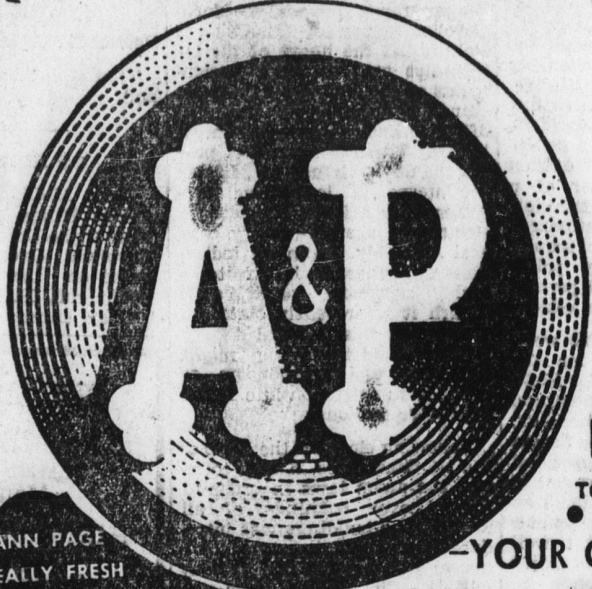




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STANDING RIB 5TH & 6TH RIBS 53c
STANDING RIB FIRST 4 RIB CUT 63c

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85 TO 110 LB. AVG. BEEF ROUND	49c	85 TO 110 LB. AVG. ARM CHUCK	35c
25 TO 35 LB. AVG. SHORT LOIN	69c	25 TO 30 LB. AVG. SIRLOIN BUTT	63c
25 TO 30 LB. AVG. 10" BEEF RIB	53c	45 TO 65 LB. AVG. FULL LOIN	63c

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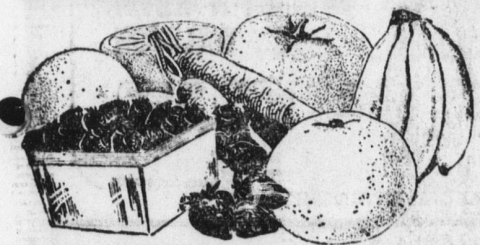
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Women's Health

By ELIZABETH STEWART
Women's Medical News Service

Women Gaining in Battle vs. Cancer

Slowly but surely women are gaining in the fight for life against cancer — which caused one out of six deaths among women in 1962. The reason for their victory: Early diagnosis and prompt treatment.

According to a recent study made by the Metropolitan Life Insurance Company, 8 percent fewer women of all ages died of cancer in 1962-1963 than ten years earlier (1950-1952).

Death from cancer of the various organs of the digestive system showed a striking decrease, as did death from uterine cancer.

"The cancer death toll," emphasizes the study, "can be reduced by early diagnosis and treatment. A recent follow-up study of cases diagnosed in 1950-1954 showed that among patients with breast cancer whose disease was detected while still at localized stage, the five-year survival rate was 82 percent compared with 57 percent for all breast cancer cases."

Women Stay Young Longer
If you've had the feeling that women nowadays look younger longer, you're right. Science now documents your observation. According to British physician Dr. J. J. Frommer, menopause is occurring about four years later than it did 100 years ago. He observes, "There may be a link between later menopause and decreased rate of aging."

Dr. Frommer says that the median age of menopause for 443 women who were patients at London's Royal Free Hospital was 50.1 years. In 1845, menopause occurred at around 45 years of age, while in ancient times, says Dr. Frommer, it occurred at about 40 years. Dr. Frommer believes that later menopause may be a result of better nutrition and our greater knowledge of how to keep healthy. Dr. Frommer's findings were published in the British Medical Journal.

An Extra Health Dividend
Before a physician gives a woman a prescription for a contraceptive — and the safest, most reliable contraceptives must be prescribed — he usually gives her a thorough physical check-up. "This step can do a great deal to safeguard a woman's health and a family's happiness," says Dr. Frank R. Lock, President, American College of Obstetricians and Gynecologists.

"In the course of such an examination we may catch defects and illnesses which, untreated," the doctor warns, "might interfere with pregnancy and childbirth. The pre-conceptive exam adds up to safer pregnancy and delivery, as well as better mater-

nal health, and increases the odds that the baby will be normal."

"Spring - Clean" Your Medicine Cabinet

Even the most meticulous housekeeper often neglects giving her medicine cabinet a thorough spring-cleaning. If yours is crammed with an assortment of bottles and jars of partly used, outdated, inadequately labeled drugs, the time has come for an all-out cleaning. Here are some indications for immediate down-the-drain treatment of "tired" drugs:

—Any medicine whose color has changed.

—Prescription drugs whose labels are gone or whose labeling is unidentifiable. Name and strength of dosage, and for whom the drug was prescribed, should be on the label. If these designations are not on, and you're not sure what the medicine is, discard it.

—Peroxide that is flat, doesn't bubble vigorously; milk of magnesia that has caked; aspirin that has a vinegary odor and crumbles easily; left-over eye wash or eye drops; discolored, spotty ointments; cloudy or sedimented nose drops.

Regular "editing" of the medicine cabinet is more than good housekeeping. It may be a life-saving.



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