C. M. Lund Named
Plan Manager by
Ford Tractor

C. M. Lund has been named tractor planning manager. Ford Tractor Division, Ford Moraduct Jahnning manager, Bear announced. In his new position, Lund will co-drimate tractor product programs for world-wide market requirements.

Since 1961, Lund, of 1629 Graefield, Birmingham, has been in the Product Planning Office of the Moraduct Division, Tractor and the joined Ford in 1955 as a product of the Jahnning Office of the Confidence of the Jahnning Office of the Confidence of the Jahnning Office of the J

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Gage Firm Announces Exec. Appointments

W. E. Berge has been named president of the C. E. Johansson forge Co., and Bion C. Wentworth, this been appointed marketing manager of the company.

The company manufactures and many other precision measuring tools for the manufacturing industrites.

Berge, 191 Concord, Bloomfield Hills, comes to the Johansson organization from Atlas-Cope, U.S., where he was different to their high-speed rotating tools and instruments. His background includes a European education in both mechanical engineering and business administration, service in the Swedish Air Force during World War II, eleven of the Company is now expanding the automatical american and United States markets.

The company is now expanding the automatical supposition and will

markets.

The company is now expanding its automaine gazing line and will offer engineering and calibration services not previously available. With the exception of gage blocks and some standard instrumentation, several manufacturing operations will be shifted in the future from Sweden to the Dearborn plant, as demanded by shorter delivery schedules.

WENTWORTH, of 4585 Picker ing, Birmingham, will be responsi-ble for the company's total nation-al marketing operations, including the advertising and sales promo-tion function.

923 Since graduating from the University of Mississippi, Wentworth has accumulated 25 years' expe-

Peoples Federal
Savings and Loan
Appoints Waggoner
Leo F. Drolshagen, Sr., president of Peoples Federal Savings and Loan Association, has announced the appointment of Francis L. homes in Birmingham.

Drolshagen articipated increase in mortgage in the metropolitan area anticipated increase in mortgage and feels this activity will exceed an all previous years by a wide horten and provious years by a wide large in the metropolitan area anticipated increase in mortgage in margin.

Waggoner, formerly with the Looking for a job . . . a home . . . a

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Don't eat this. Don't eat that. Calories. Cholesterol. Polyunsaturates. Heart disease.

The current rash of do-it-yourself diets and food fads is enough to make you feel like a ping pong ball. Bouncing from claim to claim.

Should you change your diet or not? Are these dangers real or not? Are they proved or not? Is there someone you can trust in all this?

There is. Your physician.

And the first thing he'll probably tell you is: don't change your diet unless you're sick.

And if you are sick, trust him to get you back on the right diet-not unproved food claims.

Even if he asks you to cut down on some of the products we represent, that's all right with us.

Because no one knows your individual health problems like your physician. We don't. (And other food people don't, either.) There's no such thing as a universal diet.

For good nutrition, the American Medical Association (October 12, 1962) recommends a well-balanced diet chosen from these four basic food groups: (a) The Milk group (milk, cheese, ice cream), (b) The Meat group, (c) The Vegetable-Fruit group, and (d) The Bread-Cereal group.

That's why we urge you not to endanger your health with do-it-yourself food plans or to change your diet because of widely publicized food fears-like cholesterol.

Your physician will tell you this himself. Trust him. We do. We're people, too.



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BEEF LIVER . . . 49° lb.

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DEL MONTE CREAM or WHOLE KERNEL CORN 6 for 99c SCOTT FACIAL TISSUE, 400 Ct, 4 boxes for \$1 FAB, CHEER or DREFT, reg. size 27c ea.

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*Full text of the American Medical Association statement of Oct. 12, 1962 available by writing: Heart-Olet, American Dairy Association, 20 N. Wacker Drive, Dept. D, Chicago 6, III,