



Major Downing Retires After 20 Years in AF

Major John H. Downing, Jr., UCAF, after more than twenty years of military service, retired from the United States Air Force Wednesday, May 31, in the grade of Lieutenant Colonel, during ceremonies held at Headquarters, Ballistic Systems Division, Air Force Systems Command, Inglewood.

Major and Mrs. Downing, the former Simonne A. Robert of Paris, France, reside at 1011 Cranbrook Ave., with their children.

THREE BLIND MICE? . . . Merry Deasy, Carole Davis, and Mary Gonzales hold three of the mice used recently in a diet experiment at North High School. The laboratory rats were fed on various diets to determine whether a steady diet of candy, soft drinks and potato chips was harmful.

Rats Prove Candy, Soft Drinks, Harmful Diet in NHS Experiment

How important is a good diet? In a recent experiment conducted by the Foods III class at North High, nine rats proved that a diet of chocolate candy, potato chips and soft drinks can be harmful!

Determining the value of good nutrition was the aim of the North High foods class, taught by Mrs. Harriet Christian, in cooperation with Mr. Stan Keller, head of the science department, in their feeding experiment with laboratory rats. The experiment was conducted for five weeks.

THREE of the rats fed on all the chocolate bars, potato chips, and soft drinks that they could eat. The result could be seen in their appearance, for their fur was rough, and they nervous.

A second cage of three rats were fed the same dry dog food diet that all the biology laboratory rats are fed.

THE THIRD group of rats were fed food which included protein, calcium, vitamins, minerals, carbohydrates and fat. These rats proved to be healthy, for their appearance was the opposite of the rats on the poor diet. Their fur was smooth, and they seemed contented and calm.

They also maintained a good weight. All three rats on the poor diet did not weigh as much as one rat on the good diet when the experiment was finished.

During the second five weeks the poorly fed rats will be fed on the good diet in



HERALD CITED . . . The HERALD this week received a plaque from the Los Angeles County Heart Assn. for "devoted service in advancing the research, education, and community service program to conquer cardiovascular diseases. Mrs. Ward Brannon, regional public information chairman for the heart agency, presents the award to the HERALD'S managing editor, Reid Bundy. (Herald Photo)



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FOODS CO. ADS NOW GOOD FOR 7 BIG DAYS - CHECK OUR

JUNE 15TH AD FOR BIG SAVINGS THAT CONTINUE THROUGH WED. JUNE 21



TOM HATTEN At Wood PTA Show

Summer Show Series Set By Wood PTA

Tom Hatten and his "Popeye Cartoons" will open the Howard Wood PTA "Summer Live Entertainment" series on Wednesday, June 28, at the school cafeteria, 2250 W. 235th St. There will be two shows, at 1 and 1:45 p.m. Tickets will be sold at the door. In addition to the cartoons, Tom will draw caricatures of TV and film folks, as well as various chalk talk stunts and a live version of the "Squiggle Contest." Other features and surprises are likely too, as Tom draws pictures of some of the boys and girls.

Mrs. Edwin Mach, ways and means chairman, has announced the programs to follow on Wednesdays for six weeks, will feature two performances and will begin at the same time. Scheduled to appear are: July 5, Skipper Frank; July 12, Big Bong Space Clown; July 19, Jimmy Weldon with Webster Webfoot; July 26, Walker Edmiston (Little Rascals) and August 2, Bozo the Clown.

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FROZEN LEMONADE

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EACH CAN MAKES 1 QUART 15¢ 6-oz. cans \$1.00



Butter Kernel SUCCOTASH, 16-oz.	23c	Chicken of Sea Frozen TUNA PIES, 8-oz.	25c	SURF Soap Powder	31c	Quick Elastic STARCH, qt.	65c
B & M - 28-oz.	31c	Curtis - 11-oz. Candy Butterfinger CHIPS	39c	Giant Size	3/41c	Ranch Style BEANS, 15 1/2-oz.	2/25c
BAKED BEANS	69c	Calgen - 16-oz. WATER SOFTENER	35c	WISK Liquid	49c	Rich Whip TOPPING, tall can	39c
Ben Ami Jet - 14-oz. GLASS CLEANER	45c	Downyflake Froz. WAFFLES, 6 pks.	3/49c	ROMAN MEAL CEREAL, 1-gal. pkg.	41c	Soffin Toilet TISSUE, 4-roll pack	39c
Purex - 18-oz. BEADS O' BLEACH	45c	Prince - 1-lb. Dog HORSEMEAT	2/47c	Rath Frozen - 8-oz. CHOPETTES	49c	Stereo Assorted BOUILLON - 12-oz. pk.	19c
Sabriek's AMMONIA, qt.	26c	Dole Frozen Juice PINEAPPLE-ORANGE	21c	Rose - Quik-Fry SHRIMP, 7-oz. pk.	49c	Snow's - 15-oz. CLAM CHOWDER	31c
Bruce - Qt. FLOOR CLEANER	98c	Libby's - 46-oz. TOMATO JUICE	33c	Pro-Tex - Regular BAR SOAP	2/31c	Sunkist Frozen, 6-oz. LEMON DRINKS	2/35c
Bumble Bee - 6 1/2-oz. WHITE MEAT TUNA	39c	Martini - Qt. APPLE JUICE	35c	Raynold's - 25-ft. ALUMINUM FOIL	35c	Star Kist - 6-oz. CHUNK TUNA	33c
Chiffon Dinner NAPKINS, 65-ct.	23c	Pop-It - Lge. cello WHEAT PUFFS	2/35c	Rus-Ettes Frozen Hash Browns, 12-oz. Rain Drops, 24-oz. pk.	2/35c	Smokey Joe Frozen SANDWICHES	59c
Chicken of the Sea CHUNK TUNA, 6 1/2-oz. Cut Rite, 125 ft. WAX PAPER	29c	Purex - 1/2-gal Liquid BLEACH	39c	M.J.B. COFFEE	95c	Sweetheart, bath sz. BAR SOAP	4/49c