

Switzerland Said Best Mapped Nation

Washington—UPI—Seems that the Swiss are as good at drawing maps as they are at making watches.

According to the U.S. Department of Commerce, Switzerland is "the best mapped country in the world."

For four and a half centuries, Swiss cartographers have been tramping the 15,640 square miles that make up their mountainous country, mapping and refining mapping techniques.

"As a result of Swiss experience in mapping mountainous areas," a commerce department source said, "the Boston science museum has employed the topographic division of the Swiss Federal Military department to map Mt. McKinley—North America's highest peak—using their own creative techniques."

Fast Eaters Have Hard Time Reducing

Los Angeles—UPI—Fast eaters have a harder time reducing than other people, according to the Los Angeles County Health Department.

The explanation is that persons who don't take time to chew their food thoroughly generally overeat because the brain is slow in registering that the stomach is full.

A Health Department article said dieters can lose weight with less discomfort by:

—Getting up from the table feeling slightly hungry. (The hunger feeling will disappear in about half an hour, the article said, and as the body grows used to the lower food intake, the after-meal hunger feelings disappear.)

—Diets containing high protein foods such as meats, fish, eggs, and skim milks are more satisfying than other diets.

—Bulky salads also are helpful in decreasing hunger because they take a long time to chew.

—Fruits and vegetables of low calory content are good as "space fillers" and also provide many necessary food elements.

EACH TO HIS OWN

London—UPI—Asked why he slept on a bed of newspapers surrounded by 600 empty milk bottles in a rooming house, Ronald Baker, 25, told a magistrate Wednesday: "I fancied it."

WILL MOVE AIR BASE

London—UPI—The U.S. Air Force said today it would move the U. S. Military Air Transport terminal from Burtonwood in mid-England to Mildenhall, 50 miles from London, some time next year.

So Slimming



9279
SIZES
14 1/2-24 1/2
by Marjorie Martin

Half-sizers! This is the dress you asked for—a smooth and slimming sheath to take you smartly everywhere from now through fall. Note diagonal bodice line, touch of contrast. Printed Pattern 9279: Half Sizes 14 1/2, 16 1/2, 18 1/2, 20 1/2, 22 1/2, 24 1/2. Size 16 1/2 takes 3 3/4 yards 35-inch, 1 1/4 yard contrast.

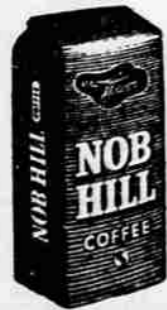
Printed directions on each pattern part. Easier, accurate. Send FIFTY CENTS (coins) for this pattern—add 10 cents for each pattern if you wish 1st-class mailing. Send to Marjorie Martin, Medford Mail Tribune, Pattern Dept., 232 West 18th St., New York 11, N.Y. Print plainly NAME, ADDRESS with SIZE and STYLE NUMBER.



SAFEWAY BRANDS

See How You Save More by the Case Now at Safeway!

See How You Save MORE on Safeway's Own COFFEES!



NOB HILL

Here's coffee that tastes as good as it smells... with store-ground freshness.

1-lb. bag 77c

2-lb. bag \$1.53

EDWARDS

A rich and robust blend of the world's finest coffees... from Brazil and Central America.

Reg. 87c 1-lb. tin 79c 4-lb. tin \$3.13

Reg. \$1.73 2-lb. tin \$1.57



AIRWAY

Enjoy light and mellow flavor coffee... then you'll love Airway, 100% Brazilian coffee.

1-lb. bag 75c

2-lb. bag \$1.49

NEW SAFEWAY INSTANT COFFEE

You'll like our new instant mixing rich, 100% pure coffee... that gives you richer flavor everytime. Save 10c now.

Reg. \$1.25 6-oz. jar \$1.15



	REG. PRICE	NOW ONLY	YOU SAVE	FULL CASE	YOU SAVE
Cherub Milk Finest Evaporated Milk for all uses... table, cooking, and babies	Tall tin 3/44c	8/1.00	15c	Case of 48 5.95	2.37
Lemonade Bel-air concentrated, pink or regular Lemonade. Quick frozen	6-oz. tin 8/1.00	10/1.00	25c	Case of 24 2.39	61c
Grapefruit Town House fancy whole segments. A real savings	303 tins 2/49c	5/1.00	23c	Case of 24 4.75	1.13
Cling Peaches Highway brand, halves and slices... yellow cling peaches	No. 2 1/2 tins 33c	4/1.00	32c	Case of 24 5.98	1.94
Freestone Peaches Town House halves and slices	No. 2 1/2 tins 37c	3/1.00	11c	Case of 24 7.95	93c
Pear Halves Highway brand, std. in delicious light syrup	No. 2 1/2 tin 29c	4/1.00	16c	Case of 24 5.98	98c
Small Shrimp Sea Trader brand, delicious cooked and shelled shrimp	4 1/2-oz. tin 39c	3/1.00	17c	Dozen 3.98	70c
Strawberry Jam Empress, the finest from Canada	2-lb. tin 79c	69c	10c	Dozen 8.25	1.23
Green Beans Town House brand, fancy cut young, tender green beans	303 tin 3/50c	7/1.00	17c	Case of 24 3.39	61c
Whole Apricots Sundown, unpeeled. Like getting 1 tin FREE	No. 2 1/2 tin 4/1.00	5/1.00	25c	Case of 24 4.75	1.25
Soda Pop and Mixers. Cragmont, 12 sparkling flavors to choose from. Plus bottle deposit	32-oz. bis. 2/35c	2/29c	6c	Dozen bottles 1.69	41c
Whole Kernel Corn Highway brand Golden kernels	303 tin 2/29c	7/1.00	—	Case of 24 2.39	—
Sweet Peas Town House, fancy quality young, tender peas. At a real savings	303 tin 2/35c	6/1.00	5c	Case of 24 3.98	22c
Pork and Beans Taste Tells brand. Serve 'em hot or cold	No. 2 1/2 tin 3/65c	5/1.00	8c	Case of 24 4.75	45c
Frozen Strawberries Bel-air, "Premium quality," frozen	10-oz. pkg. 5/1.00	5/95c	—	Case of 24 4.49	—
Canned Tomatoes Gardenside brand, std.	No. 2 1/2 tins 2/49c	5/1.00	23c	Case of 24 4.75	1.13
Tomato Catsup Taste Tells brand. Real tomato flavor	14-oz. brl. —	6/89c	—	Dozen 1.75	—
Tomato Juice Town House brand. Fancy quality	46-oz. tin 29c	4/1.00	16c	Dozen 2.98	50c
Grapefruit Juice Town House fancy, sweet or natural	46-oz. tin 39c	3/1.00	17c	Dozen 3.98	70c
Orange Juice Town House fancy, sweetened or natural	46-oz. tin 45c	2/73c	17c	Dozen 4.35	1.05
Grape Delight Tea Garden fancy Concord grape preserve	8-oz. glass 19c	3/49c	8c	Dozen 1.95	33c
Pineapple Juice Lanai, fancy Hawaiian	46-oz. tin 29c	4/1.00	16c	Dozen 2.98	50c
Grapefruit Highway brand, broken segments. A grand value during this sale	303 tin 21c	5/95c	10c	Case of 24 4.49	55c

See How You Save More on these SAFEWAY Brands

Cane Sugar Shortening Iced Tea Blend

Candi Cane, the finest pure granulated, all purpose sugar. Guaranteed by Safeway.

10 bag 95c

Reg. 91c value on ROYAL SATIN pure all vegetable shortening. Better results for baking and lighter fried foods

3-lb. tin 75c

Canterbury Orange Pekoe—New blend. Won't cloud up when iced.

48-bag pkg. 59c

LUCERNE COTTAGE CHEESE

4-lbs. Lucerne Cottage Cheese in plastic refrigerator dish.

Reg. 1.55 value Now 1.09

In 4 varieties: creamy large curd, Farmer style small curd or Farmer's style with chives. Reg. 31c full pint Reg. 59c full qt.

25c 49c



EMPRESS JAMS

Your choice of delicious Raspberry, Loganberry, or Plum. Reg. 69c value.

2-lb. tin 59c



Strawberry Jam Empress Canadian 2-lb. tin 69c

Sandwich Spread Peanut Butter

Lunch Box brand made with finest ingredients

Reg. 43c pint 39c

Reg. 69c quart 59c

Empress Preserves

New Lunch Box brand (formerly Beverly). Same fine quality. Chunk and creamy. Reg. 57c

Your choice of Apricot, Apricot-Pineapple, Peach Pineapple, Apple or mixed fruit jelly

18-oz. jar 49c 3 20-oz. jars \$1.00

GARDENSIDE PEAS-BEANS-CORN

Tender cut beans, sweet cream corn, and fine young peas... all packed by Gardenside... and they're yours at a special low price during this big \$ Brand Sale. See how you save even more when you purchase a case.

Mix 'em or Match 'em

10 303 tins \$1.

Case 24, \$2.39

Bel-air "Premium Quality" **FROZEN FOODS**

Bel-air farm-fresh vegetables are specially selected for their excellent quality and superb flavor. They are quick-frozen at their peak of flavor goodness. A Safeway guaranteed product.

- French Style Green Beans 9-oz.
- Whole Kernel Corn 10-oz.
- Mixed Vegetables 10-oz.
- Chopped Broccoli 12-oz.
- Sweet Peas 10-oz.
- French Fries 10-oz.
- Leaf Spinach 12-oz.
- Chopped Spinach 12-oz.

6 PKGS 89c 12 for \$1.75



BROCADE SOAP

Here's a real value on the finest pink, yellow, or turquoise toilet soap... in handy dispenser pack.

5-bar pack 29c

- White Soap Brocade pure toilet soap 10-bar pack 49c
- Pink Scamper Mild, gentle liquid detergent Reg. 69c 22-oz. tin 59c
- Gran. Soap White Magic, mild, gentle. Reg. 71c 46-oz. pkg. 59c
- Cleanser White Magic cleans, sanitizes, deodorizes 14-oz. tin 10c
- Liquid Bleach White Magic. Save 10c. Reg. 59c Full Gal. 49c

KITCHEN CRAFT FLOUR

Premium quality, all-purpose flour guaranteed to work wonders with ANY recipe.

Reg. \$1.15 10-lb. bag 89c Save 26c

Reg. \$2.39 25-lb. bag \$1.98 Save 41c

Reg. \$4.69 50-lb. bag \$3.89 Save 80c

