

Torrance Herald

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W. HAROLD KINGSLEY Editor GROVER C. WHYTE Business Manager

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THE HERALD'S PLATFORM FOR TORRANCE

- 1—Ornamental Lighting System. 2—Interchange of Freight Between P. E. and Santa Fe. 3—Western Avenue Bus Line. 4—Hollywood-Palos Verdes Parkway. 5—New School North of Carson St. 6—Aviation Field. 7—Co-operation of All Torrance People, Firms, Industries and Other Agencies, to Induce Torrance Workmen to Live in Torrance. 8—Adoption and carrying out of a well-conceived city plan to guide the growth and development of Torrance. 9—The conduct of All Local Affairs in a spirit of Neighborly Friendliness and Constructive Co-operation to the End That the Peace and Prosperity of All May Be Encouraged by an Alert Civic Consciousness and Patriotism.

Old Mother Hubbard and her New Cupboard By Rama Bennett, Nutritionist Los Angeles County Public Health Association

BUYING APPETIZERS Appetite and digestion wait on vitamin B. If the family appetite lags, shop for vitamin B. This is not difficult, for the markets abound in vitamin B foods. In meats, the organs such as liver, kidneys, heart and brain have more of vitamin B than the much used muscle meats. Cereals are vitamin B staples for low cost dietaries, provided they are whole-grain products. The "fresh stew" of underground vegetables, such as potatoes, carrots, parsnips, turnips and onions is rich in vitamin B, while lettuce, spinach, cabbage and tomatoes supply abundantly all three vitamins, A, B and C. To the vitamin B list may be added celery, bean sprouts, green beans and dried, and the more expensive cauliflower, asparagus and green peas. Milk is always a dependable source of vitamin B, for all members of the family. Egg yolk is rich in this vitamin, but rather expensive for generous use. Raw citrus fruits, apples and bananas are good sources of vitamin B and offer variety. It must be remembered that improper cooking, as for instance spinach, boiled in a large quantity of water which is discarded loses much of the vitamin B value. Cook green vegetables a short time in as little water as possible. Dried vegetables have more vitamin B content than over-heated ones. Vitamin B helps to produce normal growth which follows a good appetite and adequate digestion. The child especially needs vitamin B. Lack of vitamin B has been found to produce Beri-Beri, a nerve disorder with which men at sea unable to secure fresh fruits, vegetables and whole grain products have been afflicted. Yeast is the richest vitamin B foodstuff and is sometimes given medicinally. Every family member should cultivate a taste for plain, unrefined bread-stuffs, root vegetables, raw fruits and vegetables aside from a generous use of milk to insure keeping a good appetite and digestion.

Touring California

Travel Notes of Interest and Western Highway Information Furnished by the National Automobile Club

The desert, with its fascination and wonders, is again appealing to motorists and those desiring to see it in all its mysterious, compelling beauty would enjoy a trip to Twenty-Nine Palms, according to the Touring Department of the National Automobile Club. Leaving Los Angeles, pavement is had to Whitewater, a distance of 103 miles. From this point the road leads north for 12 1/2 miles to the Morongo Valley Inn, thence easterly past Coyote Wells to Twenty-Nine Palms. This route, on the whole, can be considered a fair desert road. Leaving this point the same type of desert road is followed for 1 mile, then northeast for 15 or 16 miles. Turning north a fair desert road extends over the mountains to within 14 miles of Amboy, thence across Bristol Dry Lake to within a short distance of Amboy; balance of route is gravel.

Construction work is under way on a new bridge one mile west of Colton where Colton avenue crosses the Santa Ana river. This work will be in progress for approximately ninety days and a short detour through the river bottom will be in effect during that time.

The Ontario Grade, nine miles south of San Luis Obispo on the Coast highway is now being widened, and careful driving is advisable at this point. There is a short stretch of one-way road and a delay of about 20 minutes may be expected.

On the road between Escondido and Ramona via San Pasqual Grade, 18 miles, pavement is had for 3 of a mile and the balance is fair dirt with some rough sections. Blasting and widening operations are under way on one section of the grade but it is passable at all times.

The following report of road conditions from Palmdale to the Los Angeles County Playground is supplied by the Touring Department of the National Automobile Club: The distance is 33 miles. Turn left in the center of Palmdale and pavement is then followed to Little Rock and mandarin to six miles beyond. Balance of road is of crushed rock and kept in very good condition. Grades do not exceed 12% and route is very scenic. The Playground is reached at an elevation of 6862 feet.

On the route from Los Angeles to Elizabeth Lake via Bouquet Canyon, pavement is had via San Fernando Road or Hollywood, Calhouna Pass, North Hollywood, etc. Pavement is continuous through Newhall and Saugus and to the junction of the Mint Canyon Road. From this point a graded dirt road, rough in spots is had to Leona School and very good dirt to Elizabeth Lake. Distance 69 miles.

Wishire Boulevard is torn up for paving near the Sawtelle entrance of the Soldiers' Home and is rough but passable. Los Feliz hauling away the dirt, makes this road very congested during working hours.

On the route between El Centro and San Diego, pavement is had to 4 miles west of Coyote Wells. From this point a sand detour of 15 miles is traversed, followed by pavement over the Mountain Springs Grade to a point one mile beyond Newton. Good decomposed granite is then followed to two miles beyond The Willows and pavement into San Diego.

Draining the radiator of the car at regular intervals is very good practice, but it is well to supplement the draining by an occasional treatment with sal-soda.

According to L. G. Evans of the Service Department of the National Automobile Club, one-half pound of sal-soda should be thoroughly mixed with sufficient water to fill the radiator. This should be put in carefully, allowing none to spill on the paint of the car. Allow to stand over night. Then drain and wash out carefully before refilling. This will remove scale and slime that deposits in the inner surfaces of the cooling system.

now, at first it was only myself who was so interested in Torrance. I am greatly interested in the plans for houses you publish. I am saving them. Thanking you most sincerely. Ora G. Caler.

The Voice Of the People

Estelle, S. Dakota, Editor Torrance Herald, Torrance, Cal.

Dear Sir: It is always a pleasure when the Torrance Herald comes into our home. In all our travels it is still the place, that when we are free here, I want to go back to, to build and sell small homes.

I think you have the most progressive and wide awake paper for its size I've seen. I read it all, even the ads. I wish to thank you sincerely for your kindness in sending it. My husband, too, is reading it.

***** LOCAL NOTES *****

Mr. and Mrs. C. M. Smith and son of Lucile street spent Sunday in Los Angeles. Mrs. Paul Mading and Mrs. John Climan spent Thursday with Mrs. Josephine Wachendorf of Venice. Mrs. Catherine Roberts of Long Beach was a guest Thursday of Mr. and Mrs. R. H. Trunnell of Oak street.

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