dance program, pioneered last summer, will be continued this summer by Mickey Van Deventer.

Plans already are under way for bandshell programs in Torrance Park, plus the modern dance demonstration scheduled for the Open House show Aug. 23 which will close the summer recreation program.

Dance classes will be set up in two three-week sessions for the convenience of those taking vacation trips.

The first session will start July 8 and continue through July 26; second session from July 29 to Aug 16.

Open to both beginners and advance students, dances this summer will center around American folk songs, Calypso, Negro spirituals, modern dance studies and special numbers.

Further information concerning the classes can be obtained at the recreation department.

L.A. Summer Classes Set

Summer school sessions will begin next Monday in Los Angeles City Schools in this area.

The sessions will be held at Halldale School, 21514 Halldale Ave.; Harbor City School, 1508 W. 254th St., and 186th St. School, 1581 W. 186th St. They will last through Friday Aug. 9.

The sessions are primarily for students who wish to catch up in special subjects. Emphasis will be on improving academic skills, as well as helping students overcome grade deficiencies.

ALL IN THE EAR



What you see in this girl's ear is Sonotone's new hearing aid — complete. IT'S WORN ENTIRELY IN THE EAR — no cord, no extra "button." This smallest Sonotone ever weighs only half an ounce, including smallest battery used in hearing aid.

Women, of course, cover everything with their hairdos. On men, this amazing hearing aid is barely noticeable from any angle.

You just have to see this new transistor masterpiece to believe it. Triumph of 25-year search by Sonotone engineers for hearing aid worn entirely in ear.

COME IN, PHONE OR WRITE. FREE DEMONSTRATION—NO OBLIGATION
SONOTONE
205 NUTWOOD — INGLEWOOD
ORchard 1-4872 or FRontier 4-2896