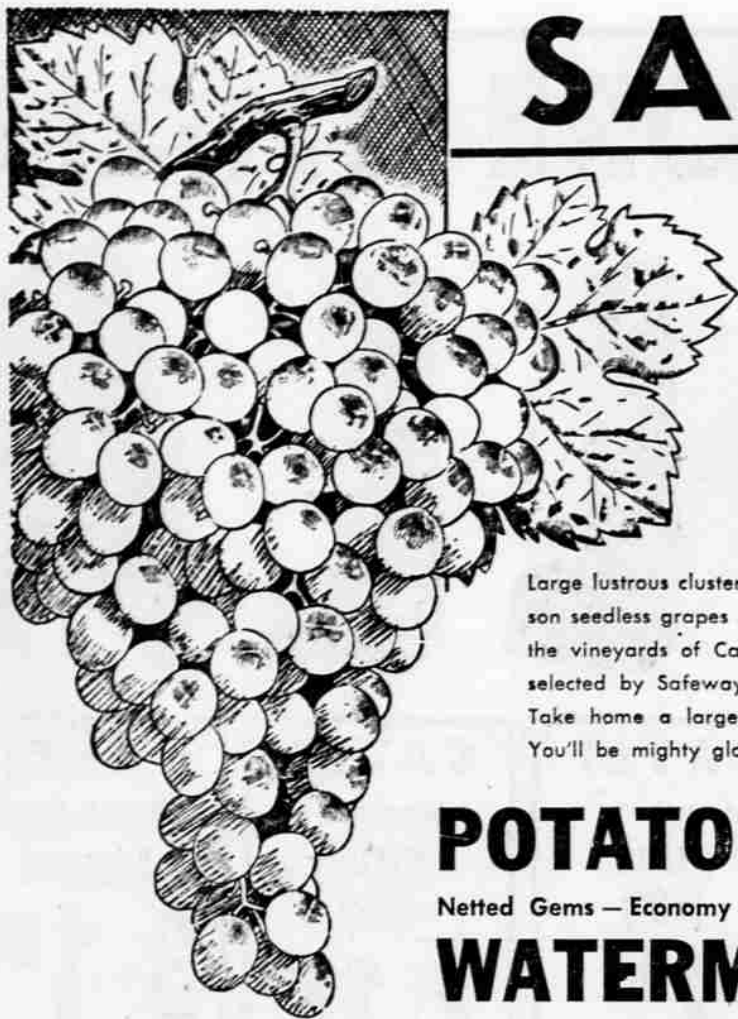




SAFEWAY

Luscious Sugar-Sweet
Thompson Seedless

Grapes

Large lustrous clusters of beautiful Thompson seedless grapes... fresh picked from the vineyards of California and specially selected by Safeway expert food buyers. Take home a large bag-full today... You'll be mighty glad you did.

lb. **15^c**

POTATOES U.S. No. 2 **50 lbs. 98^c**

Netted Gems—Economy

WATERMELONS lb. **2 1/2^c**

Red-Ripe, Slicing
Tomatoes

Perfect Slicers for Tasty
Summer Menus

2 lbs. 29^c

Perfect for Canning
Peaches

Medium Size Specially Selected
Fancy Peaches

20 to 22
Pound Box
2.69

lb. **15^c**

The Finest Farm Fresh
Corn

Tender, Full Ripened Golden
Kernel Ears

Dozen
Ears **59^c**

PILLSBURY CAKE MIXES



Save 14c on 3 packages. Your choice of orange, white, chocolate-fudge, golden yellow, spice or caramel. (Angel food is not included.) Reg. 33c each.

3 pkgs. 85^c

Pillsbury Shaker Flour 12-oz. pkg. **19c**
Pillsbury Pancake Flour 2-lb. pkg. **37c**
Pillsbury Hot Roll Mix 14 1/2-oz. pkg. **29c**
Pillsbury Pie Crust Stic 19-oz. pkg. **19c**
Pillsbury Buttermilk Biscuits 8-oz. tin **2/29c**

COFFEE

YOUR FAVORITE BRAND OF COFFEE AT A
REAL MONEY SAVING PRICE

REGULAR 99c LB.

**HILLS - FOLGERS - MJB
MAXWELL HOUSE**

89^c lb. can \$1.77 2-lb. can

Edwards Coffee lb. can **87c** 2-lb. can **\$1.73**
Nob Hill Coffee lb. pkg. **84c** 2-lb. pkg. **\$1.67**
Airway Coffee lb. pkg. **79c** 2-lb. pkg. **\$1.57**

This Week-end SAFEWAY'S Featuring Tender USDA CHOICE Beef Round Steak



Trimmed of All Excess Waste

Properly "Aged" For Flavor...

Every cut is scientifically "Aged" by Safeway and trimmed of all excess fat and waste before weighing to assure you a maximum of good eating meat for your money.

Full or
Half Cut
Bone-in

Per
Lb. **69^c**

SLICED BACON

MORRELL PALACE BRAND
Here's a Grand Savings on Tender
Sugar Cured Bacon.

lb. **59^c**

RUMP ROAST

Tender Cuts of "USDA CHOICE" Steer
Beef with the Bone-in. Special
Priced for This Week End.

lb. **69^c**

"USDA CHOICE" Lamb Sale Now at Safeway

Whole or Half of Lamb Tender Meaty lb. **45c**
Lamb Leg Roast Tasty and Tender lb. **75c**
Shoulder Roast Tops for big Appetites lb. **55c**
Breast 'O Lamb Tempting and Economical lb. **19c**
Rib Chops Properly Trimmed, Ready for the Pan lb. **85c**

Beef Pot Roast "US Choice" ... 65c Blade cut lb. **55c**
Ground Beef 100% Pure Fresh ground lb. **45c**
Smoked Picnics Rath Short Shank, Tenderized Avg. 4 to 6 lbs. lb. **43c**

For the Finest Meats... All You Need
to Remember Is SAFEWAY

The Medical Roundup

by

Walter Alvarez
Emeritus Consultant to Medicine,
Mayo Clinic
Emeritus Professor of Medicine,
Mayo Foundation

Contact Lenses

Many ask if contact lenses are safe. Do they irritate the eyes? Is there any great objection to their use? Contact lenses are being used with satisfaction by thousands of persons. Naturally, the new lenses are used by actors and actresses, by some athletes, and by many women who, at a dance, do not want to wear thick and unpleasant-looking lenses. Some people can adjust to the use of the contact lenses more easily than others do, and can wear them for a longer interval. Naturally, the little lenses cost more than ordinary glasses, and they have to be specially fitted by an expert. The person who wears them must learn to put them on and take them off. He must learn, also, not to drop them on the floor! Recently, contact lenses have been designed with little openings on the edges so that the tears can circulate under the lens. This sounds like a very good idea.

A Person Who Cannot Wear Dentures
I recently saw a middle-aged woman who has recently lost 60 pounds in weight, and in whom no signs of disease can be found. A few months ago she was perfectly well except for much over-weight, and then all of her remaining teeth were extracted and replaced by dentures. Being over-sensitive in her mouth, and with a tendency to gag easily, she found it very hard to get accustomed to the dentures, and much of the time she carries them in her purse. I have known many an emaciated woman of this type who pulled out of her bag for me to see four expensive sets of dentures which she had had made—one after the other—with the hope of getting one that wouldn't bother her.

Finally, she had come to see that the fault was not with the dentures; it was with her over-sensitive mouth. She may tell me that she never could brush her back teeth without gagging, and she has never been able to stand bifocal glasses, even for one day. Perhaps, also, she cannot stand air-conditioned rooms, or a trace of chlorine in the city water. After having seen hundreds of such women, I have learned to recognize the type before their teeth are removed, and then I beg them to get by as long as they can with what teeth they have left.

Women of this type are often "salt of the earth" but, because of their great sensitiveness, many stimuli—even a bright light—can cause them to suffer. In the morning, on waking, they have to adjust their eyes slowly; first, to electric light and later to daylight. In a restaurant the woman cannot sit at one table because there is too much clattering of dishes, at another table because it is too near the orchestra.

She cannot sit at another table because there she gets distressing odors from the kitchen; at another table because there she hears much loud talk from noisy people near by, and at another table because there she feels a draft. The woman's husband may not be bothered by any of these things but they "drive her nearly crazy." Perhaps when a storm is coming 100 miles away her rheumatism flares up, or she gets a headache or a stomach ache, or her nerves get on edge. One tablet of aspirin may make her ill, with her skin broken out. A tablet of morphine may make her feel like climbing the walls like a crazed cat. She may be so conscious of her over-sensitive bowel that every so often she will have to stop what she is doing and take an enema.

When such a woman's dentures hurt her, someone may blame it on allergy, but the dentist can pretty well rule this out by showing that any one of several materials left in the lining of her mouth will quickly cause distress. Also, if the trouble were allergic in nature, the woman could probably wear her dentures for a day or two before the gums would get sore. Unfortunately, I know of no way to desensitize these people; usually they have to suffer

Interest in Mt. Shasta Viewability Increases

Mount Shasta, Calif.—The discussion over the "viewability" of Mt. Shasta warmed up this week as historians dug up old records.

George Schrader, secretary of the Mt. Shasta Ski Bowl and former president of the Siskiyou County Historical society, told of a survey made by helicopter in 1875.

Schrader said reflections from the instrument, carried to the top of the 14,162 foot peak by a Coast and Geodetic Survey crew, were picked up on St. Helena

192 airline miles to the southwest. The feat was acclaimed at that time as the "longest known visual observation ever made for survey purposes." Schrader said he did not know whether the record still stands.

Eric Allen Jr., managing editor of the Medford Mail Tribune, recalled that "a long time ago" Boy Scouts climbed Mt. Hood and Mt. Shasta and set off flares or fireworks at night. Each could see the other's signals, Allen said.

Tallest Peak
Mt. Hood, east of Portland, is 11,245 feet high and is Oregon's tallest peak. It is more than 300 airline miles from Mt. Shasta.

Joe Sauer of Redding said he has seen Mt. Shasta from the top of Mt. Tamalpais in the San Francisco Bay area.

Not everyone, however, accepts all the claims being made. Most people living near Mt. Shasta say that on a clear day, the Pacific ocean is visible from the peak's summit. But Ike Eichhorn, former Dunsmuir resident who now lives in Redding, says this is not true. Eichhorn, a recognized authority on the mountain, says engineers have proved this is impossible because of the Coast range which is in between.

But Chap Wentworth, Dunsmuir publisher, insists that Mt. Shasta offers "the longest view in America and possibly the entire world." He said that because of the absence of smog, and because the Sacramento valley is long, with no obstructions in between, the mountain can be seen easily on a clear day from near Arbuckle, more than 170 airline miles away.

Library Site Picked In Illinois Valley

Cave Junction—The new Illinois Valley branch library will be located on the south side of Palmer st., about 250 feet west of the Redwood Highway in Cave Junction.

A 195 by 142 feet site has been purchased from Paul Palmer of Sherman Oaks, Calif. Work on the building is expected to begin soon.

County voters this year approved a \$30,000 appropriation for the purchase of a site and construction of an additional county library. Members of the library board inspected several possible locations last month and later decided on the Palmer property.



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NEW SANDWICH FUN
...with buttered thin bread slices, crisp lettuce, mayonnaise and White Star Tuna. For a refreshing new flavor touch, add thin cucumber slices. Use radish flowers for color.

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