



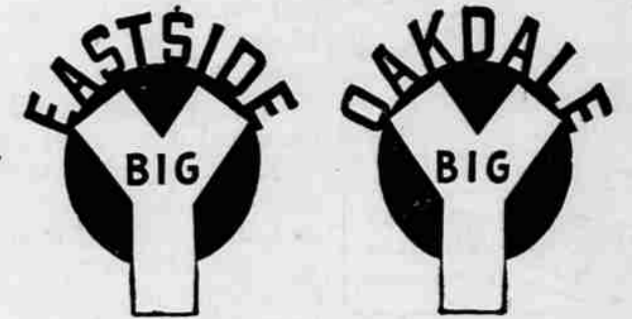
SYMBOLS OF BIGGER SAVINGS!

SILVER DOLLAR STAMPS ON ALL PURCHASES AT ALL 3 BIG Y MARKETS. PROFIT AS YOU SPEND!

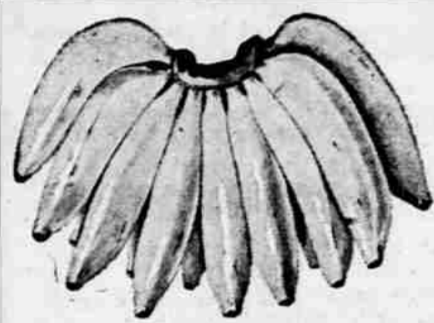
ONLY 480 SILVER DOLLAR STAMPS FILL A BOOK!

EVERY DAY ROCK BOTTOM PRICES ON QUALITY MERCHANDISE AT ALL 3 BIG Y MARKETS WITH FAST, COURTEOUS, EFFICIENT SERVICE

Headquarters for Famous Brands!



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WE RESERVE THE RIGHT TO LIMIT.
AD PRICES GOOD THRU MARCH 1.



Medford's FINEST PRODUCE Golden Ripe

BANANAS

Stock Up At This Money-Saving Price

11¢ Lb. • Healthful • Delicious

U.S. No. 1 KLAMATH Gold Star Potatoes **3^F \$1⁰⁰**

10-lb. Cello Bag BAGS

Tender—Large Bunches BROCCOLI **19¢** Bch.

• RED LETTUCE • AUSSIE LETTUCE • BIB LETTUCE • ROMAINE LETTUCE • RED LEAF LETTUCE
2^F 19¢ Bunches

AT ALL BIG Y's YOU'LL FIND
• MUSHROOMS • ASPARAGUS • HOT HOUSE RHUBARD • PINEAPPLE • AVOCADOS • LIMES • NEW PEAS • SALAD MIX • RED POTATOES • EGG PLANT • CELERY ROOT • COCONUTS . . . Medford's Biggest Selection

Grade AA Extra Large

EGGS 2 doz. 85¢ SAVE 21c

Ritz Crackers 12-oz. NBC **2^F 43¢** SAVE 19c

Carnation Milk Tall Cans **6^F 69¢** SAVE 21c

Holiday Margarine 1-lb. Pkg. **7^F \$1⁰⁰** SAVE 40c

Graham Crackers Sunshine 2 lbs. **53¢** SAVE 16c

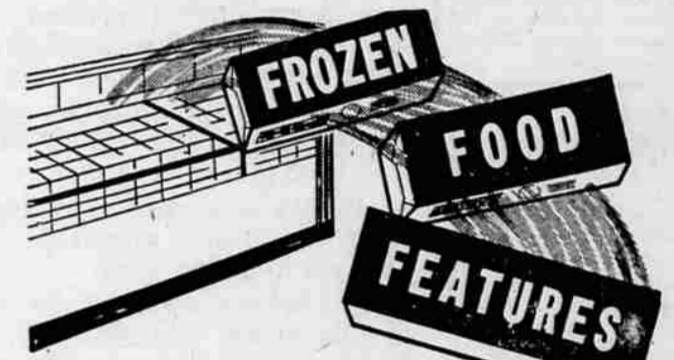
MJB Instant Coffee 6 oz. **89¢** SAVE 36c

Rice is a Versatile, Healthful Food, Try it as Dessert or in Many Lenten Casserole Dishes

28-oz. MJB LONG GRAIN RICE	24-oz. MJB QUICK BROWN RICE	24-oz. MJB QUICK WHITE RICE
41¢	33¢	45¢

BAKERY TREATS
CINNAMON STIX **6/29c**
COCONUT MACAROONS **6/30c**
CUP CAKES
1-Lb. Loaf Sour Dough French Bread **28¢**

STOCK UP! SAVE!



JORGENSEN'S VANILLA ICE CREAM Brick Quart **39¢**
IT WON FIRST PRIZE IN STATE CONTEST!
SAVE 18c on Quart Size SAVE 24c on Half Gal. ½ Gal. **75¢**

LOOK AT THESE BUDGET STRETCHERS!

9-in. Johnson Pies All varieties **59c** Save 20c ea.
Pictsweet Strawberries 10 oz. **2/35c** Save 14c
Orange Juice Pictsweet 6-oz. **2/39c** Save 15c
Orange Juice Pictsweet 12-oz. **37c** Save 14c
Pictsweet Peas 10-oz. **2/29c** Save 10c
8-oz. Sea Pak Butterfly Breaded Shrimp **2/95c** Save 23c
8-oz. Swanson Meat Pies Beef, Turkey Chicken **2/39c** Save 19c

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Medical Mirror

• Sunglass Habitues • Mental Breakdowns

Q. Does the wearing of dark glasses harm the eyes?
A. No, but don't wear dark glasses while driving at twilight. To further dim the fading evening light is just inviting trouble. It's strange why some people who have perfectly good eyes apparently don their smoked spectacles as conscientiously as they shave, brush their hair, or apply make-up. Perhaps some people want to see without being seen. It is their privilege of course, and wearing dark glasses would have no more medical justification than many other things we do by compulsion or habit.

Q. "A member of my family was treated for a nervous breakdown by a psychiatrist. Everything seems fine now but the doctor suggests further visits for checkups. Is this necessary?"—A mother.

A. Let's try to answer this question by asking one. Would it be wise for a person who has been treated for tuberculosis or high blood pressure to disregard the doctor's advice and not go back for checkups? We can't hide from

forces that cause nervous trouble any more than we can completely shield ourselves from tuberculosis germs and whatever it is that causes high blood pressure. Re-visits to the psychiatrist are simply a matter of taking precautions. The doctor needs to keep in touch. Has the patient's thinking, feeling, or behavior undergone a change? If he is not holding his own the doctor can take steps to head off a recurrence of the trouble.

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, Madision Sq., Sta., N. Y. 10, N. Y. will be incorporated in these columns when possible.

ALL BIG Y MEATS UNCONDITIONALLY GUARANTEED TO PLEASE! SALE ON U.S.D.A. CHOICE STEAKS

U.S.D.A. CHOICE T-BONES **98¢** lb.

U.S.D.A. CHOICE BONELESS TOP SIRLOIN	\$1 19 lb.
U.S.D.A. CHOICE SIRLOIN	79¢ lb.

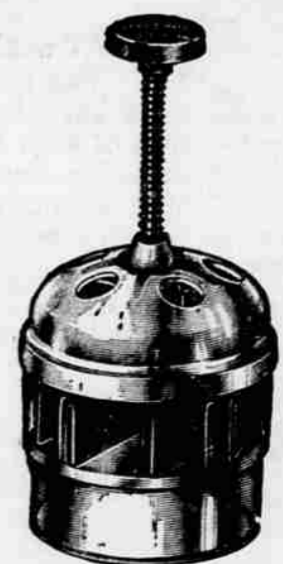
ALL BIG Y MEATS CAREFULLY TRIMMED OF EXCESS FAT

SLICED HALIBUT **55¢** lb.
DENCO BRAND LARGE BALOGNA Any Size Piece **49¢** lb.
DENCO BRAND LARGE FRANKS SEASONED JUST RIGHT! **49¢** lb.

PIPING HOT BAR-B-Q FRYERS AN EASY MEAL! **\$1 49**

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You'll Use It Every Day!
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Here is a Silver Dollar Stamp Book Extra that borders on the sensational! Over 2,000,000 of these food choppers were sold in the U. S. last year for \$2.98. You'll use it for fixing salads, chopping meats, and you'll soon discover that it is one of the most used kitchen tools you own. Exceptionally well-made to give years of satisfactory service. Offer good at all 3 Big Y Markets while quantities last.