



PLUS SILVER DOLLAR STAMPS!

LA SAGNE 40-Oz. Market **2 / \$1**

Madera No. 1 Ripe Mammoth **OLIVES** 4 FOR \$1
Broken Pitted

3 PAK LIPTON SOUPS 35c
● CHICKEN-NOODLE
● TOMATO - VEGETABLE.....43c Value

HEINZ-14-oz. **KETCHUP** 5 FOR \$1
1.45 Value



608 EAST MAIN 11th and Oakdale
We Reserve the Right to Limit.
Ad Prices Good Thru Sunday, Feb. 15th

- LOOK AT THESE HEART WARMERS!**
- Tomatoes Market - No. 2 1/2 **4 / \$1**
 - Sweet Peas Rosedale - No. 303 **6 / 89c**
 - Wh. Kernel Corn Rosedale-No. 303 **6 / 89c**
 - Cr. Style Corn Rosedale-No. 303 **6 / 89c**
 - Tomatoes Market - No. 303 **6 / \$1**
 - SOS Pads 10 count **4 / \$1**
 - Toilet Tissue Chiffon 2 roll pack **25c**
 - Dinner Napkins Chiffon 50 count **25c**
 - Pop Corn Buddy Boy - 2-Lbs. **29c**
 - Pine-Orange Drink Cal-Fame 46-oz. **2 / 85c**

PEANUT BUTTER MARKET 60-oz. **\$1 49**
1.69 Value
16-oz. - 2/\$1

Gold Medal FLOUR 2.25 Value 25-lb. Bag **\$2 03**
10-lb. Bag \$1.03

LOOK AT THESE WONDERFUL BUYS!

3-LB. MARKET Shortening 69c	12-Qt. CHALLENGE DRY MILK 79c	No. 303 MARKET FRUIT COCKTAIL 5 / \$1	No. 1 Flats-Market CRUSHED PINEAPPLE 10 / \$1
No. 2 MARKET CRUSHED PINEAPPLE 4 / \$1	2-oz.-MARKET STRAWBERRY JAM 3 / \$1	No. 2 1/2 MARKET SLICED CLING PEACHES 4 / \$1	No. 303 MARKET TOMATOES 6 / \$1

LENTEN SPECIAL EXTRA LARGE AA **EGGS** 49c dz
57c Value

- OUTSTANDING NESTLES FOOD BUYS!**
- SAVE 30c **NESCAFE 6-oz. INSTANT COFFEE** 1.25 Value **95c**
 - MORSEL'S 12-oz. size-1.06 Value **2 / 89c**
 - 2-lb. Eveready Cocoa Mix **79c**
 - King Size Bars 1.47 Value **3 / \$1**
 - 10c Candy Bars \$1 Value **10 / 69c**

MEDFORD'S FINEST PRODUCE!

FUERTES AVOCADOS 2 for 9¢

Rich, Buttery Flavor. High in Energy Content and Adds Zest To Any Salad

- CARROTS** One Pound Cello Package **2 / 15c**
- LEMONS** Medium-Full O' Juice **19c Doz.**
- CELERY** Crisp and Crunchy **10c stalk**

LENTEN SPECIAL 2-LB. LOAF VELVEETA **CHEESE FOOD** 73c
89c Value

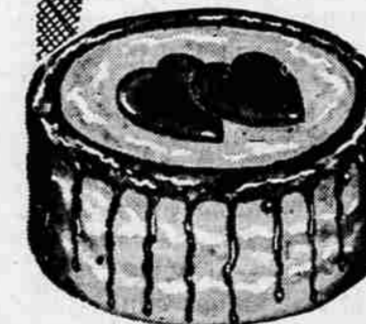
LENTEN SPECIAL 8-oz. MARKET - SM. **PACIFIC OYSTERS** 4 FOR \$1
1.35 Value

4-lb. ALBERS FLAPJACK MIX 57c Value 47c	10-lb. ALBERS FLAPJACK MIX 1.29 Value \$1 07	24-Oz. MARKET SYRUP 2 / 69c	1/2 GAL. MARKET SYRUP 79c	5c DEAL-Schillings COFFEE 2-lb. Tin.....\$1.29 81c Value 65c lb.
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BIG 'Y' BAKERY SPECIALS!

DECORATED HEART SHAPE

- 1 Layer **CAKES** **79c**
- 2 LAYER CAKES1.49
- VALENTINE COOKIES39c doz.



LENTEN SPECIAL 15-oz. Cal Linda **SARDINES** 5 FOR \$1
Tomato or Natural

LENTEN SPECIAL No. 1/2 MARKET **BONITA FLAKES** 6 FOR \$1

LENTEN SPECIAL No. 1/2 MARKET **Solid Pack TUNA** in Brine 4 FOR \$1

Published as a Public Service By **BIG Y PHARMACY** PHONE 3-6631

Medical Mirror Better Health Through Knowledge
WHAT DOCTORS SAY ABOUT:

Questions submitted by readers are appreciated and answers to those of general interest will be incorporated in these columns when possible.

Q. "I am an elderly person and have had several attacks of shingles. What is the cause and what can be done?"—Mrs. B.E. A. Shingles is the common name for herpes zoster, a virus-caused disease which attacks the roots of certain nerves. Blisters form on the skin above the virus-injured nerve. The spaces between the ribs are very often affected. The blisters break after a time, leaving raw surfaces which scab over and heal slowly. The pain of herpes zoster is especially bothersome in older persons—less so in youngsters. A variety of treatment methods have been used, with good results in some cases—not so good in others. Persons who suffer repeated herpes are sometimes vaccinated with small-pox vaccine. This may stop the attacks when other things have failed. The severe pain and discomfort of herpes zoster can be lessened by use of sedatives and pain relieving drugs prescribed by the physician.

Q. Just how do viruses cause disease?
A. By affecting tissue cells. One variety of virus can injure nerve cells, as happens in shingles and in polio, another may injure the liver, as in hepatitis. The body probably harbors one or more viruses all the time. Nothing may develop until some "shock" comes along to upset things. Then the virus takes over. This happens with the flu virus in hogs. The virus seems to be present in the animals all the time but they develop flu only under certain stress conditions. Give the hogs a "shock" and the whole herd comes down with influenza.

Q. "Several friends have given up smoking but I can't. What's the reason?"—A chain smoker. A. The ability to stop smoking is apparently related to the amount of tobacco previously consumed. One study showed that men (and presumably women) who average 10 cigarettes a day can stop, those who smoke 18 cigarettes a day don't try, and those who smoke 20 or more cigarettes daily are seldom able to stop. Probably some 18-a-day men can stop if they try. There may be other reasons why some people can't stop smoking but how does this amount-per-day idea fit your case?

Answers do not necessarily reflect the opinion of all doctors. The diagnosis and treatment of disease is the function of the patient's personal physician. Questions directed to Science Editors, P.O. Box 396, Madison Sq. Sta., N. Y. 10, N. Y. will be incorporated in these columns when possible.

FRESHER - BETTER BIG 'Y' POULTRY - MEATS

STEWING CHICKENS GREAT with DUMPLINGS



3 to 4 Pound Average **37¢ lb.**

- SLAB BACON**
- SLICED HALIBUT**
- TILLAMOOK CHEESE**
- TOP SIRLOIN**
- BAR-B-Q FRYERS**

- ARMOUR STAR** Light and Lean Any Size Piece **49¢ LB.**
- Ideal for Tasty Lenten Dinners **59¢ LB.**
- Aged and Oh So Tangy Good! **69¢ LB.**
- BONELESS U.S.D.A. CHOICE TOPS!** **\$1 15 LB.**
- Pipin Hot—Try 'Em Today! **\$1 49 LB.**