

# STEAK SALE!

S.....Tender and Flavorful

## Club or Rib Steak

A FAVORITE OF THOUSANDS EVERYWHERE . . . THESE FINE STEAKS ARE CUT FROM USDA "CHOICE" STEER BEEF . . . SO WONDERFUL FOR COOK-OUTS TO SATISFY HE-MAN APPETITES . . . SERVE WITH POTATOES, GREEN VEGETABLES AND FRESH FRUIT SALAD . . . WHEN YOU RING THE DINNER BELL . . . THEY'LL REALLY COME A-RUNNIN' . . . EVERY STEAK IS DELICIOUSLY TENDER, FLAVORFUL AND TRIMMED TO PERFECTION . . . A COOK-OUT CHEF'S-DREAM.



Fully Trimmed

# 98¢ LB.

**GROUND ROUND 69¢ lb.**  
A FAVORITE FOR COOK-OUTS . . . TASTY, TENDER STEER BEEF . . . PRECISION-CUT FOR FLAVOR . . . MAKES SUPER-DUPER BARBECUED BURGERS.

**FRESH SEA BASS 39¢ lb.**  
FILLET OF SEA BASS . . . FRESH LOCAL WHITE FISH . . .  
**RAINBOW TROUT 59¢ lb.**  
FINE TO PAN-FRY OR DELICIOUS TO BARBECUE.

## Fresh-sweet SPICY-TASTIN' Pears

MOUNTAIN VARIETY BARLETT'S . . . GIVE YOUR MENU A LIFT WITH AN EXTRA TOUCH OF JUICY FRESHNESS AND SATISFYING GOODNESS . . . SERVE FRESH PEARS WITH ANY MEAL . . . BETWEEN-MEAL SNACKS . . . DELICIOUS SUMMER FRUIT SALADS . . . EAT ALL YOU WANT BECAUSE PEARS ARE LOW IN CALORIES . . . HIGH IN ENERGY . . . LOW PRICED, EASY ON YOUR BUDGET.

# 10¢ LB.

## TOMATOES FIELD FRESH

2 Pounds for 15¢

**CRISP CELERY 10¢**  
SNAPPIN' FRESH . . . EXTRA SWEET AND DELICIOUS . . . YOU'LL ENJOY EVERY CRUNCHY BITE.

# Lucky STORES

LIMIT RIGHTS RESERVED . . . SALES TAX ADDED TO TAXABLE ITEMS

**CROWN BEER \$2.98**  
QUALITY BEER — CASE OF 24 12-OZ. CANS.

**VODKA FIFTH \$2.99**  
QUALITY VODKA — EXCLUSIVE!!!

**Bakery Treats NUT BREAD 43¢**  
SUMMER TIME TREAT FOR DAINTY SAND-  
WICHES . . . 47¢ EACH.

ORANGE Orenshaw and Torrance

WEST TORRANCE Sepulveda and Hawthorne



TOMMIE AND CONNIE . . . Among many astronomical exhibits at Riviera Elementary School's recent Science Fair, the star probably was Connie the turtle, held here by her young master, Tommy Simpson. Students brought collections from home and exhibits they had made in class, including rockets, missiles, TV models, space drawings, and many other scientific exhibits. Summer school classes include the same subjects as the regular school year.

### Hot Weather Tips Offered By County Medical Officer

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

Indications are that the residents of Los Angeles County are about to experience a prolonged period of hot summer weather. Although the high temperature already recorded in this area may not be surpassed, it is well known that August and September are generally the hottest months of the year.

Heat-susceptible individuals often find this period a terrific ordeal, and practically nobody finds it a comfortable one. Fortunately, there are certain things a person can do which will make the heat more tolerable.

EFFECTS of summer heat can be much more serious than mere discomfort. When excessive, heat may cause a person to collapse either from heatstroke, sunstroke or from a heart attack, which sometimes happens in the case of older citizens and the chronically ill. Generally, these conditions occur because of too much exertion when it is too hot or from prolonged exposure to the direct rays of the sun.

When in a normally healthy condition, a human being possesses an excellent air cooling system. In hot weather, the sweat glands usually dilate and the amount of perspiration released is considerably increased. This evaporates in the air and helps to keep the body cool.

TO ASSIST nature in this function, it is necessary to wear light, loose clothing, as tight garments keep the heat confined to the body and hinder the evaporation of perspiration. Also well established is the fact that dark colors absorb the heat of the sun's rays, whereas light colors reflect them and so keep the individual cooler.

The average person loses about two quarts of water and about an ounce of salt from his body on a real hot day, and these substances must be replaced in order that the body's air-conditioning system may function effectively. This is why an individual feels more comfortable if plenty of water or fruit juice is taken in hot weather and an extra pinch of salt is added to food at mealtimes.

THIS SMALL amount of salt is usually enough, although individuals doing hard labor or strenuous exercise will require more. Active children may also require a little more, which can be taken in the form of a few salted crackers or nuts. A person with heart or kidney trouble, however, should consult his doctor before taking more salt than is customarily allowed in the diet.

In hot weather, the blood is busy carrying body heat to the skin surface where it is lost through radiation and evaporation and therefore cannot supply so much for digestive purposes. For this reason, most individuals feel better in hot weather if they eat less at a sitting. Although it makes little difference whether the food is hot or cold, meals should always be well balanced. If a person gets too hungry before the next meal is due, wholesome snacks may be

CLEANLINESS is more than ever important when the weather is uncomfortably warm. Daily bathing with tepid water is the established custom in many warm countries, and its cooling effects beyond question. It also has the additional advantage of keeping the skin clean and so permits more efficient functioning of the body's cooling system.

Quite a few people never feel too fit during the hot weather. They not only look and feel uncomfortable but also lack energy. This is not altogether an imaginary state, as some persons are more heat-susceptible than others. Nevertheless, sensible adaptation to hot weather usually results in a lessening of discomfort and a feeling of greater well-being. In any event, such measures help the individual to endure the heat at less cost to himself.

A pamphlet on hot weather comfort will be mailed to anyone sending a card of request to the Division of Public Health Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 12.

### CROSSWORD PUZZLE

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ACROSS  
1-Map  
4-Clayey earth  
11-Bookbook  
12-Forms  
14-Printer's measure  
16-Leak through  
17-Conservative  
18-Beast of burden  
20-Journeys  
22-Sunburn  
23-Studies  
24-Bracing medicine  
25-River in Italy  
28-Test  
31-Went by automobile  
33-Walk wearily  
34-Withered  
36-Lubricated  
39-Extra  
42-Note of scale  
43-First appearance  
44-Resorts  
46-Tear part of ship  
48-Heavenly bodies  
50-Transgression  
51-Rail bird  
52-Dress  
53-Dress; down  
54-Stiffly proper persons  
57-Loose, flabby  
61-Encounters  
62-Hindu guitar

DOWN  
1-Faultfinder  
2-Exclamation  
3-Paid notices  
4-Sand bar  
5-Handle  
6-Legal seal (abbr.)  
7-Exclamation  
8-Dine  
9-Speak  
10-Mexican shawl  
11-Respond

40-Comb. form: 57-Latin conjunction  
58-Steamship (abbr.)  
60-Sun god

TRAM, EMERY, BRIT, SON, TITLER, RITA, BALONE, FAI, STE, SPINE, MARA, SCPT, PIES, MINN, SNE, BE, S, TIT, T, S, L, E, R, S, I, T, E, S, T, E, S, P, E, D, E, D, R, A, Y, S, P, A, R, R, S, L, I, A, T, E, R, E, L, A, Y, C, A, N, S, T, S, N, E, W, R, O, T, E, P, A, N, A, M, A, L, E, A, D, E, R, N, E, W, E, L, S, I, A, T, E, D

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### Marineland Aqua Show Closes Summer Slate

Frank Sennes' stage and aqua show at Marineland closed its summer run at Marineland of the Pacific last night after a seven-week engagement at the popular Palos Verdes coast recreation spot. The extravagant show, which opened early in June, featured colorful stage and water productions in the outdoor sea arena at Marineland.

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