

Family Men's Draft Delayed

(Continued from 1-A)
tating war production, or furnishing materials for war production; or concerned with providing food, clothing or other requisites of the civilian daily life in support of the war effort.

The list of essential activities:
Production of aircraft and parts; ships, boats and parts; ordnance and accessories; ammunition; agriculture; food processing; forestry; logging and lumbering; construction; coal mining; metal mining; nonmetallic mining and processing and quarrying; smelting, refining and rolling metals; production of metal shapes and forgings; finishing of metal products; Production of industrial and agricultural equipment; machinery; chemicals and allied products; rubber products; leather products; textiles; apparatus; stone, clay and glass products; petroleum, natural-gas and petroleum and coal products; transportation equipment; transportation services; materials for packing and shipping products; communications equipment; communications services;

Heating, power and illuminating services; repair and hand-trade services (blacksmithing, armature rewinding, electrical and bicycle repair, automobile repair, harness and leather repair, clock repair, tool repair and sharpening); health and welfare services; educational services; governmental services.

Cast Selected For Play Here

With regular rehearsals scheduled to bring the cast to tip-top form early next month, the production of "Charley's Aunt," perennial comedy favorite, will be presented at the Torrance theatre as a benefit for the city ambulance fund being raised by the Torrance Kiwanis Club.
Albert Monkoff and Harry H. Milstein, owners of the theatre, have donated it to the home-talent organization which will stage the three-act comedy under the joint sponsorship of the Torrance Junior Woman's Club, 20-30 Club, Kiwanis and Rotary clubs.
Directed by Miss Patricia Coates of Hermosa Beach, the play will be given early next month with the following cast: Priscilla Thornberry, Ruth Kerber, Sally Armstrong, Adeline Miller, Emma Quaglin, Richard Miller, Jack Warshawer, Louis Murray and George Nash. George Figueroa of the 20-30 Club will serve as general chairman for the benefit stage show.
Mr. and Mrs. Frank Burton of McKinley Inn spent last weekend at Riverside.

Van de Kamp's BAKERIES

THURS., FRI., SAT., JULY 16, 17, 18

DEVIL'S FOOD CAKE

EACH 49c

CINNAMON ROLLS

6 FOR 11c

DOZEN 21c

ASSORTED HARD or GAY 90's CANDIES

LB. BAG 33c

Smaller Bags 7c

2 for 10c

Featured at Regular Price FINE ICE CREAM Pint 29c

Phone 1381

Vitamin Wise

By H. R. Hoskins

SCURVY AND ITS LEMON JUICE CURE

History as early as the 13th Century records the occurrence throughout Europe of a disease known as scurvy. With the discovery of the new world and the consequent lengthening of sea voyages, the disease appeared for some unknown reason to diminish in prevalence on land. It occurred though in such a virulent form on ships at sea that it earned the title "sailors' calamity."

Statistics for these periods show that scurvy exacted a toll of lives at sea which greatly exceeded the total of all casualties suffered in naval conflicts. Seamen became emaciated physical wrecks because of their teeth loosened and dropped out and the pains and agony endured caused them to pray for death and relief from their earthly plight.

Bus Terminal to Get Benches; Revise Schedule

At long last, the Torrance municipal bus line may soon get a Los Angeles terminal that at least has a bench where patrons may rest while waiting for transportation. A request by Bus Manager C. Z. Ward that he be permitted to execute a lease for use of a plot of ground 15 by 6 1/2 feet on Hill st. about 25 feet south of the present location near 10th st. where the Torrance bus stop was approved by the city council Tuesday night. Since the start of the municipal bus system May 5, 1941, no accommodations of any kind have been available at the Los Angeles end of the Torrance run.

Bus drivers working on the seven holidays recognized by the Civil Service Board will receive time and one-half pay in the future. The council approved such a recommendation by the Civil Service Board.

Members of the council are to confer in the near future on an improved bus schedule which will provide better service, particularly for workers at the new aluminum plants at 19th st.

Boy Wins \$10 in War Stamps for Collecting 375 Pounds of Rubber

For collecting 375 pounds of scrap rubber during the recent campaign, Walter McHenry of 23124 Narbonne ave., won the \$10 in war stamps offered by Harry M. Abramson of the National Home Appliance Co., to spur accumulation of the vital war material. Young McHenry should call at the firm immediately to claim his reward.
Abramson also announced that Don Garrison, 1754 Arlington ave., was runner-up in the contest, having turned in 308 pounds to local service stations. David Baker, no address given, was third with 128 pounds; Harold Sparelin, 1334 1/2 Carson st., was fourth with 126 pounds; and Wanda Welch, 2517 Sonoma ave., was fifth with 109 pounds.

Council Approves \$1,155 Appropriations

Appropriations approved by the city council Tuesday night totaled \$1,155. They included the following for projects not completed during the past fiscal year: \$185 for road materials to improve Llewellyn ave. from Engracia to Torrance blvd.; \$115 for improvement of 231st st. west of Eshelman ave. and \$95 for improvement of 227th st. east of Pennsylvania ave. and \$60 for 10,000 commutation books for the municipal bus system, and \$700 for janitor's supplies for the present fiscal year.

RETURNS HOME
Miss Doris Kresse, who has been visiting in San Francisco during the past week, returned to her home Tuesday evening. She was accompanied by Miss Joanne Whitley who will remain as her houseguest.

MISSOURI GUEST
Mr. and Mrs. D. A. Murphy recently entertained as their houseguest, her cousin, Mrs. Don Cluxton, of Joplin, Mo., whom she hadn't seen for 19 years.

TO TIA JUANA
Mr. and Mrs. H. E. Massie and their nephew, Russell Anderson, accompanied by Mr. and Mrs. Joe Moore and daughter, Patty Jo, motored to Tia Juana Sunday.

assistance against the malady. However, since scurvy still prevailed among the Dutch, little importance was attached to its lessened prevalence.

Lemons Bring Results
An outbreak of the disease occurred in 1700 on a Dutch ship laden with a cargo of lemons. A change of diet for the stricken sufferers was sought. The cargo of lemons was opened and amazing results were observed following administration of the lemons and their juice. Men who were dying from the disease wholly recovered. Never before had victims of the malady ever exhibited such remarkable improvement and even complete recovery.

Later four British vessels sailed from England on a voyage to the East Indies and the crew members of three ships were severely afflicted with scurvy, but the one crew remained free of the disease. Investigation as to why no scurvy was experienced on this particular ship disclosed that the seamen had received daily rations of lime juice. No doubt the captain had learned about the curing of the disease through the use of lemons by the Dutch.

More First Aid Classes Planned

The Red Cross First Aid class that started Monday evening in the Administration building at Hollywood Riviera under direction of Fred B. Foltz will continue there each Monday at 7 o'clock.

If those interested in taking First Aid courses will register with Red Cross headquarters at 1526 Crandall ave., phone 1524, additional classes will be opened here in both Standard and Advanced instruction. Those registering will be notified immediately as soon as arrangements are complete to begin a class.

All members of the Volunteer First Aid Detachment and all Firstaiders who would like to sign up for emergency work with that unit should come to the Civic Auditorium tonight (Thursday) at 7 o'clock. They should bring bandages and a blanket to practice with. Beginning tonight the V. F. A. D. will meet every two weeks in the Auditorium for intensive drill.

Legion Officers To Be Elected

All paid-up members of the Torrance American Legion post attending the annual post-commanders' dinner meeting and election of officers next Tuesday night, July 21, at Daniels cafe will share in a special dividend which will be announced during the meeting.

Nature of the "melon-cutting" will not be disclosed by officers until the session is well under way but they promise it will be substantial.
Nominations for the office of commander to succeed "Larry" Larava are: James Mangano and D. A. (Spud) Murphy. Nominations from the floor for all posts will be in order prior to the election. All past-commanders are urged to attend the dinner-session in their honor.

Businessmen Can Get Advance Draft Physical Examinations

Business and professional men near the top of selective service rolls may apply for an advance physical examination to give them more time to dispose of their businesses if they pass, and to prevent them selling out of their businesses if they fail to qualify physically.

Local selective service boards are anxious that such candidates take advantage of these provisions and save themselves great hardship.
A registrant with a job in these days of labor shortage can get his job back or another equally as good, but the business or professional man has lost everything, once he closes his doors, board officials comment.

Men in the classification indicated are asked to apply to their local boards for advance examinations. The request is forwarded to the state director of selective service, who issues an order authorizing an examination by an Army medical officer.

IN SAN FRANCISCO
Miss June Turner of 2024 Martina ave., is vacationing in San Francisco this week.

HONOLULU VISITOR
A recent guest of Mrs. Fred Ralston was Mrs. Jack Peterson who returned recently from Honolulu.

He undoubtedly included fresh fruit juice in the rations of his crew with the thought that if the juice could cure such a devastating disease it might also prevent it. Lemon juice had cured scurvy for the Dutch and lime juice had prevented it for the British, but in spite of these facts there was an inclination to believe the disease was due to or influenced to a great extent by the environment of the sea.

"Lime Juice" Prescribed
It was almost invariably observed that scurvy-stricken sailors exhibited a tendency to recover during their intervals ashore. The first clue that the disease was closely related to the type of foods consumed followed reports of Lind who was treating groups of scurvy patients in a British hospital. At the conclusion of his clinical experiments, Lind stated that he had succeeded in curing the disease by use of orange juice and lemon juice.

Further research was conducted at sea in the British navy, whereby various types of diets were employed and amazing recoveries were observed in the groups of sufferers who had received fresh fruits, especially lemons. Fresh fruit juice became hailed as a specific for scurvy both as a prophylaxis and as a curative. Lind recommended that lime juice be carried on all ships and served to the sailors.

The British navy in 1800 adopted the use of lime juice as a standard routine daily for all men at sea. In the meantime the disease continued to plague the merchant marine and in 1850 they instituted the lime juice regimen of the British navy as a procedure to aid in curbing the ever-present problem of "sailors' calamity."

Incorrect Name Used
The British government subsequently passed legislation that all British vessels must carry a supply of lime juice, and that every member of the crew must be given one tablespoonful of the juice daily as a protective. Unfortunately, this legislation failed to accomplish its intended purpose because greedy commercial interests soon were selling adulterated and diluted lime juice to the British government as well as to the merchant marine companies.

It was soon observed though that the malady continued as a menace to both the British navy and merchant marine because the adulterated and diluted lime juice was not concentrated enough in that mysterious something which possessed the power to prevent and cure the disease. New lime juice legislation was enacted which increased daily dose of lime juice two-fold to two tablespoonfuls daily. Furthermore, this new law prohibited the sale of adulterated or diluted lime juice. British sailors and seamen thus came to be known as "lime juiceers."

However, it is well to note that what the British actually employed as a prophylaxis and cure was the juice of the lemon and not the juice of the lime. British reports have incorrectly referred to what is universally considered a lemon as being a lime.
Potatoes Carry Vitamins
These reports were very misleading and difficult for investigators in other countries to interpret correctly. In 1875 an outbreak of scurvy occurred on an American expedition to the Arctic in spite of the fact that the established dosage of lime juice had been prophylactically administered to the crew. A previous expedition had used lemon juice and the disease did not occur. Obviously, these contrasting experiences proved the lime juice was less concentrated in that essential something which had the power to prevent scurvy and that lemon juice was far more dependable as a prophylaxis.

As late as 1939, 5,000 cases of the disease were reported in Aroostook County, Maine. Federal relief authorities in Washington immediately dispatched crates of fresh fruits—orange and grapefruit. Thanks were extended to the Washington officials for lending prompt assistance, but these officials were informed that increased consumption of Maine's native grown potato would soon overcome the present scurvy epidemic and prevent the outbreak of the disease in the future.

The potato also is endowed with that essential something which is of value in the prevention and cure of scurvy.
Foods as Preventatives
It was the introduction of the American potato into the European diet, after the discovery of the new world, that brought about an almost immediately reduced incidence of the disease in Europe. Potatoes were not consumed on sea voyages and as we have observed the scene of interest relative to the disease shifted to the sea. Even today, in Europe a potato crop failure is invariably followed by an outbreak of scurvy.
The knowledge gained that certain foods were possessed with some essential element which had the power to prevent and even cure such a ravaging disease as scurvy has certainly been a Godsend to humanity.

(NEXT WEEK: Just a little thing like substitution of unpolished for polished rice reduces the ravages of one of the world's greatest plagues—beriberi. The story of that scourge is told by H. R. Hoskins in next week's Herald.)

CANNED FOODS

Castle Crest Peaches	No. 2 1/2 can	18c
Del Monte Peaches	Choice No. 2 1/2 can	19c
Hostess Delight	No. 2 1/2 can, 2 1/2 can, 2 1/2 can	12c
Libby Fruit Cocktail	No. 1 can	13c
Rancho Soups	Choice of 4 10 1/2-oz. cans	23c
Gardenside Peas	No. 2 can	10c
Gardenside Tomatoes	No. 2 1/2 can	12c
Val Vita Tomatoes	No. 2 1/2 can	11c
Charka Crab Meat	No. 1 1/2 can	33c
Swift Water Salmon	No. 1 1/2 can	19c
Prince Leo Pink Salmon	No. 1 can	19c
Libby Hash	Corned Beef No. 2 can, 1 1/2 can, 1 1/2 can	19c
Spam	Miracle Meat For Sandwiches 12-oz. can	37c

TYPICAL SAFEWAY PRICES

Julia Lee Wright's Bread	1 1/2-lb. loaf, 8c	11c
Large Grade "A" Eggs	per doz.	43c
Meadow Wood Butter	per lb.	45c
A & H Soda	per 2-lb. pkg.	15c
Mammy Lou Corn Meal	5-lb. bag	19c
Post Bran Flakes	8-oz. pkg.	9c
Planter's Peanut Oil	per pint	33c
Miracle Whip	8-oz. jar, 4 1/2-oz. jar	26c
Junket	1-oz. cream powder, Vanilla Flavor 3-pkg.	25c
M. C. P. Pectin	Powdered Type 3-oz. pkg.	9c

HOUSEHOLD ITEMS

Palmolive Soap	For The Toilet 2 bars for 13c	13c
Mission Bell Toilet Soap	per bar	5c
Super Suds	Packed in Blue Box 24-oz. can	22c
Oakite Cleaner	10 1/2-oz. can	10c
Pronto Bowl Cleaner	22-oz. can	10c
Scott Tissue	Toilet Paper 3 rolls for	20c
Flyrol Fly Spray	per pint can	19c

DO YOUR BUYING "DOUBLE QUICK" WHEN YOU LEARN THIS SIMPLE TRICK

You can buy your meats, groceries, fruits, and vegetables in much less time if you plan to shop at the times when stores are not busy. Since the rush periods at Safeway usually begin in the middle of the afternoon, it's well to get your buying done before two o'clock.

Get Your Shopping Done by 2:00. Service is Better, Selection Too!

1301 SARTORI AVE., TORRANCE

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SAFEWAY

GUARANTEED TENDER BY SAFEWAY

A sizzling T-Bone steak, with savory juices dripping from every side, makes a dish that's as attractive as any that you can serve. And you'll be sure that the tenderness and flavor match the attractiveness if it's a Saway steak. Every cut of meat that you buy at Saway is guaranteed to please. Cut from top grades of beef, these fine steaks are scientifically aged, then carefully trimmed. Barbecue your favorite cut some night this week end. Take advantage of the special low prices that are effective through Saturday.

SIRLOIN STEAK	lb.	39c
FANCY SIRLOIN	lb.	41c
T-BONE STEAK	lb.	45c
CLUB STEAK	lb.	45c
PORTERHOUSE	lb.	49c

Additional Meat Department Values

RIB LAMB CHOPS	lb.	41c
LAMB ROAST (SHOULDER CUT, IN VISINGO)	lb.	29c
GROUND BEEF (UN-X-LD BRAND IN VISINGO)	lb.	23c
SKINLESS WIENERS	lb.	26c
CORNED BEEF (BONELESS BRISSET)	lb.	25c

REAL MAYONNAISE

Add spicy flavor to your salads.

BEST FOODS

Fresh mayonnaise of quality. Per quart, 55c

per jar 33c

NU MADE

Made of top quality ingredients. Quart, 50c

per pint 29c

ENRICHED FLOUR

With added vitamins and iron.

GOLD MEDAL

Hard when blended. No. 5 size bag, 27c

No. 10 50c

KITCHEN CRAFT

Home type flour. No. 5 size bag, 21c

No. 10 43c

Peaches, Squash and Onions are the Current Victory Food Specials!

The United States Department of Agriculture urges you to eat more of the foods that are in surplus and designated by the department as Victory Food Specials.

FANCY PEACHES	lb.	7c
SUMMER SQUASH	lb.	6c
ZUCCHINI	lb.	6c
DRY ONIONS	lb.	2c
POTATOES	10 lb.	39c
CANTALOUPE	lb.	5c
STRING BEANS	lb.	7 1/2c
SWEET CORN	lb.	10c
POTATOES	10 lb.	39c

Buy United States War Bonds & Stamps REGULARLY, all you can afford.

SAFEWAY

WE RESERVE THE RIGHT TO LIMIT. NONE SOLD TO DEALERS.

2169 REDONDO WILMINGTON BLVD., LOMITA

Perishability is the best guide for dividing up your purchases.

Staples like flour, salt, potatoes, canned and packaged goods can be bought weeks in advance. It's wise to replace them as soon as they're used, so you won't be caught short.

Foods that will keep 3 to 4 days without spoiling include most meats; vegetables like carrots, turnips, beets, parsnips, squash, egg plant, corn, tomatoes; most dried fruits and the like.

The most perishable foods, those which will keep only a day or two, are fresh vegetables and fruits; fresh fish, chicken, and ground meats; dairy products; bread, cake, pastry.

To get your money's worth in vitamins and minerals, use fresh leafy and green vegetables the same day you buy them. As soon as you get them home, wash them quickly in a small amount of water, drain, and keep them in a covered container in the refrigerator until just ready to use.

All about cooking weights and measures. Read the July 17th Family Circle article, "Kitchen Arithmetic" for complete charts on weights and measures and equivalents used in cooking. Out Thursday, free at Safeway.

Safeway Homeowners' Bureau JULIA LEE WRIGHT, Director

This is a lesson in shopping that's worth reading

Because the war has made "time" more precious than ever before, it has become practically a patriotic duty to streamline our daily schedules as much as possible. The best way to save time is to cut shopping trips down by planning menus and market lists a week in advance. These suggestions from the Safeway Home-makers' Bureau should help you in your planning.