

New Breakfast Cereal Meets Wartime Needs

Nutrition strides at the front in wartime, as never before. Yet "protective" foods are the very ones which are scarcest in supply, and the homemaker's time for menu-planning and cooking gets less by the day. Breakfast—the meal potentially most important nutritionally—is often the one which war workers ignore.

In the midst of this nutrition dilemma, the Fisher Flouring Mills Co. of Seattle has come forward with a wartime breakfast need—a flaked wheat cereal that cooks instantly.

Fisher's new instant cooking cereal is called Zoom, because it helps hurried people to "zoom" into the hot nourishing breakfast.

RATIONING TIME TABLE

(WAR RATION BOOK NUMBER 1)

Commodity	Quantity	Coupon	Effective	Expires
SUGAR	3 Lbs.	11	Feb. 15	(incl.)
COFFEE	1 Lb.	25	Feb. 7	March 21 (incl.)
SHOES	1 Pr.	17	Feb. 7	June 15 (incl.)

(WAR RATION BOOK NUMBER 2)

Commodity	Quantity	Coupon	Effective	Expires
CANS	48 Pts.	A,B,C	March 1	March 31
	Per Mo.	1,2,5,8		

(TIRE INSPECTION DEADLINE)

Cars with "A" Book only.....March 31, (incl.)

fast that every one needs. Zoom combines the nutritive values of whole wheat—protein, energy value, B vitamins, phosphorus, and iron—with a delightful flavor, easy digestibility, and instantaneous cooking.

cause it is flaked and not granular, Zoom does not become "mushy." It keeps its desirable consistency at all times. Packed in a convenient 1 1/2-pound Handy-sack, which permits ready pouring, Zoom is economical, too. A package selling for only 23 cents will furnish 30 to 35 generous servings. Quick-cooking is an economy also, because it preserves vitamins, saves fuel.

Efficient Diet For Workers Big Problem

Under point rationing, the greatest problem in Southern California is adequate feeding of workers in war industries, county representatives, meeting with the state defense committee, were told Monday.

The next greatest problem is to advise the racial groups in the community with fixed food habits to adjust themselves to the rapidly changed food picture," declared A. J. Lorenz, chairman of the southern section of the state nutrition committee.

Miss Rae Russell of San Francisco, regional nutritionist of the office of defense, health and welfare service, told the meeting that "in America we have always put our emphasis on meat as the principal protein food,"

David Delano Given Chance at Appointment To Military Academy

Having been selected by Rep. Cecil R. King as second alternate candidate for appointment to the U. S. Military Academy at West Point, David Delano reported at March Field Tuesday for medical and physical examinations. He is now in the Army taking Officers' Candidate Training at Reed College in Portland, Ore. If he succeeds in winning

but that now "we need to know what the other protein foods are when meat cannot be obtained for the daily diet."

She said the committee soon would inaugurate food demonstration and preparation to the public, establishing traveling kitchens which would be scheduled for designated communities and accompanied by nutritionists and culinary experts.

More Homes Building Near Torrance In Wilmington

Construction of 10 single family residences with garages has been started at 220th st. and Normandie ave., by Arthur W. Wright of Los Angeles, according to Pat J. MacDonnell, city housing coordinator. Wright, whose headquarters are at 4485 Tweedy ave., may build 10 more homes in the Shoothing area.

A West Point appointment, he will probably be released from his Army meteorological studies. Mr. and Mrs. E. W. Delano of 2317 Sonoma ave., his parents, received a telephone call Sunday from their daughter, Caroline, who is at the Ft. Des Moines, Iowa, WAAC training center. She said she was delighted with her surroundings and was enjoying the WAAC training very much.



"MY MOTHER THANKS YOU, my father thanks you, my sister thanks you, and I thank you." James Cagney in the role of George M. Cohan gives the curtain line that was nationally famous. Others in the cast (left to right above) of "Yankee Doodle Dandy" coming this Friday to the Torrance Theatre are Rosemary DeCamp (Mrs. John Shidler, formerly of Torrance), Walter Huston and Jeanne Cagney.

"Yankee Doodle Dandy" which begins a four-day run tomorrow (Friday) at the Torrance theater, is the film story of a great American who knew what it took to please a crowd. He never fired a gun on a field of battle, but he gave his greatest patriotic service to his country—service for which he received the Congressional Medal of Honor from President Franklin D. Roosevelt.

The picture is a flag waver without apology, for all of his life George M. Cohan was a flag waver, marching at the head of a parade; an Irish-American with red, white and blue blood in his veins.

Cohan the real Cohan, made three stipulations when he finally agreed to let Warner Bros. compose a film around his life. He had to approve every page of the script, he had to approve every player in the cast, and there could be no messy, kissing love scenes, and no attempt to write in tragedy unless it came in its natural course.

The casting was easy. Jimmy Cagney in the title role, Jeanne Cagney, sister of James, got the Cohan approval to portray Cohan's sister, Josie. Walter Huston fell naturally into the part of Cohan's father, Jerry. The mother, Nellie took a little more search and effort. The part finally went to Rosemary DeCamp, well known as a radio actress, and with brief experience in "Cheers for Miss Bishop" and "Hold Back the Dawn." She is Mrs. John Shidler, wife of the former Torrance city judge who is now in the Army.

ATTEND FUNERAL
Mr. and Mrs. E. G. Rowell, Sr., attended the funeral of her sister, Mrs. G. A. French, Saturday afternoon at Riverside. Mrs. French was the wife of G. A. French, assistant district attorney of Riverside county.

VISIT HERE
Mr. and Mrs. Walter E. Schlick and son, Conrad, of Highland Park visited friends and relatives here last weekend.

Housewives Turn Mathematicians to Stretch Point-Rations

(Continued from Page 1) worth of groceries and telling him to keep the change.

The blue "A," "B" and "C" coupons are valid this month for all the commodities covered by the processed foods freeze-canned, dried and frozen fruits and vegetables, juices, soups, chili sauce and catsup.

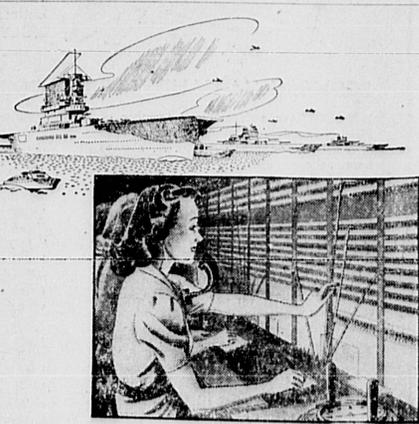
Ample Fresh Produce
The coupons in War Ration Book No. 2 are not yet good for canned meat and canned fish. These products remain frozen. They probably will be rationed when meat rationing begins about April 1. Rationing of dairy products is expected still later.

Echoing the pleas of large canneries, the OPA urges every one to get along with as few canned goods as possible and turn instead to fresh fruits and vegetables. We are in the center of a huge truck crop production area. It is flanked by citrus groves and is in easy reach of Imperial Valley's vegetables and fruits. The OPA asks consumers to take advantage of this geographical good fortune.

Persons who failed to register last week may apply to rationing boards for their books but the boards are not required to act on these applications until March 15.

February Building Totals \$11,324 Here

New construction started here during February amounted to \$11,324 as compared with \$97,234 for the same month last year, according to records at the city engineer's office. The total for the first two months of this year now is \$79,929 as compared with \$209,833 for the same period in 1942.



THIS, TOO, IS A Task Force

—and the task is War. Under the busy fingers of the long distance operators flow messages that move troops, locate and assemble supplies...that help to build ships, guns, tanks and planes.

To handle the gigantic volume of long distance calls, we could use more equipment if we could get it. But that would draw upon critical war materials that are needed at the fighting fronts.

So we earnestly ask you to co-operate by making, to war-busy centers, only long distance calls that are absolutely necessary.

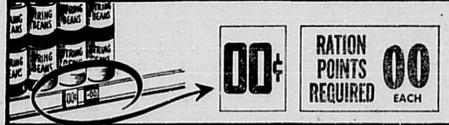
Thank you for your help and your understanding.

For Victory...Buy United States War Bonds
SOUTHERN CALIFORNIA TELEPHONE COMPANY
1266 Sartori Avenue - Telephone Torrance 4400

READ HOW YOU SHOP FOR YOUR RATIONED FOODS AT A&P SUPERS

Note these big values in rationed foods. And remember, please, this is only a partial list of the wide assortment awaiting your selection at A&P Super markets. . . Now, as before, you shop from shelves, bins and displays, serving yourself as you make selections at your A&P Super Market. And alongside our price tags that tell the cost of each item, we've installed ration-point tags for rationed foods to tell you at a glance the points required for

their purchase. This makes it easy for you to make comparisons of the "point-cost" of each rationed food, just as you now make price comparisons. This will help you make the best selections for your ration points. When you finish your shopping for all foods, you do as you have always done: Simply go to a check-out stand where you pay your ration points for rationed foods and cash for your total purchase.



BOTH PRICES AND RATION-POINTS RIGHT BEFORE YOUR EYES
Here is a helpful service A&P offers you to make your ration-point shopping easier. Shelves and bins stocked with rationed foods carry both price tags and ration-point tags (see illustration) to quickly tell you how much you are required to pay in cash and ration-points for each item on display. This means you can make quick comparisons of the points each food requires for purchase as you shop from display to display.

FRUIT & VEGETABLE JUICES	Container size	Weight	Retail Price	Ration Points
Canned & Bottled				
Grapefruit Juice Ariz.—Sweet	No. 2	18-oz.	9c	8
Grapefruit Juice Iris	No. 2	18-oz.	13c	8
Pineapple Juice Choice	No. 1	18-oz.	9c	11
Tomato Juice Libby's	No. 2	18-oz.	9c	11
Tomato Juice Campbell's	No. 5	47-oz.	2/47c	32
Tomato Juice Campbell's		14-oz.	8c	8
Tomato Juice Iris	No. 2	18-oz.	10c	11
Loganberry Juice Libby's		12-oz.	17c	6
Apple Juice Little Chief		12-oz.	8c	6
Veg. Juice Cocktail Rolle		10-oz.	2/15c	6
Prune Juice Libby's		12-oz.	10c	6
Grape Juice A&P	Pt.	16-oz.	17c	8
Grape Juice A&P	Pt.	32-oz.	33c	15
Grape Juice Welch's	Pt.	16-oz.	23c	8
SOUPS—Canned & Dehydrated	Container size	Weight	Retail Price	Ration Points
Assorted Soups Campbell's		10 1/2 and 11-oz.	12c	6
Pepper Pot, Scotch Broth, Oxtail, Veg., Vegetarian, Cream, Chowder, Madras, Macaroni, Turtlet				
Assorted Soups Campbell's		10 1/2 and 11-oz.	14c	6
Beef, Gumbo, Noodle, Veg., Beef				
Assorted Soups Rancho		10 1/2-oz.	3/17c	6
Tomato Soup Campbell's		10 1/2-oz.	9c	6
Chicken-Noodle Rancho		10 1/2-oz.	3/25c	6
Chicken-Noodle De Luxe Soup Mix		2 1/2-oz.	10c	4
Vegetable Sou Luxe Soup Mix		2 1/2-oz.	10c	4
Vegetable Soup Minute Man Soup Mix		1 1/2-oz.	3/28c	2
Ass'd Soups Budget—Instant Soup Mix		3-oz.	10c	4
DRIED FRUITS—(Packaged)	Container size	Weight	Retail Price	Ration Points
Large Prunes A&P		16-oz.	13c	20
Seedless Raisins Sun Maid		15-oz.	11c	20
Seedless Raisins A&P		15-oz.	2/21c	20
Dried Figs Natural Pak		12-oz.	20c	6
Black Figs Reeding		12-oz.	15c	6
CONDIMENTS—Canned & Bottled	Container size	Weight	Retail Price	Ration Points
Catsup Kern's		14-oz.	2/25c	8
Catsup Val Vita		14-oz.	10c	8
Ketchup Ann Page		8-oz.	8c	6
Ketchup Ann Page		14-oz.	2/25c	8
Chili Sauce Ann Page		12-oz.	15c	8
Tomato Paste Progress		6-oz.	6c	5
Pimentos Dromedary		2-oz.	8c	1
BABy FOODS—Canned	Container size	Weight	Retail Price	Ration Points
Strained Foods Clapp's		4 1/2 to 5 1/2-oz.	3/20c	1
Chopped Foods Clapp's		4 1/2 to 5 1/2-oz.	2/17c	2
Strained Foods Heinz		4 1/2 to 5 1/2-oz.	3/20c	1
Chopped Foods Heinz		4 1/2 to 5 1/2-oz.	3/25c	2
Strained or Chopped Gerber		4 1/2 to 5 1/2-oz.	3/19c	1
FRUITS & VEGETABLES—Frozen	Container size	Weight	Retail Price	Ration Points
Asparagus Cut Spears—Penguin Brand		12-oz.	31c	10
Whole Green Beans Penguin		10-oz.	26c	7
Brussels Sprouts Penguin		10-oz.	30c	5
Peas & Carrots Penguin		12-oz.	22c	6
Baked Beans Magic Meals		16-oz.	16c	8
Chili Beans Magic Meals		16-oz.	19c	8

VEGETABLES—Canned & Bottled	Container size	Weight	Retail Price	Ration Points
Baked Beans B&M		19-oz.	16c	10
Vegetarian Beans Heinz	No. 1	17 1/2-oz.	2/25c	10
String Beans Del Monte—whole	No. 2	19-oz.	19c	14
Corn Butter Kernel	No. 2	20-oz.	14c	14
Niblets Del Monte		12-oz.	2/23c	8
Cream Style Corn Del Monte Golden Bantam	No. 1	11-oz.	2/15c	8
Maxteron Del Monte		12-oz.	2/25c	8
Corn—Whole Kernel Del Monte		12-oz.	2/25c	8
White Corn Iona Cream Style	No. 2	20-oz.	11c	14
Gold. Bantam Corn Iona	No. 2	20-oz.	11c	14
Gold. Bantam Corn Little Chief White Point	No. 2	20-oz.	13c	14
Vac. Pack Corn Little Chief White Point		12-oz.	12c	8
Whole Kernel Corn Del Monte	No. 303	16-oz.	15c	11
Peas A&P Fancy	No. 2	20-oz.	13c	16
Peas Del Monte—Picnic Style		11-oz.	10c	10
Peas Iris—Sweet Mix	No. 303	16-oz.	15c	13
Libby Peas	No. 2	20-oz.	15c	16
Glenwood Peas	No. 2	20-oz.	11c	16
Reliable Peas	No. 2	20-oz.	2/23c	16
H. G. Prince Peas	No. 303	16-oz.	16c	13
Tomatoes Del Monte—Solid Pack	No. 2	19-oz.	13c	16
Tomatoes Arm-in-Arm	No. 2	20-oz.	2/25c	24
Tomatoes Val Vita	No. 1	15-oz.	10c	13
Tomatoes Glenwood—Solid Pack	No. 2	28-oz.	2/27c	24
Tomato Sauce Del Monte		8-oz.	3/13c	7
Tomato Sauce Val Vita		7 1/2-oz.	3/13c	7
Asparagus Sacramento	No. 1	16-oz.	20c	11
Asparagus Beautiful		10 1/2-oz.	18c	8
Spinach Iona	No. 2	27-oz.	16c	17
Mushrooms Brandywine—Sliced		4-oz.	25c	1
Mushrooms Brandywine—Pcs & Stems		4-oz.	21c	1
Mushrooms 'In Gravy—De Luxe		5 1/2-oz.	15c	4
Cut Beans Iona	No. 2	20-oz.	11c	14
Sliced Beets Libby's	No. 2	20-oz.	12c	10
Whole Beets Libby's	No. 2	20-oz.	14c	10
Diced Carrots signet	No. 1	16-oz.	12c	11
FRUITS—Canned & Bottled	Container size	Weight	Retail Price	Ration Points
Applesauce A&P	No. 2	20-oz.	11c	10
Apricots Halves—Val Vita	No. 2	29-oz.	2/29c	24
Peaches Iona—Slices or Halves	No. 2	20-oz.	13c	14
Peaches Iona—Slices or Halves	No. 2	29-oz.	17c	21
Bartlett Peas Iona—Halves	No. 2	29-oz.	2/35c	21
Salad Peas Standard Quality	No. 2	29-oz.	19c	21
Iris Peas Fancy	No. 2	30-oz.	34c	21
Prunes Real Brand	No. 2	30-oz.	2/25c	15
Pineapple Broken Slices—Ukelele	No. 2	29-oz.	19c	24
Pineapple Choice—Sliced	No. 1	9-oz.	10c	7
Pineapple Choice—Sliced	No. 2	20-oz.	17c	16
Pineapple Gems Dale's	No. 211	14-oz.	2/23c	10
Fruit Cocktail Iris	No. 1	17-oz.	20c	11
Fruit Cocktail Mariposa	No. 1	16-oz.	11c	11
Cherries H. G. Prince, Royal Anne	No. 2	29-oz.	33c	21
Cherries H. G. Prince, Royal Anne	No. 303	17-oz.	21c	11
Boysenberries White Tag	No. 2	19-oz.	17c	14
Youngberries White Tag	No. 2	19-oz.	17c	14



A HELPFUL ANSWER TO CANNED FOODS PROBLEMS

You can supplement your family's canned foods ration with fresh fruits and vegetables. These good things of nature, brought straight away from the country's best producing areas, can be bought to your heart's content at A&P Super Markets. Make it a regular thing to visit your A&P Super Market's Fresh Fruit and Vegetable Dept. first each time you shop. Fresh fruits and vegetables are not rationed.

PRODUCE DEPT. VALUES!

- GREEN PEAS FRESH** 2 lbs. 29c
Vitamins A++, B++ C++ and G+
- TOMATOES** LARGE SIZE lb. 21c
MEXICAN—Vitamins A++, B+ and C++
- AVOCADOS** CALAVO FUERTE each 5c
Vitamins B+, C+, G+
- LETTUCE** ICEBERG Large Head 9c
IMPERIAL VALLEY Head 9c
Vitamins A++, B+, C++ and G+
- SPINACH** LOCAL FRESH PICKED bunch 5c
Vitamins A++, B+, C++ G+
- CABBAGE** FRESH WHITE 2 lbs. 7c
Vitamins B+, C++
- CARROTS** FRESH 2 bunches 11c
Vitamins A++, B+ and C+
- ORANGES** MFD. SIZE 200 cc 21A's doz. 20c
CALIFORNIA NAVELS—Vitamins B+, C+
- GRAPEFRUIT** 5 for 10c
(100's)—Vitamins B+ and C++
- FANCY ENDIVE** VITAMINS B+, C+, G+ head 5c

MEAT DEPT. VALUES!

- FRESH GOLDEN SEA BASS STEAKS** 33¢
(BY THE PIECE—37¢)
- NORTHERN SALMON STEAKS** 35¢
- FRESH RED ROCK COD** BY THE PIECE 25¢
- MEXICAN GREEN SHRIMPS** 35¢
- FRESH—(SLICED—LB. 37¢) YELLOWTAIL** BY THE PIECE 25¢

We reserve the right to limit quantities.
All Advertised Items Subject to Stock on Hand.

1330 EL PRADO TORRANCE
BETWEEN SARTORI & CRAVENS FREE PARKING
(Due to uncertainty of shipping conditions, advertised items sometimes may not arrive in time to take care of early shoppers.)