

The Quickest, Surest Way YOU Can Help Win This War...



Buy Defense BONDS—STAMPS Now!

Nervous Fatigue Breeding Ground Of All Neuroses

MUSCULAR fatigue is easy to recognize. It's impossible to have a tired muscle and not know it. But there is another form of fatigue—far more serious in its effects which you can have and not know it.

That is nervous fatigue and it is the result of dangerously lowered energy in the cells of your nervous system. It has many symptoms, reports Dr. Edward S. Cowles in the December Good Housekeeping magazine, but they are so subtle and misleading that they frequently go unrecognized. Fatigue, writes Dr. Cowles, probably causes more suffering, more unhappiness, more failures in marriage and business than any other thing, because it changes your personality, dims your ability to make clear-cut decisions and renders a vague irritability, restlessness and dissatisfaction with yourself and your surroundings. You and your feelings blot out everything else in the universe.

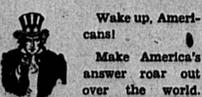
Dr. Cowles asserts that nervous fatigue is the cause of much so-called "heart trouble," as well as indigestion, insomnia and migraine headache. He states further that it is the breeding ground of all the neuroses.

Nervous fatigue, the doctor explains can be traced to the cells which compose the body's nervous system. The nerves are formed by these cells, and run like little wires which carry impulses to the brain. As the impulse passes through the cell an explosion takes place and the charge is passed from cell to cell until it eventually reaches the brain. But if the cell's power to take up energy is lessened it suffers immediately. Under normal conditions, Dr. Cowles points out, a cell is replenished with energy when we sleep, but if the cell expends more energy than is replenished, it naturally grows weaker.

When the energy in a cell is lowered the cell's irritability is increased, and this change causes us to become increasingly irritable, apprehensive, emotionally tense and very impulsive.

If you suffer from any of the mentioned symptoms, Dr. Cowles recommends that you try to take life a little easier. Learn to relax, to spend more hours in bed. Acquire new interests that will start you thinking away from yourself. Learn to do your work with your head and your hands, not your emotions. Get rid of prejudices, and fusing over trifles—they expend your energy. Instead build a few intelligent convictions in their place. But don't feel that something dreadful will overtake you. Simply take the one ounce of prevention that is worth not one but many pounds of cure.

Wake Up, Americans!



Wake up, Americans! Make America's answer roar out over the world. Every citizen must back the United States Army and Navy to victory—back them with work and money.

Do your part: Buy United States Defense Bonds and Stamps at your post office, bank, or savings and loan association. Get Defense Stamps at your retail store or from the carrier boy of this newspaper.

HONEY

FROM THE BEEHIVE TO YOUR TABLE!
Clover Orange Sage Buckwheat Marmalade and Honey Butter "Eat honey for health!"
FREE DELIVERY TORRANCE GOLDEN POPPY HONEY PRODUCTS
1618 Cravens, Torrance
—Stop in for a free sample—

British Paper Reveals Angles On War Effort

Evidently the radio is not the advertising medium in England that it is here, judging from a copy of the London Daily Mail which Mrs. A. Wiggley of Harbor City received this week.

The front page is all ads and apparently toffee-apple sticks are still much in demand, judging from the large ad carried.

There are no food or clothing ads but many machinery, tractor, sprayer displays. No radio or auto ads either but many face cream and medicine ads, especially ointments for colds and burns.

British babies do not wear diapers but "squares" or "napkins."

Women's dresses for street wear and afternoon, 17 to 17 1/2 inches from the ground. Men in service have "lost their pants," an article says their wives are having hubby's lounge suits and wool clothing made into suits and dresses, because of the lack of good wool.

There is much war news,

pictures, but also book and theatre reviews. Also, many appeals for aid for various relief organizations.

The War Savings campaign reports an average of 12,000,000 pounds weekly of War Savings certificates sold the past year, more than \$50,000,000 per week. If you were a girl driving a car on duty and a bomb tore off the roof of your car and three "tyres" what would you do? That happened to Miss Patricia Dewing, a London Fire girl. She finished her trip, then drove to headquarters and asked for a cup of tea and another car.

Women from every class of

life are working in bomb factories and seem to like it.

The paper was issued Dec. 6. No prophetic vision of the treachery by Japan at Pearl Harbor on that date but the editor says "Peace in the Far East hangs at the moment by the slenderest thread." At that writing the first move expected was against Thailand.

PER CAPITA PROPERTY

The average per capita assessed value of property in Los Angeles county this year is \$912, a study of assessed valuations in California counties, just made public by California Taxpayers' association, shows.

Relief Group Thanks Yuletide Donors

Torrance Relief Association, in an all out effort to assist less fortunate residents of the community by distribution of holiday baskets, was assisted by generous contributions from the following donors, and wishes to express their appreciation.

Torrance Woman's club, Torrance High school P. T. A., Fern ave. P. T. A., Elementary P. T. A., Torrance National Business and Professional Women's Club, St. Cecilia's Guild of St. Andrew's Episcopal

church, Central Evangelical church, Lutheran Young People's Society, So. Calif. Telephone Company employees, O. E. S. members, Christian church, 20-30-Club, Mr. and Mrs. J. S. Neish, Mrs. Mina Jennings and a filled basket presented by Myrna Lou Fossum for Girl Scouts of Troop 1.

GET OVER IT

It is true that many of the good die young, but more of them early outgrow their qualifications for sainthood.

Almost twice as many people die who are not insured compared with those who are.

NO MORE PAF
Political mutual admiration societies disintegrate when the public treasury surplus isn't large enough to go around.

There were 50,000 workers employed in the aircraft industry, Jan. 1, 1940; by January, 1941, the number had increased to 125,000.

To Relieve Misery of **666** GOLD S
Liquor TABLETS SALVE HOSE DROPS COUGH DROPS
Try "Rub-My-Tum"—a Wonderful Linctus

1332 EL PRADO Between Sartori and Cravens Torrance

—FREE PARKING—
PRICES EFFECTIVE THRU SATURDAY (Taxable Items Subject to Tax)
++ indicates excellent source of vitamins. + indicates good source.

V IS FOR VITAMINS, VARIETY, VERY FINE FRESH FRUITS & VEGETABLES



THIS IS IDAHO POTATO WEEK!
POTATOES
U. S. No. 1—IDAHO RUSSETS
Vitamins B+ and C+

10 lbs. 29c

Navel Oranges doz. 12c
Large Size. Vitamins B+, C++

Avocados CALAVO FUERTE ea. 5c
Med. Size. Vitamins B+, C+ and G+

Apples DELICIOUS LARGE SIZE 5 lbs. 25c
Fancy. Wash. State. Vitamin C+

Tomatoes LARGE SIZE 2 lbs. 25c
Vitamins A++, B+, C++

Cabbage lb. 2c
Firm, fresh. Vitamins B+, C++

Juice Oranges 6 doz. 25c
Vitamins B+ and C++

Favored for Flavor!
Red Circle Coffee

Looking for richer, full-bodied coffee? Just try A&P's Red Circle Coffee... more enjoyable than you thought coffee could be! Every pound is Custom Ground... freshly ground, correctly ground for your coffee pot! That brings out all the magnificent flavor of fine, freshly roasted coffee beans! It comes direct from plantation to you, unnecessary in-between expenses do not add to the cost, and savings are shared with you. Today—buy Red Circle Coffee—start to enjoy coffee at its very best!

1-lb. bag **23c** 1-lb. bags **2 45c**

- Eight O'Clock Coffee 3-lb. 57c
- Bokar Coffee VIGOROUS & WINERY 1-lb. 2 49c
- dexo OUR FASTEST SELLING Shortening 3-lb. 57c
- Peanut Butter ANN PAGE 1-lb. 17c
- Mixed Olives ANN PAGE 6-oz. 21c
- Ann Page Spaghetti 8-oz. 5c
- Ann Page Beans VEGETARIAN STYLE 2-lb. 13c
- Chili Sauce ANN PAGE 8-oz. 11c
- Spaghetti ANN PAGE—PREPARED 2 15c
- Sparkle ASSORTED GELATIN Desserts ANN PAGE 3 pgs. 13c

A&P SUPER MARKETS
BUY WITH CONFIDENCE! Est. 1859

NOW! More Than Ever—Make Your Dollar Buy More Fine Foods!

Here's how to save money!... how to enjoy delicious, high-quality foods as well! Shop in you A&P Super Market! Far more of your dollar goes for food itself when you buy here... far less of it goes for overhead expenses. Why? Because A&P has made great strides in reducing the spread between prices paid to growers and manufacturers, and the prices you pay. That's why A&P sells fine food at really down-to-earth prices every day in the week—every week in the year! Think what that means to you! Compare prices for a week, compare quality... then make A&P YOUR headquarters for fine foods!

PRIME RIB ROAST ONE PRICE NONE HIGHER 31c/lb
1st 5 ribs. Fully trimmed, ready for your oven. A&P top quality genuine Grain-Fed Steer Beef. Vitamins B+ and G+.

SUNNYFIELD BACON SLICED—OUR OWN 1-lb. 16c
FANCY EASTERN Cello
You must be satisfied or you get your money back!

- Beef Roasts**
Beef is a good source of Vitamins B and G
7-BONE ROAST Best Cuts 28c/lb
A&P top quality Genuine Steer. One price, none higher.
- Round Bone Roast Best Cuts 29c/lb**
- Boiling Beef Plate Rib Vitamins B+, G+ 16c/lb**
- Rump Roast BEST CUTS—One Price, None Higher! 33c/lb**
- STEAKS**
Beef is an excellent source of Vitamins B and G
SWISS STEAKS 36c/lb
A&P top quality genuine grain-fed steer beef. One price, none higher.
- Sirloin Steaks One Price—None Higher 39c/lb**
- T-Bone Steaks One Price—None Higher 47c/lb**

- LAMB**
Excellent source, Vitamin B; good source, Vitamin G
LAMB SHOULDER 21c/lb
A&P top quality genuine Milk Lamb. Vitamins B++ and G+.
- Lamb Legs One Price—None Higher 29c/lb**
- Lamb Chops Blade-Rib or Pin Bone 25c/lb**
- Lamb Breast To Bake or Barbecue 14c/lb**
- Smoked & Cured Meats**
SLICED BACON 29c/lb
Morrell's Yorkshire. No rind, no waste. Fancy, Eastern. Vitamin B+.
- Bacon Sliced—Armour Star 1-lb. 18c**
or Cudahy Paritan Cello
- Piece Bacon Vitamin B+ 27c/lb**
- Dry Salt Pork Fancy Eastern 18c/lb**

- Delicatessen**
Wieners & Cones Best-Ever 27c/lb
Kraft Cheese American or Brick—Sliced 37c/lb
Cold Cuts Assorted—Best-Ever 29c/lb
Pig's Feet Pickled 14-oz. jar 21c
- STEWING HENS** Fancy, Young, Fresh-Dressed 3-3 1/2-lb. Avg. Vitamin B++, G+ 27c/lb

Hundreds of Low Everyday Prices!

- NECTAR TEA** ORANGE PEKOE 1-lb. 29c
If after one trial of Nectar you can't say it's your favorite, return the package and get double your money back.
- Tomato Soup VAN CAMP No. 303 10c**
- Rancho Soups 4 10-oz. 19c**
- Tamales GERHARDT 2 15-oz. 25c**
- Grape Juice CHURCH'S 25c**
- Baby Foods CLAPP'S—STRAINED 3 cans 20c**
- Macaroni HEINZ PREPARED No. 1 can 13c**
- Homin BURBANK No. 21 2 cans 15c**
- Toilet Soap SIERRA PINE 3 cakes 18c**
- Palmolive TOILET SOAP 2 cakes 13c**
- Walorf TOILET TISSUE 3 rolls 12c**
- ScotTowels 2 rolls 17c**
- Lux Flakes large pkg. 22c**
- Spry SHORTENING 3-lb. 66c**
- Crackers NBC RITZ 1-lb. 19c**
- Bran Flakes SUNNYFIELD 2 8-oz. 13c**
- Marmalade KING KELLY—ORANGE 16-oz. jar 15c**
- Spinach IRIS BRAND No. 21 16c**
- Libby's Peas No. 21 13c**
- Lipton Tea 43c**
- Woodbury FACIAL SOAP 2 cakes 15c**
- Lux Toilet Soap 3 cakes 19c**
- Dog Food KENNEL KING 2 1-lb. cans 13c**
- Super Suds Concentrated 22c**
- All-Bran Kellogg's 2 16-oz. 35c**

CALL IT A DATE!
You've a date with super savings, when you buy the products sold only in your A&P Super Market! Many of A&P's brands bring you savings up to 25% compared to prices usually asked for other nationally known products of comparable quality. Why? Because they come direct from factory to you. Their quality is tops... it's guarded from source to sale. Just try A&P's famous Coffees and Teas, the 33 quality-famous Ann Page Foods, White House evaporated Milk, dextro 100% pure Hydrogenated Vegetable Shortening! You'll see these fine foods featured in "Good Housekeeping", "Ladies' Home Journal" and other national magazines.

MY FAVORITE!
How children welcome delicious Ann Page Mello-Wheat! There's fine nourishment for growing youngsters in this top quality wheat farina cereal. Like all 33 Ann Page Foods, it's thrifty too... one of the quality-famous, nationally-known A&P-made foods!

ANN PAGE MELLO-WHEAT 14c
28-oz. pkg.

- Iona Flour 24-lb. 77c**
- Globe A-1 Flour 24-lb. \$1.04**
Globe A-1 Biscuit Flour... 40-oz. pkg. 25c
- Crackers MISSION BRAND—SODAS or GRAMS 2-lb. 17c**
- Spaghetti Dinner CHEF Series 4 29c**
BOY-AR-DEE Persons
- Wheat Flakes SUNNYFIELD 8-oz. 7c**
- Cake Flour SUNNYFIELD—SUPER-SIFTED 44-oz. 15c**
- Preserves ANN PAGE PURE FRUIT 1-lb. 19c**
Rich in that fresh flavor that only pure fruits can yield.
- Tomatoes IRIS BRAND—SOLIDPACK No. 21 18c**
- Tomato Juice HEINZ 2 15-oz. cans 15c**
- Libby's Potted Meat No. 1 5c**
- Libby's Tomatoes No. 2 11c**
- Tomato Sauce DEL MONTE 3 8-oz. 12c**
- Glenwood Peas BLUE LABEL 3 No. 2 cans 25c**
- Toilet Soap WHITE KING or MISSION BELL 3 cakes 15c**

Sail into savings with White Sail **SOAP GRAINS**
No finer soap for washer or tub—fast-sudsing, fast-cleaning! Yet, White Sail Grains give more for your money... sold direct and guaranteed by A&P!

24-oz. pkg. **16c**

- Formax 3-lb. 62c**
- Ajax Laundry Soap 3 bars 13c**
- Galla Lily Gran. plant 39c**
- Powow Cleanser 3 cans 25c**
- Elastic Starch 10-oz. 7c**
- Herb-Ox Bouillon Cubes 1-lb. 10c**
- Balto Dog Food 2 8-oz. 15c**
- Cat Food Puss N' Boots 2 8-oz. 15c**
- Soil-Off quart 60c**
- Ammonia White quart 1.10**
- Cleanser White Sail 3 cans 10c**

NEW IDEA FOR BREAKFAST!
SPAM & EGGS
MADE WITH THE HORMEL MEAT OF MANY USES!
12-oz. can **35c**