

For Heart Health

Feast on Low Calorie Food

How would you like your holiday dinner piped through a tube at the mere touch of a button? You could have all you want, in the form of a commercial liquid formula that is 20 per cent protein, 30 per cent fat, and 50 per cent carbohydrate.

That would be taking the thanks out of Thanksgiving, the merry out of Christmas and the happy out of New Years, you say. We're not surprised.

It was no fun, either, for a group of obese subjects being treated by such a feeding device at St. Luke's Hospital (New York). When food was offered to them in this form only over a long period, their intake dropped to calorie levels ranging from a mere 53 to 332 per day. (A fair range for a reducing diet is 1200-1800.) Weight loss was marked in these cases.

a light glaze of brown sugar and cinnamon, they're in the holiday spirit at half the price in calories.

Mushrooms, which are low in calories, can add glamor as well as savor to the main course. Toss the salad with lemon juice or low-calorie dressings spiked with herbs. And for the sweet touch to top off the feast, there is a variety of fruit or whipped gelatin desserts to take the place of rich pie or pastry.

One basic rule for this and every meal you serve, be it for two or a crowd: don't push seconds. Moderate portions will help keep the calories down.

OTHER BASIC principles the Los Angeles County Heart Association urges you to keep in mind for family meals the year round are:

- Eating patterns are established in early childhood. The meals you serve can set your children on the road to good health and longer life.

- Calorie cutting begins at the supermarket. Buy only lean cuts of meat (avoid fat-larded prime steaks and rib roasts); plan more meals around fish and poultry.

- Back in the kitchen, your cooking methods should be calorie- and cholesterol-conscious. Use skim milk in recipes calling for milk; broil, rather fry or saute; use polyunsaturated cooking oil and special margarines wherever possible. Prepare soups and stews a day ahead, and refrigerate; skim the congealed fat from the top before heating and serving the next day.

- And if, at the same time, you can promote a program of greater physical activity, you and your family will really have something to be thankful about when the holiday season rolls around next year; good health and good looks.

ENTERS HOSPITAL

Ronald E. Staake, 6, son of Mr. and Mrs. Alfred T. Staake, 2322 Harriman Lane, Redondo Beach, has been admitted as a patient at Los Angeles Orthopaedic Hospital.

THERE ARE **19** REASONS WHY MAIL FOR JAMESTOWN, ALA. CAN BE MISSENT...

- * Jamestown, Ark.
- * Jamestown, Calif.
- * Jamestown, Colo.
- * Jamestown, Ind.
- * Jamestown, Kans.
- * Jamestown, Ky.
- * Jamestown, La.
- * Jamestown, Mich.
- * Jamestown, Mo.
- * Jamestown, N. Y.
- * Jamestown, N. C.
- * Jamestown, N. Dak.
- * Jamestown, Ohio
- * Jamestown, Pa.
- * Jamestown, R. I.
- * Jamestown, S. C.
- * Jamestown, Tenn.
- * Jamestown, Va.

When you use ZIP Code in your address, your correspondence is more likely to wind up in the right Jamestown. ZIP Code adds accuracy to your mail.

LET'S TAKE that holiday menu, for a starter. Turkey is fine for a main course (duck or goose are too fat). But try basting it with consommé instead of fat. And use fat-free bouillon to moisten the stuffing.

Try acorn or butternut squash instead of candied sweet potatoes. Baked with

Hearing Slated On Zone Case

Public hearings on an application for a change of zone in the Carson area will be held Tuesday at 9:30 a.m. in the Hall of Records, 320 W. Temple St., Los Angeles.

The hearing is on a petition for a change of zone from A-1 to M-1. The land is west of the Harbor Freeway between 220th and 223rd streets.

Garden Checklist

1. This is an excellent time to plant camellias, azaleas, and rhododendrons. There is a good selection now and they will establish themselves well during the winter. Use plenty of peat moss and put them where they won't get too much sun next summer.

2. Protect tender container plants from frost by moving them under an overhang or indoors. Consult your local nurseryman about the best methods in your area for protecting plants in the ground.

3. Evergreen clematis may be planted now. It's glossy, beautifully arranged leaves are spectacular along fence tops, along roof gables or accenting an entry. Glistening white flowers in March and April.

4. Continue garden cleanup. Rake leaves, cut finished chrysanthemums to the ground, and do any dormant spraying your nurseryman recommends.

5. Many bedding plants may be set out now. Your local nurseryman will have the right ones for December planting in your area. Be sure drainage is good. Incorporate plenty of organic matter such as peat moss into the soil when planting, so the rains won't compact the soil.

FOOD GIANT

All Food Giant Grand Opening

U.S.D.A. "CHOICE" BEEF

STANDING RIB

Roast 69^c lb.

U.S.D.A. "CHOICE" Full 7" Cuts from 4, 5, 6, 7th Rib Feather Bone Removed Easy to Carve

Rib Roast, Small End Extra Trim 98c lb.

U.S.D.A. "CHOICE" BEEF

CHUCK ROAST

33^c lb.

Blade Cuts

U.S.D.A. "CHOICE" BEEF - CENTER CUTS

7-Bone Roast 45^c lb.

U.S.D.A. "CHOICE" BEEF - BONELESS

Beef Stew 79^c lb.

U.S.D.A. "CHOICE" BEEF LEAN, MEATY, ARM BONE CUTS

0-Bone Roast 59^c lb.

BONELESS - U.S.D.A. "CHOICE" BEEF

Clod Roast 89^c lb.

EASTERN CORN-FED

PORK LOIN ROAST

59^c lb. **98^c** lb. CENTER CUT PORK CHOPS

Large Loin Pork Roast 4-5 lb. avg. Prepared Easy to Carve 69^c lb.

PATMAN'S ROUND

CORNERED BEEF

69^c lb. the Great One

CRYOVAC WRAP

U.S.D.A. GRADE "A" WHITEMEAT - 2-2 1/2 lbs. average

FRESH FRYERS WHOLE BODY 29^c lb.

FRESH CUT-UP FRYERS PAN READY 35^c lb.

U.S.D.A. GRADE "A" TYSON or DOVER - 20-oz. min. CASE OF 12 - \$7.98

CORNISH GAME HENS 69^c ea.

CAL-GROWN, FLASH FROZEN - U.S.D.A. GRADE "A" 8-12 LB. AVERAGE

YOUNG HEN TURKEYS 39^c lb.

FRESH, BONELESS - Whole or Point Cut

BEEF BRISKET Flat Center Cut - 98c lb. 79^c lb.

LUER'S - FARMER JOHN'S - HORMEL'S or RAYN SLICED BACON 1-lb. pkg. 79^c

SOLID, LEAN - NECK CUTS, BONELESS LEAN BRAISING BEEF 69^c lb.

SKINNED, CENTER SLICES - FRESH SLICED BEEF LIVER 59^c lb.

FRESH CHICKEN BREAST PORTION WHITEMEAT

FRYERS Forequarter 49^c lb.

FRESH CHICKEN LEG PORTION DARK MEAT

FRYERS Hindquarter 39^c lb.

CAL. POPPY, FLASH FROZEN - U.S.D.A. GRADE "A" JUNIOR TURKEYS 6-8 lb. avg. 49^c lb.

FRESH - LANCASTER FARMS, CALIF. **Roasting Chickens 1 Day Fresh 49^c** lb.

NORTHERN HALIBUT

Center Slices 79^c lb.

RED CHINOOK SALMON

Center Slices 98^c lb.

Frozen Fish

Cert. Fresh - 8-oz. pkg. FISHSTICKS 39^c

Cert. Fresh Branded - 8-oz. pkg. SHRIMP 59^c

DEL MONTE PEACHES

Sliced or Halves large 2 1/2 can **23^c**

FOOD GIANT LIQUID

BLEACH 1 1/2-gal. bottle 29^c

CAMPBELL'S TOMATO

SOUP 2 10 1/2-oz. cans 29^c

box of 24

KOTEX 69^c

LAWRY'S

DRESSING 3 8-oz. bottles 59^c

MAGIC CHEF

TOMATOES 5 20-oz. cans 59^c

ALL BRANDS

CIGARETTES

Carton of 10 - reg. size

\$2.07 KING SIZE 25^c

Except Benson & Hedges, Pall Mall Filters and Masterpiece

MAGIC CHEF SLICED

PINEAPPLE 5 full 1 1/2 can 49^c

GORDO'S FROZEN ENTREES **Beef Enchiladas 3 12-oz. pkg. 49^c**

GORDO'S FROZEN ENTREES **Cheese Enchiladas 3 12-oz. pkg. 49^c**

GORDO'S FROZEN ENTREES **PARTY TACOS 3 6 1/2-oz. pkg. 49^c**

CORONET FROZEN **ONION RINGS 4 5-oz. pkg. 49^c**

VEGETABLE SHORTENING **Crisco Shortening 2-lb. can 89^c**

BETTY CROCKER'S **Date Bar Mix 14-oz. pkg. 49^c**

CHICKEN NOODLE MIX Mrs. Grass Soup env. 10^c

ENHANCED - PIECES & STEMS

MUSHROOMS 7 2-oz. cans 19^c

incl. 13c off

LUX LIQUID giant size 52^c

GIANT BOX - incl. 10c off **FAB DETERGENT 65^c**

EVAPORATED - tall can **CARNATION MILK 15^c**

WHILE THEY LAST!!!

MEN'S SHORT SLEEVE

WASH 'N WEAR SHIRTS \$1.98



\$2.98 Value

Neck Sizes 14 thru 17 Each shirt individually poly-wrapped. Ideal for Christmas gifts.

DETERGENT **DREFT** large size 35^c

IT FLOATS! **IVORY SOAP** personal size 4 for 29^c

DEODORANT **ZEST SOAP** reg. size 3 for 49^c bath size 2 for 43c

DEODORANT **SAFEGUARD SOAP** reg. size 3 for 49^c bath size 2 for 43c

HOUSEHOLD CLEANER **SPIC 'N SPAN** reg. size 31^c

IT FLOATS **IVORY SOAP** 3 med. size bars 35^c

COMET **CLEANSER** reg. size 2 for 33^c

Marsh Seedless Large Arizona **Grapefruit 8 lb. cello bag 39^c**

U.S. No. 1 Ripe Anjou

Large Size, Ready to Serve, Ripe

PEARS AVOCADOS 225^c 5 FOR \$1

DRIED FRUIT SPECIAL

Magnolia Apricots - 8-oz. **3:51**

Sugaripe Peaches - 8-oz.

Sugaripe Pitted Prunes 12-oz.

CENTRAL AMERICAN **GOLDEN RIPE BANANAS 2 lb. 29^c**

SWEET **MILD, BROWN ONIONS 5^c**

FRESH CALIFORNIA **ZAHIDI DATES 1 1/2 lb. bag 39^c**