



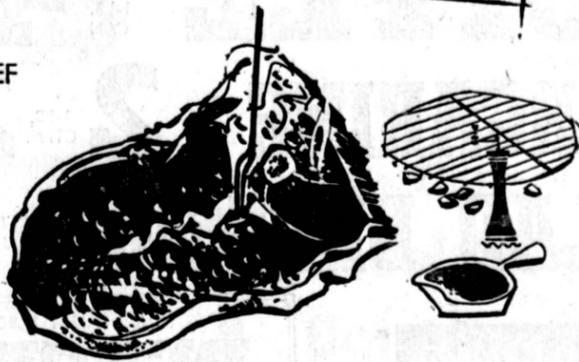
FARM FRESH
LARGE "AA" EGGS
doz. **35¢**

ASSORTED FROZEN
BANQUET CREAM PIES

25¢ Banana, Coconut, Butterscotch, Chocolate, Lemon, Strawberry

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

ROUND STEAK
69¢ lb.



COOKING - SALAD
WESSON OIL

24 oz. **33¢**

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

SWISS STEAK
69¢ lb.

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

RUMP ROAST
69¢ lb.

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

CUBED STEAK
98¢ lb.

You simply can't get enough of them!
Peanuts 3 pk. **99¢**
Unpeeled halves. Easy to serve! No. 2 1/2 can
Halves **25¢**
Lightly salted. Meal in a jiffy! 5 1/2 oz. pkg.
Romanoff **43¢**
Deliciously helpful for the family. Quart bottle
Prune Juice **39¢**

U.S.D.A. "Choice" Beef. Perfectly aged for tenderness and flavor.

Boneless Round Steak **89¢**

U.S.D.A. "Choice" Beef. Expertly trimmed to give you good eating meat.

Boneless Rump Roast **89¢**

Ground fresh hourly. A versatile choice for many delicious recipes.

Fresh Ground Round **69¢**

EASTERN GRAIN FED

PORK LOIN ROAST
7-rib portion **39¢ lb.**



EASTERN GRAIN FED

PORK CHOPS
rib end **49¢ lb.**

Eastern Grain Fed. Roast slowly for pennywise eating pleasure!

Loin End Pork Roast **49¢**

Eastern Grain Fed Pork. Cook slowly in sweet and sour sauce for good eating!

Center Cut Rib Chops **69¢**

Barbecue these flavorful pork ribs for fine and festive finger food!

Country Style Spare Ribs **59¢**

Armour Star for breakfast!
SLICED BACON 1 lb. pkg. sliced **55¢**
Luer Skinless Links. **LINK SAUSAGE** 8 oz. pkg. **4 pkgs. \$1**

McLean's shrimp. Frozen.
BREADED SHRIMP 8 oz. pkg. **59¢**
Northern. A seafood favorite. Frozen.
HALIBUT STEAKS 12 oz. pkg. **59¢**

Menu variety! Flash frozen.
MEAT DRUMSTICKS 12 oz. pkg. **59¢**

SHIRT BOOTS
TO FOOD
\$2.25
CATION
LINKETS
\$3.88



RIPE
GOLDEN BANANAS

9¢ lb.

SOLID HEAD LETTUCE
9¢ head

DEL AMO
SHOPPING
CENTER
CORNER OF
HAWTHORNE &
SEPULVEDA

MAGIC CHEF



ENTERTAIN CUBS . . . Members of the North Torrance High Clown Club entertained members of Cub Scout Pack 966-C at its recent Blue and Gold dinner. Ray Beardsley and son also entertained with a magic act. Cubmaster George Schindler received a trophy from James Williams for five years of service to the pack. More than 60 Cub Scouts and members of the families attended.

Proper Care for Teeth Can Bring Lifelong Benefit

What causes tooth decay? Various studies that have been made indicate that bacteria always present in the mouth act on fermentable carbohydrates, especially sugar, to form acids, according to the American Dental Assn. In a series of factual articles prepared for the 1963 National Children's Dental Health Week which was observed during February, the ADA reported acids formed in the mouth attack the enamel of the teeth, eventually resulting in decay. . . .

NO WAY has yet been found for removing bacteria permanently from the mouth, although brushing temporarily decreases the number of bacteria, the ADA findings show.

Sugar can be eliminated, however—or at least, the amount that is eaten can be reduced. The teeth of those who eat sweet snacks frequently during the day are subjected to almost continuous acid attacks.

Brushing immediately after eating does help to remove some of the sugar before it is converted into acid. When brushing is not possible, the mouth should at least be rinsed with clear water. . . .

WHAT IS THE best method for brushing teeth?

Three general rules recommended by dentists:

1. Brush immediately after eating.
2. Brush each area at least 10 times — the surfaces next to the cheeks, and next to the tongue and the upper and lower chewing surfaces.
3. Brush the upper teeth down toward the biting edge and the lower teeth up toward the biting edge.

AMONG THE major causes of tooth ailments is periodontal disease, in which the tissues that surround and support the teeth, the gums, the fibers that attach the teeth to the jaw-

bones, and the bones themselves become infected.

The disease begins as gingivitis. The gums gradually become swollen, they may stand away from the teeth and bleed easily when touched.

If gingivitis is not treated and controlled, the inflammation spreads along the roots of the teeth and the gums separate from the teeth, forming a pocket which becomes filled with bacteria and sometimes pus. As the disease progresses, the bone supporting the teeth is lost, and the affected teeth eventually become very loose. . . .

INCrustation of tatar on the surface of the teeth where the gums and crowns meet irritate the gums.

Early discovery is the best hope for curing periodontal disease. A dentist, during regular dental checkups, can find and eliminate the possible causes of irritation. In some cases, diseased gum tissue is removed, and in others, splints or other appliances may be constructed to maintain stability to loose teeth until bone and gums have a chance to regenerate.

Inasmuch as a person consumes some 33 tons of food during an average lifetime—or enough to provide a banquet for a capacity crowd at Madison Square Garden and all the guests at the world's three largest hotels — proper care of the teeth which chews this food is essential.

Local Men Make Dean's Honor List

Lester A. Rice and Gregory T. Jackson have been named to the dean's honor list for scholastic achievement during the fall 1962 semester at the University of California, Riverside.

The announcement was made by Dr. Robert A. Nisbet, vice chancellor and dean of the college of letters and science.

Rice is the son of Mr. and Mrs. Rice of 2047 Katy Way and Jackson is the son of Mr. and Mrs. T. R. Jackson of 4123 W. 173rd Place.

Each semester students of outstanding scholastic achievement are named to the dean's honor list. At least a 3.0 grade point average on a 4.0 scale based on a full scholastic program is required.

There were 412 students named to the dean's list for the fall semester out of an eligible undergraduate student body of 2,173.



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