

### State of Health Important for A Better Life

Are you one of the many persons who made resolutions for the New Year? Did you promise yourself to overcome the bad habits and strive for better ones? In your sincere desire to lead a better life, did you think, to be complete, this should also include a special attempt to keep you healthy and well?

How can you go about this? First, what is the state of your health? When did you have your last physical examination? Simply because you've been feeling comparatively well does not mean that some condition does not exist that, if left undetected, will cause illness. Lately you seem to tire easily, but you attribute this to the hurry and bustle of everyday life. But is it? Remember fatigue is, associated with a number of conditions that could be remedied.

WHAT ABOUT your heart, lungs, ears, and eyes? When was your blood pressure checked? Are you sure it is within the normal range of your age and weight? A good physical examination is the best insurance you have for these answers.

Ask your physician to give you a thorough check-up. Have an x-ray examination of your chest so that you can be sure you are not one of the group of persons walking about with latent tuberculosis. See that your ears are free of infection and that your vision is adequate. Eye strain is responsible for such conditions as headache, dizziness, nausea and irritable disposition.

THE PHYSICAL examination should include a urinalysis. One important condition this reveals is diabetes. Be sure you are not a suspect.

Have you noticed any peculiar lumps on your body? Perhaps not, because some of these are so small they go undetected until they are felt by the sensitive, diagnostic fingers of your physician. Remember that any unusual growth should be investigated, for this is a manifestation of cancer. On the other hand, the tiny tumor may not be malignant at all. Why not be sure rather than sorry?

YOUR PHYSICAL examination should not end with your physician. A visit to your dentist is essential. Again an x-ray examination of your teeth and gums is necessary to rule out abnormalities. Good dental care is important, since infections of the mouth are numerous, painful and incapacitating. (Presented as a public service by the Southwest District of the Los Angeles County Medical Association)

Rosecoe at Canoga  
Bellflower at Imperial

**BLUE CHIP STAMPS**

**FOODS CO. markets**

910 W. Santa Barbara at Vermont  
174th and Crenshaw

4 DAYS  
Thurs., Fri., Sat., Sun.  
March 23, 24, 25, 26

Pacific Coast Highway at Crenshaw



**SPRINGFIELD CANNED FRUITS**  
WHOLE UNPEELED

**APRICOTS** 2 1/2 Can 1-lb. 13-oz.

HALVES BARTLETT

**PEARS** Tall 1-lb. Can

CHOICE PIECES OF FRUIT IN HEAVY SYRUP

**FRUIT COCKTAIL** Tall 1-lb. Can

HALVED SLICES OF HAWAIIAN

**PINEAPPLE** Flat 14-oz. Can

YOUR CHOICE MIX 'EM IF YOU WISH

**5 Cans for \$1.00**



**SAVE**

**TUNA**

**00**



**JE**

**00**

**COFFEE**

**1.00**

- Chicken of the Sea Frozen TUNA PES 25¢
- Scott Cut-Rite 125' Roll WAXEY PAPER 29¢
- Dad's Ganned-12-oz. ROOT BEER 6 for 69¢
- Dial's Rinse-Pint Bottle DIA. OF RINSE 49¢
- Downflake Frozen WIFFLES 3 for 45¢
- Dial's Frozen-6-oz. Can PINEAPPLE JUICE 19¢
- Delaware Frozen, 6-oz. Can LUNCH 19¢
- Reg. Size Cans DUTCH CLEANSER 2 for 33¢
- Early Calif. Select, Tall Can RIPE OLIVES 33¢

**CHICKEN**

**FRYERS** CUT UP PAN-READY  
2-lb., 5-oz. Each

**79¢ EACH**

What a Buy!  
A Full Cut Up Fryer for a Ridiculous Low Price!  
The Finest You've Ever Eaten!

**EASTERN, GRAIN-FED BABY PORKERS**

**PORK LOIN**

Not Limited to End Cuts  
3 to 6 lb. Avg.

**45¢ lb**

**PORK CHOPS** 79¢ lb

**RIBS** 49¢ lb

**SAUSAGE** 29¢ lb

**U. S. GRADE CHOICE BABY LAMB**

**SHOULDER LAMB CHOPS** 69¢ lb

**ROUND BONE LAMB CHOPS** 79¢ lb

**SQUARE CUT (Neck Off) SHOULDER LAMB ROAST** 3 to 4-lb. Average **35¢**

**FRESH FILLET OF WHITE SEA BASS** 69¢ lb

**FRESH FILLET OF DOVER SOLE** 69¢ lb

**Campfire MARSHMALLOWS** 12-oz. Pkg. **33¢**

**Foremost CANNED MILK** 2 tall cans **33¢**

**Country Kitchen SYRUP** 24-oz. Jar **39¢**

**YUBAN COFFEE** 1-lb. Can **79¢**

**BON MARCHE CLEANERS**

**SUITS** 1.09

WITH THIS COUPON

Mens' Plain  
Womens' Plain  
(No Buttons)

NOT VALID ON ORDERS ALREADY IN PROCESS.  
MUST PRESENT COUPON WITH EACH ORDER.  
Good Until April 23, 1961

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STORE-WIDE EASTER VALUES YOU CAN'T MISS!

**30% TO 50% SAVINGS PLUS BLUE CHIP STAMPS**

**EASTER HATS -- BAGS** 98¢ ea

Many Styles - Dainty Trims

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Cottons - Nylons  
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**60 GAUGE - 15 DENIER SHEER NYLON HOSE**

A SENSATIONAL VALUE YOU CAN'T MISS

First Quality—Full Fashioned—New Shades  
REGULAR 1.19 — LIMIT 6 PAIRS **39¢** Pair

**PLAYTEX FASHION MAGIC BRAS** 2 For 3.99

New Undercup Panels for Support and Comfort. All Sizes and Cups. White.

**WOMENS' RAYON HALF SLIPS** 69¢ ea

Many Styles — Wide Lace Trims — All Colors  
SEE TO APPRECIATE

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- TRIM FIT ANKLETS — Womens, Girls, Boys. Reg. 39¢ ..... 3 Pks. 99¢
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- EASTER BASKETS — Colorful. Many styles and sizes ..... 10¢ & up
- SCOT - TOILET TISSUE — With purchase of 1.00 or more. 2 Rolls 15¢
- EASTER GRASS — Bunny fluff - 2-oz. Reg. 15¢ ..... 2 for 19¢

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(NEXT TO FOODS CO. MARKET)

**BLUE CHIP STAMPS**