

# WAR BOND SALES DRIVE PLANNED BY LOCAL GROUP

Purchase of War Bonds and War Stamps in Torrance must be greatly increased if this city is to meet its share of the county's \$26,510,500 quota for September, J. Hugh Sherfy, general chairman, told 11 other members of the Torrance War Bond Committee at a luncheon meeting Tuesday at Christy's Cafe.

"Los Angeles county is asked to provide that huge sum—enough to arm 1,128 merchant ships or build 341 planes and it's up to us to do our part," he said. "One way we can increase War Bond purchases here is to enroll every possible employee in the 10 per cent plan."

An intensive drive to this end will be launched at an early meeting for industry, management and labor, to be arranged by representatives of those groups, when a U. S. Treasury department official will come here to speak. Torrance city

employees asked the city council last night to enroll them under the voluntary payroll deduction of 10 percent of their pay.

**Enlist Women's Groups**  
Reports from Tom McGuire, representing National Supply Co., and Vernon G. Rumbold, representing Ideco, indicated that employees at the two plants are increasing their investment in War Bonds considerably. Larry Larava of Columbia Steel announced the workers there were striving to enroll the remaining 10 percent of employees to go "all out—100 per cent for the 10 per cent War Bond buying plan."

C. C. Sullivan and F. R. Powell, representing the aluminum plant, said the present 1,000 employees are being contacted for War Bonds in "a most intensive manner." Under direction of Miss Corlista Reeve, all local women's organizations are to be asked to cooperate in the Torrance drive. Any group or individual desiring printed material, such as posters, banners, blank forms and buttons should get them from Chairman Sherfy or Postmaster Earl Conner at the post-office.

In addition to those mentioned, others attending the luncheon-session were City Clerk A. H. Bartlett, who will serve as general contact man for the committee; Earl Wiregard, Columbia Steel; Lou Deindinger, postoffice, and Hillman Lee, retail merchants.

## Pedestrians Should Wear White in Dimout

Pedestrians are urged by the Public Safety department of the National Automobile Club to wear light colored clothing or carry something white during the dim-out and semi-blackout lighting restrictions. A motorist can't miss what he can't see, and the pedestrian will do well to protect himself from an accident by making it possible for drivers to see him by wearing something white at night.

# Building Permits Total \$40,950

New construction started here during the past week amounted to \$40,950, according to records of building permits issued from the city engineer's office. Permits were issued to three persons for four reconstruction projects made necessary because of the damaging Nov. 14 earthquake.

The Foursquare Gospel church at 1207 El Prado is being repaired at a cost of \$3,500; S. G. Koch is reconstructing the Mayfair apartments at 2014 Torrance blvd. at a cost of \$3,000 and the Park hotel building at 1201-35 Sartori ave. for \$8,000. Grant Barkdull is renovating quake damage to his brick store building at 2171 Torrance blvd. at a cost of \$3,800.

Max Felker is building a reinforced brick and frame addition to his factory building at 1128 Border ave. for \$15,000 while other permits were granted: H. C. Barrington for a frame stucco laundry and storage room addition to his garage at 2368 Torrance blvd., \$250; John W. Siegfried is erecting a frame addition to a residence at 1222 Beech st., \$1,000; National Supply Co. is installing a women's rest room of plywood construction at 1524 Boker ave. for \$4,800 and making alterations to the office building at a cost of \$1,500, and Rufus Page is constructing a frame addition to a tool shed at 1739 Western ave., for \$100.

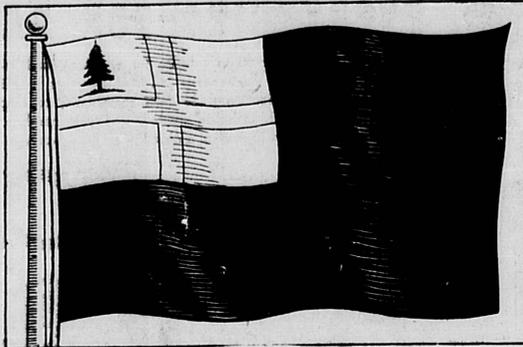
## More Men Join Navy at San Pedro

The San Pedro Navy recruiting office enlisted 31 men during the second ten days of August, according to Chief N. S. Pulver, recruiter in charge, this week. Twenty-five were enlisted in the first 10 days of this month, he said.

The list of new recruits included two from Torrance, Paul Harestad, 23, motor machinist, second class, 2016 Gramery ave., and Douglas C. Cook, 22, of 1507 Date st.; one Lomitan, Walter Bailey, 21, of 25615 Narbonne ave., and one Harbor Cityan, James W. Osborne, 18, of 1682 West 252nd st.

Before You Buy... Read Our Want Ads

# Evolution of Our Flag



No more gallant a page was ever written into the rich history of our United States than the one authored by that band of determined patriots who fought at Bunker Hill on June 17, 1775. Out of that first important battle of the Revolution came the deathless phrase, "Don't fire until you see the whites of their eyes," as voiced by General Warren. The Bunker Hill Flag, created in that same year for the Massachusetts Bay Colony, further immortalizes that magnificent occasion.

## SPECIAL OFFER OF "EVOLUTION OF OUR FLAG" SERIES IN COLOR!

Any person bringing a clipping of the above feature plus 10 cents to The Herald, 1386 El Prado, or The Lomita News, 24762 Narbonne ave., will receive the COMPLETE series of flag pictures and stories in SIX COLORS. These are printed on heavy paper, 2 1/2 by 15 inches in size and are suitable for framing. This instructive series is approved by the Los Angeles City Board of Education and the County Superintendent of Schools. Every home or office should have one. Get your copy of "EVOLUTION OF OUR FLAG" at once... the supply is limited!

# Japs Interned At Santa Anita Being Moved Out

Santa Anita, once the West's most famous race track, but now an assembly center for persons of Japanese ancestry evacuated from the Pacific coast, began losing its population yesterday, it was announced by the Wartime Civil Control Administration.

The first order transferring the evacuees inland for the duration of the war provided for the movement of nearly 1,200 Santa Anita Japanese to the Colorado River Relocation Center, Poston, Yuma county, Arizona.

Those affected by the transfer order will be made up of families of evacuees from the city of San Diego. Population of the Santa Anita Assembly Center has remained close to 19,000 since the evacuation of Military Area No. 1 was completed June 7, and is composed largely of Japanese evacuated from Los Angeles county, along with the San Diego group, several hundred from San Francisco, and a large group from San Jose and Santa Clara county. It is the largest of the original 17 assembly centers.

The Colorado River Relocation Center, with a capacity of 20,000 evacuees, is also the largest of the relocation units. It comprises 90,000 acres and is situated on the Colorado River, halfway between Yuma and Needles. Irrigation facilities for watering 85,000 acres are available. When cleared and irrigated the land will produce practically all crops grown in the Imperial Valley.

## 2,314 U. S. Cities Depend on Private Cars for Transport

Reflecting the need for motorists on the home front to do all possible to prolong life of motor vehicles is the nationwide survey report that 2,314 United States cities with a combined population of 12,523,510 depend entirely on private cars for transportation.

Throughout the nation, 54,000 communities depend on motor vehicles for transportation, the report points out, as the majority of cities having local mass transportation systems are served by motor buses.

In California, there are 108 cities dependent wholly upon private cars for transportation, and 1,868 out of 5,533 communities in the State depending on motor vehicles, including buses and trucks, for transportation.

**WOOL CROP FIGURED**  
California's 1942 wool production has been estimated at 24,390,000 pounds by the California Cooperative Crop Reporting Service. The figure was slightly less than a year ago and two per cent above average production.

**FINES SET RECORD**  
During 1941, California traffic courts collected \$4,647,210 in fines and forfeitures—a new all-time high.

## Turkish Cut



Mrs. L. T. Lomban, wife of Texas oil magnate, strolls at Beverly Hills Club in early morning lounge pajamas of her own design. Pajamas are cut on strictly Turkish lines.

**IN SAN FERNANDO**  
Mr. and Mrs. Leo H. Sidebotham spent the week-end in San Fernando as guests of Mr. and Mrs. Buster Devine.

**SUNDAY GUEST**  
Matt Carson was a Sunday guest of his sister in Huntington Park.

**RETURN HOME**  
Mr. and Mrs. Jack Peterson have returned from Honolulu. Peterson was a former employee of The Torrance Herald.

# Urge Motorists To Check Dimout Lighting System

Southland motorists this week were warned to check thoroughly the lighting system of their cars before operating in restricted headlight use zones created in the extended coastal dimout regulations which became effective Aug. 20.

The precautionary advice was based on observations compiled by authorities since the initial dimout action was ordered.

Dimout safety suggestions for motorists are listed as follows:

1. Be sure your parking lights are working. Many instances have been reported of motorists being stopped and ordered to dim out, only to discover the parking lights were out of order and not available for dim-out use.
2. Cars without the normal rear warnings—tail lights and stop lights—become particular hazards to other drivers in restricted headlight areas.
3. Under dimout conditions it is especially dangerous to drive a "one-eyed" car. Cars with only a single parking light working definitely place the driver at a disadvantage and are also a hazard to other traffic.
4. Avoid parking on streets in dimout driving areas, particularly where street lighting visibility is low.
5. When parking on dimmed out streets is necessary, leave parking lights on. There is nothing in the dimout regulations which would forbid leaving the parking lights on under such circumstances.

## Four Civil Service Exams Announced

Civil service examinations will be held Thursday, Sept. 3, for the positions of mechanic, laborer, clerk and stenographer with the city government, it was announced this week by the Los Angeles County Civil Service Commission. Full information regarding place of the tests, requirements of the jobs and general qualifications may be obtained at the city clerk's office. The one-year residence and city clerkship requirements are waived in these examinations.

**HOLIDAY ENDS**  
O. A. Childers recently returned from a vacation spent at Forest Home.

**RECEIVE GUESTS**  
Mr. and Mrs. W. H. Ambach entertained Mr. and Mrs. H. C. Dutton of San Gabriel over the week-end. Mr. and Mrs. Charles Smith of Redondo Beach were also Sunday dinner guests.

# Vitamin Wise H. R. Hoskins

**VITAMIN A**  
We have observed how since its discovery, the importance of vitamin D has far outtrunked the importance of vitamin A. Of all the vitamins, vitamin A has the greatest sales appeal, and it is estimated that out of every dollar spent for vitamin preparations, the sale has been at least fifty per cent influenced because of the appeal of the vitamin D contained. In a single year it is estimated that the Wisconsin Alumni Research Foundation realized royalty returns from \$500,000,000 worth of irradiated preparations, estimated at retail value.

Like the other vitamins, vitamin A is also related specifically to the prevention and treatment of disease. A condition of inflammation of the eyes known as xerophthalmia responds to treatment with vitamin A. This disease has been recognized for centuries and is exceptionally prevalent in India and the Far East.

However, it was learned very early that some element in fish liver oils was of value in the prevention and cure of the disease, because fishermen were seldom afflicted. It was possible to prevent and cure the disease by administering fish liver oil (cod liver oil) except in cases of extreme poverty such as in India where the victims are unable to purchase even low cost medications.

**Carotin in Vegetables**  
It does appear as though the so-called vitamin A substance is the substance as the vitamin A found in cod liver oil. The Official Index of drugs of the United States Pharmacopoeia, only accepts cod liver oil as an official source from which to derive vitamin A. This vitamin is known to exist in a spurious form which appears to be vitamin A but is devoid of vitamin A effect.

Also yellow pigmented vegetables such as carrots furnish a substance called carotin which is supposedly converted to vitamin A by the body after ingestion. Carotin occurs in three forms: alpha, beta and gamma. Beta carotin produces the most efficient vitamin A effect and the results obtained with the alpha and gamma forms have not proven very satisfactory.

**Seeking More Appeal**  
It is evident that if the vitamin preparation supplies vitamin A in the form of spurious carotin, that again the con-

sumer is purchasing vitamin A which is practically of no therapeutic value. Cod liver oil being officially recognized is undoubtedly the most reliable source of vitamin A.

Commercial firms were seeking some method of adding more vitamin appeal to their products and we will now witness the advent of so-called "shorgun" vitamin preparations. (NEXT WEEK—Discussion of the remaining vitamins will be continued by H. R. Hoskins.)

## New Warden School Opens

A new air raid warden school opened last Friday night under direction of Lloyd Monroe in the city council room. Meeting from 7 to 9 o'clock each Friday night, this class is still open to any citizen, man or woman, who wants to assist in the city's Civilian Defense organization. Twenty-five have enrolled and there is room for as many more, according to Chief Warden Jack Hallanger.

The regular Wednesday night sessions of the graduate wardens, those who have completed their training and are now assigned to sectors, are continuing from 7:15 to 9:15 o'clock in the council room.

**RIVERSIDE VISITORS**  
Mr. and Mrs. Tom McCoy and son of Riverside visited the Stonebraker home in Torrance on Monday.

Scrap iron and steel represent half the weight of a battleship, a tank or an anti-aircraft gun.

IN THE HEART OF THE FINANCIAL DISTRICT

**HIGHEST INTEREST RATE**  
Commensurate with Absolute Safety  
**FEDERALLY INSURED**  
(Up to \$50,000.00)  
**LEGAL INVESTMENT**  
FOR TRUST FUNDS  
Available in units of \$100 or more.  
**LINCOLN BUILDING & LOAN ASSOCIATION**  
1235 POST AVENUE  
TORRANCE

## TWO FULL-TIME CLERKS TO SERVE YOU

In order to maintain a full and complete Library of Recordings it is necessary that two full-time girls do nothing but check and recheck, file and refile titles of recordings. There isn't one chance in a thousand that we'd fail to have the recording you want.

Come In Today and Make Your Selections

—Two recording booths so you can hear them before you buy. We also carry a complete stock of home-recording discs, recorders, radio phonographs and record albums. Try The National first.

- RECORDS
- RADIO-PHONOGRAPHS
- RECORD PLAYERS

THE SOUTH BAY'S LARGEST RECORD LIBRARY

**NATIONAL Home Appliance Co.**  
HARRY M. ABRAMSON  
"FRIENDLY CREDIT"  
1328 SARTORI AVE.  
Phone 78

# "HERE'S TO HEALTH!"



—and to the kind of war-time Vita-Menus your family needs

THESE VITA-MENUS are simply chock-a-block with the strength-giving food elements your family needs. They are well-balanced, nutritionally correct—and all planned for you by the Home Service dept. of your gas company.

CLIP THEM—SHOP WITH THEM. And then, when you cook, don't forget to observe the simple vitamin-saving rules of controlled gas cooking.

## VITA-MENU NO. 10

	BREAKFAST	LUNCH or SUPPER	DINNER*
SUNDAY	Sliced Peaches Corn Meal Cottage Cheese Sorghum, Butter Coffee	Beehives on Buns Hot Potato Salad Mustard Pickles Milk Watermelon	Chicken Pie Mashed Potato Topping Green Beans, Scallops Green Salad Rye Crackers, Butter Raspberry Milk Sherbet Milk
MONDAY	Grapefruit Sections Whole Wh. Cereal (Cooked in Milk) Toast, Pine-Cot Marmalade Coffee, Milk	Tomatoes Stuffed with Chive Cottage Cheese Bacon-Lettuce Salad on Wh. Wheat Bread Fresh Green Gage Plums, Milk	Stuffed Meat Loaf Baked Potatoes Parsley Buttered Carrots Molded Beef Steaks Rye Crackers, Butter Baked Peaches
TUESDAY	Cantaloupe Poached Eggs on Toast Bacon Strips Coffee, Milk	Chick-Salad Sand. Pear, Green, Cream Cheese Salad French Dressing Whipped Cherry Gelatin Iced Tea, Milk	Kidney and Vegetable Stew Mashed Potatoes Tomato Salad French Dressing Rye Bread, Butter Lemon Pie
WEDNESDAY	Tomato Juice Enriched Prepared Cereal Top Milk Ban Hatties Butter, Plum Butter Coffee	Cr. of Potato Soup CROUTONS Carrot Slices Meat Loaf Sand. Wh. Wheat Bread Dill Pickles Iced Tea	Macaroni and Cheese Buttered Spinach Pineapple Hot Gingerbread Baked Apples Milk
THURSDAY	Orange Juice French Toast Jelly, Butter Bacon Strips Coffee	Cream of Tomato Soup Egg and Lettuce Salad Wh. Wheat Toast Iced Tea	Pine Stuffed Pork Chops Sweet Potatoes Buttered Beans Apple Sauce Whole Wheat Rolls Toasted Sponge-Cake
FRIDAY	Sliced Peaches Enriched Prepared Cereal Cinnamon Rolls Coffee	Beef Bouillon Melon Ball Salad French Dressing Braised Chicken and Bacon Sandwiches Milk	Baked Clams Shoestring Potatoes Corn on the Cob Cucumber, Tomato Salad English Tea Mullins Nectarine Sherbet, Tea
SATURDAY	Sliced Oranges Scrambled Eggs Link Sausages Whole Wh. Toast Coffee, Milk	Pea, Cheese and Pork Salad Corn Bread, Butter Fresh Peas Milk	Orange and Grapefruit Salad Braised Beef Steak Baked Stuffed Potatoes Cabbage, Rye Crackers Coconut Custard Ice Cream

\*Dinner Note: Unless otherwise specified, serve butter and enriched or whole wheat bread. Coffee if desired.

PREPARED BY HOME SERVICE DEPT. OF YOUR GAS COMPANY.

Save Vitamins and Minerals with CONTROLLED GAS COOKING!  
**FOR MEATS:** Roast at low temperature. This reduces shrinkage as much as 20% and helps meats retain vitamin-rich juices and minerals. Broiling, as a rule, is preferable to frying, to retain vitamins.  
**FOR VEGETABLES:** Use very little water. When water is essential, have it boiling first. Set gas flame to simmer heat and cook for the shortest time possible, avoiding unnecessary stirring and keeping utensil tightly covered. Don't put in baking soda to brighten vegetables. And remember—keep the liquids for use in soups and sauces.



SOUTHERN CALIFORNIA GAS CO.

**STONE & MYERS, Funeral Directors**

TORRANCE: Cravens at Engracia. Telephone 195  
AMBULANCE SERVICE

# Not this time!

Many veterans of the last A. E. F. will remember how they traveled to the eastern seaboard in coaches, and through France in tiny freight cars with the legend "40 HOMMES, 8 CHEVAUX" painted on the side. "Forty men, eight horses."

It's not that way this time. Now the U. S. railroads are moving a great many more of our fighting men in sleeping cars than in the last war. And these men have clean bedding and porter service.

This is one of the reasons why you may not always be able to get just the Pullman accommodations you want.

So far the difficulties of wartime travel here have been very minor ones, compared with other warring nations. We can all be thankful that we are living in a country where these problems can be worked out by sympathetic cooperation between a railroad and its customers, and not by the orders of a dictator.

The War Bonds you buy now will help pay for a new home after the war.

**S-P**  
The Friendly Southern Pacific