

ALL OF US AT ALPHA BETA
WISH EVERYONE OF YOU
A VERY MERRY CHRISTMAS
PRICES EFFECTIVE: MON. THRU THURS., DEC. 21-24
ALL ALPHA BETA STORES WILL CLOSE AT 7 P.M., DEC. 24
AND WILL BE CLOSED CHRISTMAS DAY



at ALPHA BETA

ALPHA BETA • MILD • SAVE 20c LB.

CHEDDAR CHEESE 59c lb
GRADE AA • FIRST QUALITY • 1-LB.
Louella BUTTER SAVE 8c 69c
REAL CREAM • 7-OZ. AEROSOL CAN • SAVE 10c
FOREMOST TOPPING 39c
IMPORTED • SLICED DANOLA HAM 59c
• 5-OZ.—PLAIN • 4-OZ.—OVEN BROWN
VITA PAKT • QUART DECANTER • SAVE 6c
ORANGE JUICE BLEND 49c
BETTY CROCKER • REFRIGERATED • SAVE 10c
9 OZ. TUBE
CINNAMON ROLLS 25c

HEAVY DUTY REYNOLDS WRAP 18 Inches x 25 Ft. SAVE 4c 59c	CHIFFON • DELUXE PAPER NAPKINS PKG. OF 50 3 FOR \$1.00	DIXIE DANDY GOLDEN YAMS CUT & WHOLE 2 1/2 CAN SAVE 10c 19c	NO. 1 TALL CAN PET MILK SAVE 6c 2 for 25c
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STOKELY • 303 CAN • SAVE 17c
APPLESAUCE 6 FOR \$1.00
STOKELY • 303 CAN • SAVE 35c • CUT
GREEN BEANS 5 FOR \$1.00

LASCO
• SOUR CREAM HERRING
• WINE SNACKS
• SPICE CUT HERRING
• SEA FOOD COCKTAIL
6-OZ. JARS YOUR CHOICE **39c ea**

VIENNA • 4-OUNCE PACKAGE
PASTRAMI 10c SAVE **39c**
VIENNA • 4-OZ. • SAVE 16c
CORNER BEEF 49c
LOUELLA • 1/2 PINT CARTON
SOUR CREAM 25c
PINT CARTON..... 45c



WE CARRY A COMPLETE LINE OF FRESH TURKEYS AND OTHER HOLIDAY POULTRY

Lancaster BRAND

TURKEYS

FAMOUS FROM COAST TO COAST AND SOLD EXCLUSIVELY AT ALPHA BETA ON THE WEST COAST. LOOK FOR THE FAMOUS LANCASTER BRAND TRADEMARK... THE SIGN OF THE FINEST QUALITY MEATS

USDA GRADE A • FRESH FROZEN

TOMS **HENS**

33c **37c**

LB. LB.

DON'T FORGET YOUR CUBBISON'S POULTRY DRESSING

ALPHA BETA *Tri-Brand-Rite* BEEF SALE!

JONES DAIRY FARM LITTLE LINK
SAUSAGE 1 LB. PKG. **89c**

KAPTAIN KRUSTY SHRIMP
1 1/2 LB. PACKAGE
PEELED AND DEVEINED **\$1.89**

CHUCK ROAST **39c**
7-BONE ROAST **49c**
ROUND BONE ROAST **59c**
CHUCK ROAST BONE-LESS **79c**
BEEF SHORT RIBS **29c**

FARMER JOHN • FIRST QUALITY • 1 LB. PACKAGE

SLICED BACON 49c
CORN KING • FULLY COOKED • SAVE 80c
CANNED HAM 5-LB. CAN **\$3.49**
FARMER JOHN • ONE POUND ROLL
PORK SAUSAGE 12 OZ. JAR **69c**

OYSTERS
KIRKPATRICK FROZEN • EASTERN 7 OZ. PKG. **69c**
FRESH WESTERN 12 OZ. JAR **69c**

Lancaster BRAND
SEMI-BONELESS • COOKED
HAMS 59c LB.

WHOLE OR HALF

HUNT'S • 46 OZ. CANS • SAVE 24c
TOMATO JUICE 4 FOR \$1.00

24 OUNCE BOTTLE • SAVE 14c
KRAFT MAYONNAISE 39c

DOLE • 1 1/4 FLAT CAN • SAVE 25c
SLICED PINEAPPLE 5 FOR \$1.00

LE SUEUR • 303 CANS
TINY PEAS 4 FOR \$1.00

REGULAR OR DRIP GRINDS • SAVE 40c
MAXWELL HOUSE COFFEE 3 CAN INCL. 20c OFF **\$1.99**
1 LB. CAN 79c 2 LB. CAN INCL. 12c OFF **\$1.38**

1-LB. CANS • REG. OR LIVER • SAVE 20c
VET'S DOG FOOD 12 FOR \$1.00
VET'S NUGGETS INCL. 6c OFF 5 LB. BAG **69c**

FOR REGULAR OR HARD TO HOLD HAIR
STYLE HAIR SPRAY 10 OZ. CAN **2 FOR \$1.00**
PLUS FED. TAX

GLYCERINE & ROSEWATER
LANOLIN PLUS 48c
REGULAR 99c SAVE 51c PLUS FED. TAX

EVEREADY \$1.20 VALUE
"D" BATTERIES PKG. OF 6 **89c**

GOLD MEDAL LONG SPAGHETTI 1-LB. PKG. 23c

MCCORMICK SCHILLINGS CINNAMON 1 1/4-OZ. SIZE 23c

WELCH'S APPLE-GRAPE OR WELCHADE GRAPE DRINK 2 QT. CANS 69c

HERSHEY FAMILY COCOA 1-LB. CAN 69c
INSTANT COCOA MIX 1-LB. CAN 45c

GRAVY QUIK DARK 1 1/4-OZ. JARS 2 FOR 47c

CARNATION INSTANT BREAKFAST CHOC. COFFEE OR PLAIN PKG. OF 6 ENVELOPES 79c

DELUXE MUSHROOMS SLICED, CHOPPED OR WHOLE 2 1/2-OZ. CAN 29c

SHASTA LOW CALORIE OR REGULAR 12 OUNCE CANS 10 FOR \$1.00

AURORA BATHROOM TISSUE 2-PLY ROLL PACK 27c

DASH REGULAR SIZE 39c

PUREX LIQUID BLEACH QT. 23c

GOODWIN'S "MAGIC CLOUD" AMMONIA QT. 29c

SCHICK HOT LATHER SHAVE CREAM MADE ESPECIALLY FOR STAINLESS STEEL EDGES 6 1/4 OUNCE AEROSOL CAN \$1.00

Centrifuge Test Aids Space Plan

Results of an experiment in which five college students underwent 42 consecutive days of absolute bed rest combined with short rides on a centrifuge were encouraging to space researchers seeking ways to nullify the effects of prolonged weightlessness.

The unique experiment, conducted for the Air Force Space Systems Divisions by the Douglas Missile & Space Systems Division was one of the first to investigate the possible therapeutic merits of rotation on a centrifuge as a method of reconditioning astronauts in outer space.

Reactions of the students after nearly a month and a half of viewing the world from Baboolal's sensation "of pin pricks on the soles of his feet" to Schubert's feeling that the floor was tilted backward.

Kopp said he "felt taller and light headed" and that he had to concentrate carefully on each step he took. All five subjects began to feel normal after a few minutes of walking around the laboratory.

AIR FORCE and Douglas MSSD scientists said today that the test should prove valuable in the design of space stations.

While previous research has indicated that extended stays in zero gravity can be debilitating, the Douglas-Air Force experiment went a step further by investigating the merits of centrifugation in reconditioning cardiovascular systems.

During prolonged bed rest, the heart and circulatory systems receive insufficient exercise — just as in the weightlessness of space the cardiovascular system "loafs" because there is no gravity to push against.

THE FIVE subjects in the biomedical experiment are students who were on temporary leave from the University of California at Los Angeles and were selected after meeting rigid physical standards similar to those for aspiring astronauts.

They are Barry Worthington, 24, Mar Vista; Nikolaus Kopp, 28, Topanga; Guy King, 21, Palm Springs; Bill Schubert, 21, Lawndale, and Lal Baboolal, West Los Angeles, all of California.

THE ENCOURAGED scientists said the therapeutic effectiveness of the centrifugation was demonstrated by the way the students easily adapted to a return to the vertical existence. They said, however, the job of completely evaluating the data collected during the 42-day period will require several more weeks.

During the experiment, rotation on the centrifuge began for each test subject after the third week of bed rest, sufficient time for the onset of muscle deconditioning. Thereafter each student was whirled four separate times per day for a daily total of 30 minutes.

Urban Sprawl Threatens Economy, Educator Says

Urban sprawl is threatening the economic abundance of American society, Chancellor Daniel G. Aldrich of U. C. Irvine, warned the 34th Annual Conference of the California Planning Commissioner's Association recently.

Dr. Aldrich said he is "deeply concerned about the manner in which we are taking land out of agriculture" as cities and communities across the nation undergo a great "urban surge."

Using California as an example, he pointed out that nearly 375 acres of open farmland comes under the blade of the bulldozer every day, or 140,000 acres a year. "At this rate, we can expect three million acres of California land to disappear by 1980," he said.

"The continuation of our opulent society is at stake. We cannot afford as a people to make unwise decisions on what use we will make of our best land. Our first consideration must be to assure an adequate supply of food, fiber, forest products and other materials we need for consumption and for trade."

Because the cities and communities which are undergoing this urban sprawl most often are located in the midst of our best farmland, and because agriculture has a great impact on our entire economy, he advised, "those responsible for urban development must make certain they provide both economic opportunity and the amenities of life for all of us who are caught up in this urban surge."

Chancellor Aldrich said the new Irvine campus of the University plans to undertake educational programs which delve into the problems of urbanization, much as the University has done and continues to do for problems of agriculture.

Deed Modifications Sought For Harbor Hospital Land

Possible modifications to the deed granting the Harbor General property to Los Angeles County have been urged by Supervisor Kenneth Hahn.

Hahn urged the modifications to permit construction of a sheriff's sub-station, regional library, and recreation facilities on a portion of the hospital site "to put available and publicly owned land to the best and highest use."

Negotiations are now in progress with the U. S. Department of Health, Education, and Welfare to modify the deed, Hahn said.

The land was deeded to the county in 1947 by the federal government with the proviso that it would be used only for hospital uses.

Hahn said the land could be used very economically for a sheriff's station to serve the growing Carson area. "It would be foolish to spend more dollars acquiring other sites as long as this land is not being put to productive use," he said.

My Neighbors

Mumps Heads List

Four cases of mumps were reported from the Torrance area for the week ending Dec. 5. Other illnesses noted were three cases of scarlet fever, two each of gonorrhea and measles, and one each of encephalitis and hepatitis.

"He figures making like a Christmas tree will save him."