

# BIRTHDAY CONTINUES

Low, low prices are our gift to you! Now, in every department you'll find extra bargains. That's our way of saying "thanks" for being one year old!

through Sunday July 20, 21, 22, 23

Save You Money

GOLDEN RANCH, White or Wheat  
**BREAD** Reg. Loaf **19¢**

YELLOW CLING SLICED or HALVES  
**HUNT'S PEACHES**  
Large No. 2 1/2 Can **19¢**

**FROZEN ORANGE JUICE**  
FLAV-R-PAC 6-OUNCE CAN **15¢**

These little treats. In The Tall 303 Can  
**PEAS** **19¢**  
Tropical fruit, fresh as can be. No 1 1/4 Can  
**APPLE** **19¢**  
or deliciously hot barbecue sauce. In A 12-oz. Jar  
**SAUCE** **39¢**

Delicious Hot Weather Drink  
**Tropical Treat HAWAIIAN PUNCH**  
3 46-oz. Cans **\$1**

F. & P. Quality 12-oz. Jar  
**Sweet Relish** **4/\$1**  
or **BBQ Relish**

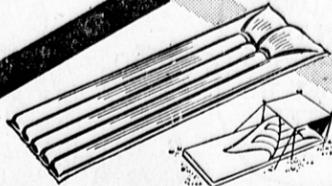
LARGE SWEET  
**PEACHES**  
**10¢ lb**  
RED, RIPE, SLICING  
**POTATOES**  
**10¢ lb**  
IN G. SIZE, SALAD PERFECT  
**PUMPKINS** **5¢ lb.**



## RECORD SALE

Midsummer Stereo Hi-Fi Sale. Summer's the time to dance! And you can stock up on popular Percussion and lively "Cha-Cha-Cha" rhythms. Buy two records a week for the next four weeks - 7" Unbreakable.

REG. \$1.49 **33¢** With Any 1.00 Purchase



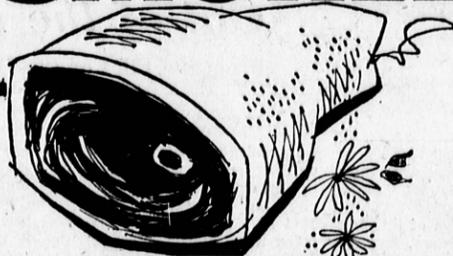
## Vinyl Mattress

Perfect for playing in the pool, or as mattress for overnight camping trip... or just lying in the sun on the beach. Voi's vinyl rubber in Blue, Green, Bronze or Silver. Fully guaranteed. Big 28"x72" size.

REG. \$2.98 **\$1.77** With Pillow

RATH'S BLACKHAWK BRAND

# SMOKED PICNICS



HICKORY & SUGAR CURED

5 TO 7-LB. AVERAGE

**29¢ lb**

USDA "CHOICE" STEER BEEF, NONE PRICED HIGHER, E.V.T.

**7-BONE ROAST** **39¢ lb**

MAGIC CHEF'S FINEST FLAVOR, PRECISION GROUND

**GROUND BEEF** ONE POUND **35¢**  
**GROUND CHUCK** **49¢ lb.**

USDA GOV'T INSPECTED, CRYOVAC, FLASH FROZEN, 4 TO 5-LB. AVG.

**ROASTING CHICKENS** **39¢ lb**

SWIFT'S "PREMIUM" 1-LB. PACKAGE

**SLICED SAVORY BACON** **59¢**

RATH'S COTTAGE STYLE, EXTRA LEAN.

**SMOKED DAINTRIES** **79¢ lb**

FRESH, DEEP WATER, DELICIOUS

**SALMON STEAKS** **89¢ lb**

LANGOSTINO FOR SALADS 6-OZ. PKG.

**LOBSTER TAILS** **49¢**

LARGE SWEET  
**PEACHES**  
**10¢ lb**  
RED, RIPE, SLICING  
**POTATOES**  
**10¢ lb**  
IN G. SIZE, SALAD PERFECT  
**PUMPKINS** **5¢ lb.**

MAGIC CHEF GOURMET GALLEY  
RUBIN'S ZESTY **SALAMI**  
REG. 89¢ lb: **59¢ lb.**

ALL BEEF, TANGY REG. 79¢ lb.  
**BOLOGNA** **39¢ lb.**

MAGIC CHEF CINNAMON BAKERY  
BAKERY **CINNAMON ROLLS**  
OLD-FASHIONED FLAVOR LOADED WITH CINNAMON  
Reg. 36¢ Doz.—6/Pack **25¢ doz.**

CHERRY-COCONUT **CAKE** **89¢**  
REGULARLY 98¢

Del Amo Shopping Center  
Corner of Hawthorne & Sepulveda

**MAGIC CHEF**



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LIFE'S LIKE THAT By FRED NEHER



"Painting the fence... cleaning the basement... washing windows... what an I going to say when the boys at the office ask what kind of vacation I had!"

## Official Dairy Assn. Statement On New Formula Diets Discussed

Recent months have shown that formula diets, or 900-calorie diets, utilized as a means to weight reduction, have become increasingly popular. Such products, available in liquid or solid form, usually consist of protein derived from milk, fat from milk or oil, and carbohydrates from sugars and starches.

Interested in an adequate, well-balanced diet for all people, Armin Truttman, president of the American Dairy Assn. of California, reported on the official statement from the American Medical Assn.'s council on foods and Nutrition. The report, Truttman stated, said that "unsupervised use of a formula diet for short periods of time by those who are not grossly overweight may assist individuals in losing a relatively small amount of adipose tissue without presenting great difficulties."

ON THE OTHER hand, the AMA report said, "Individuals who are excessively overweight and who may have additional ailments such as heart disease, kidney disease, or diabetes mellitus should not undertake weight reduction without medical guidance."

One of the most important goals in any long-term weight control program is that of educating the patient in good and bad dietary habits, said the AMA, best achieved by building the therapeutic diet around ordinary foods. Excessive weight reduction should be carried out only with a physician's guidance.

THE DIARY leader stated that the AMA Nutrition Council, the Nutrition Foundation, food technicians within the United States Department of Agriculture, recommend that the average, normal diet daily include foods from the family of dairy products, meats and eggs, fruits and vegetables, and breads and cereals. All foods should be taken in moderation. The AMA concluded its report by saying that only the dietary program which results in permanent weight loss and lifetime control of weight will be a satisfactory one.

## ECC Instructor Now Attending Physics Institute

Donald C. Joslin is one of 33 participants in a six-week summer institute for Junior College Physics Teachers at Western Michigan University, Kalamazoo, Mich., sponsored by the National Science Foundation.

These junior college teachers from all over the United States, are participating to enrich their backgrounds in selected areas of classical and modern physics, and to come into personal contact with prominent scientists who participate in the institute.

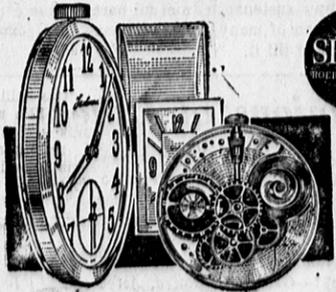
Joslin is on the staff at El Camino College and lives at 5551 Konya Dr.

## Guest Square Dance Caller Expected Soon

Plans are being completed by the Square Links Dance Club for a special evening of entertainment, July 30, from 6:30 p.m. to 9:30 p.m. in the American Legion Hall, 1109 Border Ave.

Guest caller, "Bob" Ferraud of Indio will be on hand to call the dances for the evening.

An invitation is extended by the club to beginner square dancers of 14 weeks progress to join the group Sunday afternoon from 2 to 5 at the Gardena Barn, 15016 Daphne, Gardena. Hoppy Hopkins is the caller and instructor.



3 days only! Special low price on watch cleaning

Regular 6.75 **4.88**

If your watch is running slow, fast or not at all, it may need a cleaning. Bring it in and we will clean, oil, regulate and check for worn or broken parts... all for the above low price!

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