

**Poor Heart Risk**

**Santa Needs to Diet;**

"Yes, Virginia, Santa Claus can have a heart attack!" — so says a spokesman from the Los Angeles County Heart Association.

"But don't worry," he cautioned, "he's been around for

a long, long time and somehow he has been protected against this health hazard." But, it was warned, the jolly old elf has many poor health habits that make him, or others with similar habits, very susceptible to heart attacks and strokes.

He's overweight and he eats the wrong food (candy canes and sugar plums). He's always working under stress and tension to meet that Yule deadline and rests very little (constantly making toys). Also, he jumps from one temperature to another (cold roofs to warm fireplaces) and inhales all that smoke and soot — all very bad for the circulatory system.

"THERE'S HOPE though, if Mrs. Claus with the North Pole elves and the eight

**Works Under Tension**

prancing reindeer constantly remind old Saint Nick to change his poor heart habits. It would be wise for Mrs. Claus to teach him some heart health facts and get him back into shape for this Christmas and the Christmas to come. She can help regulate her husband's diet, plan his busy and harried Yule visits which begin earlier each year, and she can make sure that he loses the belly "that shakes like a bowlful of jelly." If nothing else, she can have the little elves do most of the work while Santa rests during the rapidly shrinking pre-Yule season.

"Those who will be visited by Kris Kringle on Christmas Eve can also help his heart health," it was suggested. "They can tell their parents

about Santa's problem and what he can do to reduce the risk. Or better yet — leave for the jolly old elf at the fireplace, Christmas Eve, a low cholesterol treat along with heart literature and facts acquired at the Southwestern Heart Branch office in Lawndale, 16811 Hawthorne Boulevard.

When you have taken your tree home, if possible keep it out of doors until you are ready to place it in its stand and decorate it. If you have no place to keep it out of doors, keep it in a non-heated garage or some other cool place. And, immediately, stand the tree in a pail of water. A freshly cut tree will "drink" water and help keep itself fresh and green.

**New Firing Range Open At Castaic**

One of the newest facilities in the world's largest sheriff's department was unveiled today by Sheriff Peter J. Pitchess.

The facility, an all-purpose firing range constructed through contributions to the Sheriff's Revolver Fund, was dedicated at the Wayside Honor Rancho, 29300 Golden State Hwy., Castaic. Dedication ceremonies were attended by officials from the County of Los Angeles, and from Southland cities. Mayor Albert Isen and Police Chief Walter Koenig represented Torrance.

The 56-position range is larger than a football field and provides target capability for every weapon in the law enforcement arsenal.

**Harbor Lighting Contest Judging Slated Saturday**

Judging in the first annual Redondo Beach King Harbor Christmas Lighting Contest will begin at 6:30 p.m. Saturday, Harrison Daigh, harbor director, announced today.

The contest, open to all boats in the harbor, is sponsored by the Redondo Beach Harbor Association, the City of Redondo Beach, and the Redondo Beach Chamber of Commerce.

Awards will be made in 10 categories and individual awards will be given in each of the three marinas.

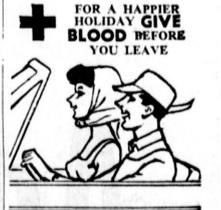
THE MAJOR award, the Mayor's Trophy, will be given for the "most effective use of lights." Other trophies will

be presented in the name of Congressman Cecil R. King, the Redondo Beach City Council, the City Clerk, City Treasurer, City Attorney, City Manager, Harbor Director, and the Redondo Beach Chamber of Commerce.

The Congressman King award will be for the best portrayal of "Christmas Around the World."

Awards will be presented Sunday, beginning at Port

Royal at 6:30 p.m. King Harbor Marina awards will be presented at 7 p.m., while the Portofino awards will be given at 8:30 p.m.



AT YOUR RED CROSS BLOOD CENTER

**Aerospace Vet Now on Board**

Leo A. Carter has been elected to the board of directors of Tridair Industries, an aerospace component and systems manufacturing firm of Redondo Beach.

Carter, a 36-year veteran of the aerospace industry, is now general manager of the Space Systems Division of Lockheed Missile and Space Co. in Sunnyvale, Calif.

**...to Make Shopping Easy!**



Fresh Fillet of **Rock Cod** 59¢ lb  
TENDER, JUICY THICK CUT  
**Swiss Steak**  
BONE IN  
U.S.D.A. CHOICE  
**59¢**

BONELESS **FAMILY STEAK**  
TENDER, JUICY USDA CHOICE  
**79¢** lb  
U.S. GOVT. INSPECTED YOUNG, PLUMP, MEATY  
**ROCK CORNISH Game Hens**  
**69¢** ea  
MIN. WT. 1 LB. 2 OZ.

BONELESS **BEEF ROAST**  
TENDER, JUICY USDA CHOICE  
**69¢** lb

APPLE TIME—16-oz. **Apple Sauce** 2 for 25¢  
SINK **Facial Tissue** 200-ct. Pkg. 19¢  
HYGRADE VIENNA **Sausage** 5 5-oz. Cans \$1  
ORCHID **Napkins** 80-ct. Paper Wrap 10¢  
BRENTWOOD **Egg Nog** Quart Carton 49¢  
HILLSDALE—Sliced **Pineapple** 13 1/2-oz. Can 19¢  
CHICKEN OF THE SEA **Light Meat Tuna** 6 1/2-oz. Can Chunk Style 3 for 89¢

MORTON'S FROZEN **Fruit Pies**  
• APPLE  
• PUMPKIN  
• MINCE  
20 OZ.  
**25¢**

SPRINGFIELD **BEAN SALE**  
• KIDNEY BEANS  
• LIMA BEANS  
• PINTO BEANS  
• BLACK EYE PEAS  
• GARBANZO BEAN  
**8 15-OZ. CAN \$1**

**Bottle Shop Values**  
BUY YOUR FAVORITE BRAND IN BEAUTIFUL GIFT DECANTER OR IN REGULAR BOTTLES. SAVE 10%. BUY THE CASE OF 12 OR MORE FIFTHS.  
BLACK & WHITE **SCOTCH** \$7.15 FIFTH  
HOLIDAY TIME THE IDEAL HOLIDAY MIX **RUM & BRANDY** \$3.79 FIFTH  
BACARDI OR RON RICO LIGHT or Dark 80 PROOF **RUM** \$4.79 FIFTH  
Christian Bros. or Korbel **BRANDY** \$4.97 FIFTH  
BOURBON RARE **Bourbon** \$3.69 FIFTH  
KENTUCKY'S FINEST 80 PROOF  
SEAGRAMS 7 CROWN **WHISKEY** \$4.89 FIFTH  
80 PROOF DANUBE **Gin or Vodka** \$2.98 FIFTH  
YOUR CHOICE  
LEJON PINK OR WHITE **CHAMPAGNE** \$2.29 FIFTH

HUNT'S **Pork & Beans**  
NO. 2 1/2 CAN  
**19¢**

**Fabulous Delicatessen**  
BOYS KITCHEN FRESH • GARLIC • CLAM  
**DIPS** • BLUE • ONION 33¢  
MADE WITH THE FINEST INGREDIENTS  
BOYS OWN... BLUE, SOUR CREAM, 1000 ISLAND, TARTAR  
**Dressings** 33¢  
RUBEN'S ALL BEEF **SALAMI** 1 3/4 LB. ROLL \$1.19 EA.  
• BABY EDAMS  
• GOUDA  
• BABY SAMSOE  
**CHEESE** 49¢

**Junior Department Store**  
**GIFT WRAP** BOX OF 3 ROLLS **29¢** Total 240"  
INDOOR **CHRISTMAS LITE SET** C 7 1/2 15 Lites **\$1.89** 89¢  
7-LITE SET  
**DOLLY DARLING** YOUR CHOICE OF SIX LOVABLE DOLLS **\$1.98**  
MOVEABLE ARMS & LEGS. DRESSMAKER CLOTHES!  
MR. FREEZY **Ice Cone Machine** Make 12 Delicious Flavor Snow Cones **\$2.88**  
PLAYWRITER **Peg Desk** HARDWOOD, METAL CONSTRUCTION **\$2.99**  
LADIES' **MOHAIR CARDIGANS SWEATERS** \$10.00 VALUE ASSORTED COLORS & DECORATIONS **\$6.88**  
GIRLS ORLON **Socks** Ass. Fancy Patterns Size 6-11 Reg. \$1.00 **69¢**  
FOIL ICICLES 200 Long Strands Per Box Reg. 25¢ **2 for 25¢**  
**WHITE SPRAY SNOW** Large 13-oz. Can Reg. 49¢ **39¢**  
**TETHER BALL SET** Reg. \$10.00 Value **\$4.99**  
**BATTERIES** Ray-O-Vac or Eveready Sizes for Toys, Flashlights, Etc. **12¢ ea.**  
Due to the seasonal nature of this ad we can not guarantee quantities.

WE HAVE ALL NATIONALLY ADVERTISED BRANDS IN NEW HOLIDAY GIFT WRAP. WE CARRY THE FINEST DAIRY FRESH EGGNOG, ALSO CHOICE HOT BUTTERED RUM FOR TOM & JERRY.

**Shop at Your Following Local Boys Markets**  
TORRANCE: Normandie & Carson (OPEN 'TIL MIDNIGHT)  
HERMOSA BEACH: Prospect & Pier Ave. (OPEN 'TIL MIDNIGHT)  
WILMINGTON: Avalon at Anaheim (OPEN 'TIL MIDNIGHT)  
REDONDO: Manhattan Beach & Inglewood (OPEN 'TIL MIDNIGHT)  
GARDENA: Redondo Beach & Van Ness (OPEN 'TIL MIDNIGHT)



**Ad Good**  
**Thurs. Dec. 16**  
thru  
**Sun. Dec. 19**