

Tax Break Given Men in Viet Nam

The income tax exclusion for combat pay received by commissioned officers serving with the armed forces in Viet Nam has been raised from \$200 to \$500 per month.

A recent amendment to the Internal Revenue Code made the larger exclusion from gross income retroactive to Jan. 1, 1966. Enlisted men were already exempt on all of their combat pay for service in Viet Nam and related hospitalization.

President Johnson on April 24, 1965, signed an Executive Order designating Viet Nam and the adjacent waters as a combat zone, thereby giving Federal income tax relief for armed forces personnel serving in Viet Nam on or after Jan. 1, 1964.

The increase in the exclusion from \$200 to \$500 per month also applies to officers hospitalized as a result of service in Viet Nam.

Servicemen serving in Viet Nam have an automatic extension of time for filing. Returns are not due until 180 days after combat zone veterans leave Viet Nam — or if they are hospitalized outside of the United States as a result of Viet Nam service — until 180 days after they are released from the hospital.

There is no interest or penalties on such delayed returns.

Servicemen who expect a refund or do not wish to take

Physical Fitness Class Set

Physical conditioning classes for men will be offered by the Gardena Recreation and Parks Department beginning in February.

Registration for the classes may be completed at the Gardena Community Center, 1651 W. 162nd St., through Friday, Feb. 3. Classes will meet at 15527 S. Vermont Ave.

Separate classes are scheduled for boys 13 to 18 years of age and for men 19 years of age and older. Fees are \$15.50 for the men's course and \$10 for those 18 and under.

advantage of the delayed filing provisions are advised to mark "COMBAT ZONE" at the top of their forms. IRS will expedite the processing of refunds for returns so marked.

Teeth Must Meet Properly To Perform Function Well

(This is one of a series of articles on dental health prepared by the Harbor Dental Society, an affiliate of the American Dental Association.)

Teeth that do not come together properly cannot perform effectively. Eventually, damage will be done to the teeth, to the supporting tissue, and to jaw joints — just as there would be damage to the gears.

Malocclusion — as this faulty alignment of the teeth is called — occurs most frequently when the first teeth are being shed and the permanent teeth are erupting, but it may occur at any age.

Sometimes malocclusion is the result of inherited factors such as the size of the jaws

and teeth. Sometimes harmful habits or early loss of teeth through decay are the major reasons. Sometimes there is a combination of causes.

WHATEVER the cause, prompt treatment by a dental specialist known as an orthodontist is required if crowded, widely spaced or rotated teeth are not to spoil a child's appearance or damage his health in later life.

Such teeth — those that are too prominent of that meet improperly — many interfere with chewing and put an extra burden on the stomach. Food particles lodge more readily between teeth that are not in proper position, making them prey to tooth decay and gum disease.

There may also be strain on jaw joints and muscles.

Consider the fact that jaw muscles can apply 200 or more pounds of force when a person chews, and that this force is applied very rapidly — sometimes in less than a second. It's easy to see how malpositioned teeth could cause severe strain and damage.

DEFORMITIES of the jaws and face may lead to malocclusion.

A dentist often can prevent conditions leading to malocclusion, if consulted early. That's why he should see your child at about age two and a half to three — while the first teeth are erupting.

Baby teeth are needed to maintain the shape of the

dental arch and the space required by the permanent teeth if they are to come in straight. Your dentist can help keep these first teeth healthy. He can put in a space maintainer if the first teeth are lost too soon, or remove those that stay too long. He can provide advice on correcting habits that may be causing faulty teeth position.

As the permanent teeth come in, he can refer your child to an orthodontist if such treatment is needed.

The critical age for correcting malpositioned teeth is when your child is 11 or 12, for at such time the orthodontist can take advantage of the normal growth of the mouth and face to aid in making corrections.

DOES IT weaken teeth to have them straightened?

No. Teeth can be moved or rotated in the mouth without damage and without loss of bony support. The teeth are moved slowly by light pres-

sure applied by means of bands and wires attached to them.

The bone against which force is applied dissolves slowly, making room for the tooth to move; new bone builds up on the opposite side, to fill in the space and provide support.

Malocclusion can usually be entirely eliminated. Function and appearance is almost always improved. And the result is a long step toward keeping the smile for a lifetime.

Burglar Takes Jewelry, Cash

Theft of jewelry and currency from her home was reported to Torrance police Saturday by Margaret V. Dawson, 1906 Plaza del Amo.

Police said the burglary occurred sometime between 6:30 and 8:30 p.m. Saturday. The loss was estimated at \$1,660, officers reported.

BETTER FOOD MARKETS

7 BIG SALE DAYS

These Better Food Specials Effective Thursday thru Wednesday, Jan. 26 - Feb. 1

FRESH RANCH EGGS

LARGE Grade "AA" 43¢

Fresh Every Day at Better Food!

Dozen in Carton

NORTHERN TISSUE

2c Off Label

4 Roll Pack SAVE 10c

29¢

STAR-KIST LIGHT MEAT CHUNK TUNA

Save 9c

No. 1/2 Can

25¢

Potato Chips

Better Foods Crisp, Fresh

LARGE BAG 59c

39¢

Betty Crocker CAKE MIXES

Big Selection—All Layer Varieties

19-oz. Pkg. 29¢

SAVE 10c

APPLETIME APPLE JUICE

Sweet, Pure

Full Quart 25¢

NOW! BETTER FOOD Values are GREAT

DUBUQUE BONELESS PICNIC

Ready to Eat Fully Cooked "Cooks and Tastes Like Ham"

4 3/4 -lb. Can \$3.49

No Waste

RIB ROAST

U.S.D.A. Choice Steer Beef Large End

lb. 65¢

CORNED BEEF

ROUNDS or BRISKET

Better Foods Cryovac Wrap

lb. 69¢

GROUND BEEF

Freshly Ground Every Hour

LB. 39¢

CHUCK ROAST

U.S.D.A. Choice Beef

lb. 39¢

RIB ROAST 89¢

BONELESS ROAST 79¢

BONELESS FAMILY STEAK 89¢

BONELESS STEW BEEF 79¢

RIB STEAK 79¢

CLUB STEAK 98¢

GREEN BEANS

Blue Gingham Tender, Cut

Tall No. 303 Can

10¢

BETTER FOOD DETERGENT

All-Purpose, Heavy Duty

GIANT BOX 29¢

FRUIT COCKTAIL

F & P Choice California

Tall No. 303 Can Save 7c

17¢

Mushrooms 2-oz. Cans 8 FOR \$1

ALLSWEET 1-lb. Carton 29¢

Orange Juice Tropicana/Pure, Sweet Full Quart 39¢

M&M Candies Assorted Mars or (KHJ-TV Feature) 5c Size 10/ 39¢

TOMATO PASTE Campania/Rich, Tasty 6-oz. Cans 8 FOR \$1

Corn Flakes Kellogg's (Product 19, 7-oz. 37c) KTV Feature 12-oz. pkg. 33¢

BLUE BONNET Soft Margarine/KHJ-TV Feature 1-lb. Ctn. 43¢

Applesauce Apple Land/Smooth, Tasty 15-oz. Glass 23¢

PETUNA CAT FOOD

All Tuna 10¢

6-oz. Can

CRACKERS R-G 19¢

Fresh, Crisp Soda Crackers Full Pound Box

CHILI Con Carne With Beans GEBHARDT'S Tall 15 1/2-oz. Can 3 FOR \$1

PICTSWEEP FROZEN FOODS

Frozen Food Sale! CUT CORN or SQUASH 10-oz. Pkg. 4 for \$1

30-oz. Pkg. 4 FOR \$1

1-lb. Pkg. 49c

9-oz. Pkg. 8 for \$1

DIET DELIGHT APPLESAUCE, SLICED PEACHES, FRUIT COCKTAIL

Lunch Box Special 10¢

8-oz. Can

Van de Kamp's Specials

THURS.-SUN., JAN. 26-29

Dutch Ring Coffee Cake 33¢

Dainty Dozen Doughnuts Pkg. of 12 39¢

Date Nut Loaf 59¢