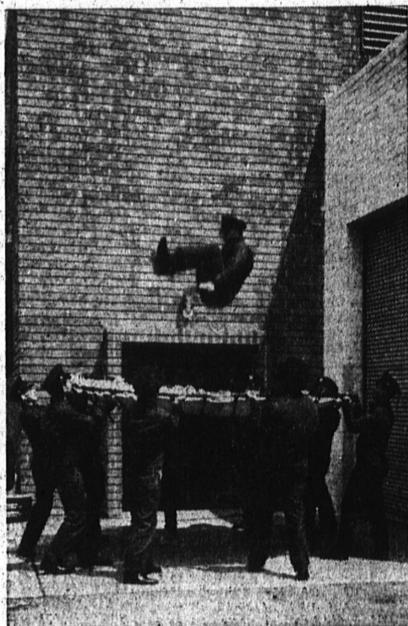
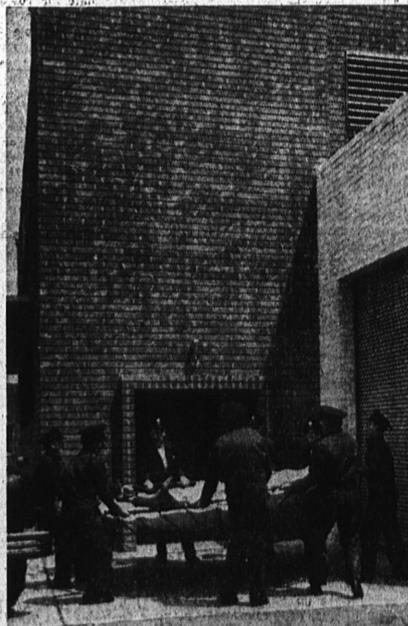




DOWN HE GOES . . . Rookie Jack Garland heads for the net held by fellow firemen as part of the training program conducted by Captain Gordon Northington at the central station during the past few weeks.



GAINING SPEED . . . Garland, one of ten new firemen with the Torrance Fire Department, picks up some speed in his leap to the net during a training session at the central station this week end.



LANDS SAFELY . . . The net held and Garland has completed one more training assignment as part of the intensive program supervised by Captain Gordon Northington for new firemen on the local force.

Expectant Mother Classes Aid in Forming Proper Habits for Infant

By ROY O. GILBERT, M.D.
Los Angeles County Health Officer

A little over 100 years ago Lemuel Shattuck, a Boston book seller, made an extensive study of the public health of the State of Massachusetts. His report was published as a legislative document in 1850, and since that time it has become a foundation stone for building better health in America.

Shattuck's report emphasized that fact that if the public expected to attain a healthier existence than they enjoyed in 1850 they should first of all direct their attention to the health problems of infancy.

Today the standard texts in public health point to the accomplishments since Shattuck's day and continue to recognize the field of child health

as a basis for further advancement of the general health. Begins in Pregnancy

It has been known for a long time that the health of children has its beginnings during the pregnancy of the mother. It is during this period that prompt medical attention, together with advice on diet, exercise, and hygiene, pays off in better health for the baby as well as the mother.

To this end public health departments have set up classes or discussion groups for expectant mothers. The primary objective of this educational service is to point out to these women the advantages of early as well as periodic check-ups by the physicians or obstetricians. In addition to emphasizing the values of good medical and hospital care, the pub-

lic health nurse instructors explain the health rules of pregnancy.

After Arrival

It has been found that expectant mothers are particularly interested in how they should care for the baby after he arrives. By the time he does arrive, the mother has much factual information pertaining to such subjects as formula preparation, breast feeding, baby's bath, special equipment for the baby, clothing, safety considerations, and health habits of infants. She has learned that infant health is not only a matter of eating and sleeping but that it includes mental and emotional development as well.

She is conscious of the fact that her baby's first year is probably the most important of

his life, a period in which a foundation is laid for future health and happiness. She knows that a healthy happy baby does not "just grow" but rather that he is partly the product of good care, good environment, and wise guidance and training.

Last year more than 4200 women attended classes conducted by this department in 23 locations throughout the County.

Badgers To Meet

Sycamore Grove Park in Los Angeles will be full of Badgers on Saturday, Aug. 18. On that day the Wisconsin State Society will hold its annual picnic.

STEEL FOR NAILS

One-fifth of all the steel wire is normally used to manufacture nails.

Pfc. Bricker Completes Marine Combat Tour

Pfc. Richard L. Bricker, son of Mr. and Mrs. Kenneth A. Bricker, of 21418 Evalyn Ave., completed four weeks of individual combat training in July at the Marine Corps Base, Camp Pendleton.

The course covered infantry tactics, first aid, demolitions, field fortifications, and advanced schooling on weapons.

The training is given to Marines scheduled for overseas duty and to all graduates of recruit training before they are assigned to new duty stations.

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Births

TORRANCE MEMORIAL HOSPITAL
SLONICKER, Mr. and Mrs. B. C., 2127 27th St., daughter, Maria Diane, 8 lbs., 14 oz., 12:12 p.m., AUG. 1.
WEAVER, Mr. and Mrs. R. Patrick, 2749 Grand Summit Rd., daughter, Teresa Marie, 6 lbs., 4 oz., 6:55 a.m., AUG. 4.
JEFFERS, Nancy F., 606 N. Juanita, Redondo Beach, daughter, Jacqueline Olive, 10 lbs., 5 oz., 6:33 a.m., AUG. 7.

STADIUM

SUN-MON-TUES
ALFRED HITCHCOCK'S
"Trouble With Harry"
With Edmund Gwenn
in Vistavision & Technicolor
—ALSO—
EVE ARDEN in
"OUR MISS BROOKS"

LOOK
at these
LOW, LOW
PRICES

MEAT SPECIALS!

IOWA BRAND
TENDERIZED
PICNICS 33¢
WHOLE BODY

STEWING HENS 35¢

FRESH
GROUND BEEF 3 lbs. 79¢

FRESH MEATY
PORK NECKBONES 19¢

PRODUCE SPECIALS!

ONIONS 3 lbs. 10¢
SOLID FANCY BROWN

CUCUMBERS 4 for 10¢
SLENDER SLICING

FROZEN FOOD

MORTON'S—8½-Oz.
MACARONI & CHEESE
DINNERS 5 for 1

ORE-IDA—12-Oz.
POTATO PATTIES 2 for 25¢

SUNSWEET
PRUNE JUICE 32-Oz. Bottle 29¢

STOKELY
DICED BEETS 303 Can 10¢

DELICATESSEN

OSCAR MAYER—1-lb. Cello Pkg.
ALL MEAT SKINLESS
WIENERS 49¢

KRAFT CHEESE WHIZ 8-oz. Jar 29¢

KRAFT'S SLICED—½-lb. Pkg.
AMERICAN CHEESE 31¢

12-Oz. **WILSON'S MOR 37¢**
KRAFT'S—12-Oz. **WHEAT GERM 35¢**

P.V.O.M.V.—14-Oz. **COFFEE CAKE MIX 3 for 28¢**

Pkg. **MY-T-FINE PUDDING 12¢**

Reg. **OLD DUTCH CLEANSER 27¢**
FRATTLOW—303 Can

32-Oz. **DIET SWEET APRICOTS 26¢**

8-Oz. **ELASTIC STARCH 45¢**

5-Oz. **REUMBERTO OLIVE OIL 29¢**

9-Oz. Pkg. **M & M CANDY 33¢**

32-Oz. **MARTINELLI APPLE JUICE 33¢**

12-Oz. Bottle **MARTINELLI APPLE CIDER 15¢**

12-Oz. **STOCKTON CATSUP 25¢**
VALLEY CANNERS—No. 300 Can
Chili Con Carne with Beans

STAR ORCHARD
SLICED PEACHES 2½ CAN 19¢

WORLD OVER
No. 300 Can
Pork 'n Beans 3 FOR 25¢

KRAFT
Orange or Grape DRINK 46 Oz. 21¢
Incl. 5¢ Offer

SAN FERNANDO
SALAD OIL 24-Oz. Bottle 39¢

SALE

Roths

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Sepulveda, L.A.—2412 Pico Blvd., Santa Monica—2709 E. Main, Ventura
10040 Rosecrans Avenue, Bellflower

CORRECTION

THE TELEPHONE NUMBER IN THE CAMINO OIL CO. ADVERTISEMENT AUGUST 19th SHOULD HAVE BEEN

FA 1-1447