OASTS, ROASTS!

Roasts, Custom-cut from Lucky's Bonded Beef.

IGHT? HERE IS REALLY FINE BEEF . . . AGED TO EATING PERFECTION AND EXPERTLY TRIMMED OF EXCESS FAT BEFORE WEIGHING, SO YOU GET
'LL FIND THESE SUPER-TENDER CHUCKS THIS WEEK'S OUTSTANDING BUY . . . ESPECIALLY DELICIOUS AND TENDER . . . IDEAL, TOO, IN GOULASH

IDE
T
5c LB.

USDA CHOICE
SEVEN BONE
BONDED for flavor and tenderness
High Protein!
55c LB.

USDA CHOICE
ROUND BONE
BONDED for flavor and tenderness
Fully Trimmed
59c LB.

R
DIN G BUY.

5 POUNDS 39c

2½ SIZE CAN 2 FOR 25c

T . . . STOCK UP TODAY!

RIES 10 OZ. 15c

ARTS . . . WONDERFUL ON ICE CREAM . . . TERRIFIC SMOTHERED IN

GOLDEN STATE POUND CARTON 69c

TABLES . . . ALWAYS FRESH!

T Jim Dandy GIANT BOX 49c

LE ON YOUR HANDS.

RUIT JUICE . 35c
D WITH VITAMIN C . . . 46-OZ. CAN.

PEAS 17c
TENDER SKINNED PEAS . . . 303 SIZE CAN.

D BEEF HASH . 39c
ATY RICH — LIKE HOME-FIXED! . . . 16-oz. Can.

EN OF THE SEA 29c
HT MEAT TUNA . . . 6½-oz. Can.

O PASTE . . 10c
DERFUL WITH SPAGHETTI AND MEAT.

BOOTS . . 3 for 25c
THE VERY BEST . . . 8-oz. Can.

REDDI-WIP TOPPING . 55c
REAL WHIPPED CREAM . . . YOUR SHORTCUT TO SHORTCAKE . . . 7-oz. Can.

KRISPY CRACKERS . 27c
DOUBLE WAXED WRAP TO SEAL IN THE CRISPY FRESHNESS! . . . 1-LB. BOX.

WESTON COOKIES . 23c
DELICIOUS BANANA CREAMS . . . FLAVORFUL . . . 6½-OZ. PKG.

KARO SYRUP 25c
NEW MAPLE-Y FLAVOR . . . A BRAND NEW SYRUP . . . 12-OZ. BTL.

BOSCO 35c
CHOCOLATE MILK AMPLIFIER . . . HELPS BUILD MUSCLES . . . 12-OZ.

MARCAL NAPKINS . . 10c
BEAUTIFULLY EMBOSSED WHITE NAPKINS . . . 80-CT. PKG.

ANNINGS BAKERY

E CAKE . . . 55c
NNAMON PAN . . . WITH CINNAMON, APPLESAUCE

Lucky LIQUOR DEPT.

LUCKY VODKA ..... Fifth $2.99
PREMIUM QUALITY 80-PROOF VODKA.

Lucky Bonus Buy Coupon
Jim Dandy's MILK TALL CAN . . . WITH THIS COUPON 1¢
This Coupon Effective Thurs., Fri., Sat., & Sun., Apr. 9, 10, 11 & 12, 1959
Limit One Coupon Per Family

Lucky FROZEN FOODS

CHICKEN PIES . . . . . 5 for $1
BANQUET CHICKEN, TURKEY OR BEEF . . . A MEAL IN ITSELF . . . 8-OZ. PKG.

POTATO PATTIES . . . 2 for 29c
ORE-IDA FROZEN POTATO PATTIES READY TO HEAT AND SERVE . . . 12-OZ. PKG.

FROZEN STEAKS . . 10 for 89c
FEILDERS DELICIOUS BEEF STEAKS . . . HEAT AND EAT!

DOWNYFLAKE WAFFLES 2 for 29c
POP IN YOUR TOASTER — THEY'RE READY TO SERVE . . . SIX IN PACKAGE.

GOLDEN FREEZE 29c
GOLDEN STATE'S IMITATION ICE CREAM . . . DELICIOUS FLAVORS . . . ½ GALLON.

FRADELIS FROZEN DINNERS
HAM STEAK . . . FRIED SHRIMP . . . SWISS STEAK . . . GRILLED HALIBUT STEAK . . . SPAGHETTI WITH MEAT BALLS . . . VEAL CUTLET PARMESAN . . . AND MEAT LOAF. COMPLETE DINNERS WITH VEGETABLES AND POTATOES. JUST HEAT AND EAT — IN THE TRAY!
59c 12-OZ. PKG.

Jim Dandy DIVISION OF Lucky

Sales Tax Added to Taxable Items Limit Rights Reserved

HURSDAY, FRIDAY, SATURDAY AND SUNDAY . . . APRIL 9TH, 10TH, 11TH AND 12TH

ZEE TOILET TISSUE 4 Rl. Fam. Pk. 37c
ZEE DINNER NAPKINS 40 Count 2 for 25c
ZEE WAXED PAPER 100' Rl. 21c
ZEE SANDWICH BAGS 75 Bag Pk. 23c
TREND LIQUID DETERGENT 2 Cans 59c
TREND DETERGENT 2 Pkg. 39c
NEWS DETERGENT 2 Lg. Bxs. 49c

ific Coast Hwy. at Gould Lane REDONDO BEACH Pacific Coast Hwy.—South Redondo LOMITA-HARBOR CITY Western & Lomita

EYE POSTER . . . Studying a poster announcing a dance to be conducted by the Squaws Car Club at the C.I.O. Hall, 1316 Border Ave., from 7:30 p.m. to midnight Saturday are Squaws Judy Raymond, left, and Joanne Suedmeyer, right. Admission will be 75 cents per stag and $1 per couple. The girls' car club is sponsored by the Torrance Police Officers Assn.

Many Dental Problems Could Be Avoided, Health Officer Claims

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

Dental decay is one of the most widespread and most expensive of diseases, and surveys on its prevalence have revealed that it affects both young and old.

Apparently, nearly half of all children have at least one decayed tooth by the time they are two years of age, and about half of all adults beyond the age of 40 need dentures. Yet, despite its frequent occurance, most dental decay is relatively easy to avoid.

Despite all known preventive measures, some tooth decay will occur throughout life. The secret of handling this problem is to go to a dentist for repairs while the areas of decay are quite small. This practice not only saves teeth but enables a person to avoid a good deal of discomfort and pain as well.

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FOR OLDER adults, a regular visit to the dentist is of special importance, as peridontal disease (disorders of the gums and bones of the jaws generally due either to poor mouth hygiene or an inadequate diet) accounts for most tooth loss in older people.

However, even going to a dentist at regular intervals can become a losing battle through the years unless the individual supports the professional care received with necessary day to day preventive measures during his entire lifetime.

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IN CASES where a child is fortunate enough to live from infancy in an area where the water is fluoridated, he has a built-in prevention against most decay that will stand him in good stead throughout his life. If not, the next best preventive step is a topical application of sodium fluoride that most dentists feel should be first applied to the teeth at about 3 years of age and repeated around 7, 10, and 13 years.

Either of these preventive means, coupled with a well-balanced diet, good tooth brushing habits, and the early treatment of defects as they occur should provide, in most instances, a set of sound teeth that will last an individual all of his life.

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ALTHOUGH a proper diet is considered essential in the development and maintenance of sound teeth and gums for both children and adults, particularly up to around 12 to 16 years of age at which time the tooth formation is completed, perhaps the most important thing about diet in relation to tooth decay is not so much what one should eat as what one should avoid.

Carbohydrates, principally sugars, are a major factor in the cause of decay, according to dental and nutrition experts, and sweets should therefore be avoided as much as possible. It has been said that just about every time somebody reaches for a piece of candy some dentist reaches for his drill, and undoubtedly there is a lot of truth in the saying.

• • •

IN FACT, within a few minutes after candy or any other sweets are eaten, bacteria which are normally present in the mouth act on the sugar to form acids that actually dissolve the tooth structure. The effects from these acids can be minimized by brushing the teeth not only morning and night, but after each meal or snack as well, and particularly after eating sweets. If a tooth brush is not available rinsing the mouth with water helps greatly.

Truly, there is no shortcut to dental health, but, happily, the way is not difficult. For a certainty, sound, attractive teeth are within the reach of all persons who start dental care at an early age, while in the older years much trouble may be avoided by practicing good dental health habits that include an adequate diet, good oral hygiene, and regular visits to the dentist.