

FOUNDED MEN LIVE
Doctors, nurses and corpsmen of the Army medical department

have saved the lives of 97 per cent of battle wounded who reached hospitals.

KNOW YOUR AMERICA!



It looks like a man, but isn't. No heart, no spirit, no soul! Just like a beautiful building doesn't make a bank! It takes honesty, integrity, responsibility, experience and friendliness. That's why so many people in and near Torrance bank at the Torrance National... it's not built of marble, brick and stone... but is an institution with heart, spirit and soul!

ANSWER

A rocky formation resembling a face in New Hampshire.
(Turn Upside Down to Read)

"A FRIENDLY TORRANCE INSTITUTION"

TORRANCE NATIONAL BANK
Torrance California

MEMBER OF FEDERAL DEPOSIT INSURANCE CORP.

Rail Transport Curtailment Effect Shown

Torrance and Lomita residents are advised of swiftly moving developments on the Pacific Coast transportation fronts which not only will speed up movements of men and materials, but also will impose greater transportation restrictions upon civilians until the crisis has passed.

Following Office of Defense Transportation orders to railroads prohibiting sale or allocation of passenger space more than five days in advance of train departures, and withdrawal of all sleeping cars operating between points 450 miles or less, ODT Director J. Monroe Johnson called upon commercial and industrial firms to help out by reducing travel of their officials and employees. He commended recent action along this line by a Wisconsin firm which now is refusing to accept applications from executives and employees for railroad, Pullman, airplane, steamship, or hotel reservations, except when presented in written form and carrying confirming signature of an officer of the company. The firm also ordered that "no person outside the company employ may at any time be permitted to use our traffic facilities for private reservation or other purposes."

Meanwhile, the Pacific Coast Interscholastic Athletic Conference has announced it would adopt a travel conservation program conceived in by colleges and schools throughout the country, which includes elimination of long trips and inter-sectional and post-sectional games, limitation of ticket sales to local attendance and reduction of traveling team personnel.

Following this sports contribution to the travel picture, ODT stopped the transport of race horses or show animals by railroads and common or contract motor carriers to make more rail cars available for other transportation uses.

NEW ASSIGNMENT

Charles E. Marek, radio technician, 1/c, left Monday following 30 days' leave with his parents, Mr. and Mrs. A. J. Marek, of 1308 Portola ave. He is now stationed at Treasure Island and will be assigned to a radio school for further instruction. His leave followed more than 18 months overseas.

Bougainvillea

ALL FAVORITE VARIETIES INCLUDING A-MERRICK-AN

Landscape Gardening on F.H.A. Terms

- FERTILIZERS
- INSECTICIDES
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A Chemical Spray for the Renovation of Bermuda (Dewy) Grass Lawns—Without Machines.

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Upright and basket type. 4 inch pots and larger sizes.

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3-inch Pots 35c ea.-3.50 doz.
4-inch Pots 50c ea.
5-inch Pots 75c and 1.00 ea.

HANGING BASKETS
Ready made planted - or plain-wood - wire - clay. All sizes and shapes.

SPRAYS and GARDEN DUSTS INSECTICIDES and SNAIL BAITS.

Are much better when used as preventatives; rather than as cures. After the damage is already done. (Read the lines above twice) in it lies the difference between success and failure of the bug question in your garden. We are ready - How about you?

Open 8 a.m. to 6 p.m. Daily - Closed every Tuesday.

MERRICK'S ABC NURSERY
1400 REDONDO BEACH BLVD. MENLO 4-1029 GARDENA

Victory Gardens

In addition to Victory Garden questions—"Why tomatoes don't set, etc., etc." The most pressing problem presenting itself by way of telephone and personal call is "What to do with my fruit?"

To answer this question we are utilizing material prepared by Mrs. Margaret Todd, Los Angeles County home demonstration agent for the Agricultural Extension Service, University of California, who is currently working with groups of rural women on all phases of home economics. A postcard or telephone call to her office, 808 N. Spring st., Los Angeles, Mutual 3383 will secure for you leaflets and circulars by the University of California on the preparation of fruits for drying, freezing, salt brining and canning.

Sugarless Canning
Now let's discuss some of the problems. All fruits can be preserved by ordinary canning methods without any sugar at all. Sugar is not a preservative in the concentrations used in ordinary canning—it is a preservative when used in jams or jellies. Heat and heat only is the sterilizing agent that makes fruit keep in fruit jars or cans. It is actually easier to get that heat into the fruit when you have pure water around it than when you have a sugar syrup.

Put the fruit in the jars just as you would for regular canning. Fill the jars with hot water instead of hot syrup. Put on the lids in exactly the same way as you would with syrup and process it from that point on for the same length of time as you would ordinarily process it for any canning method. Incidentally, Mrs. Todd's circulars give the time required for sterilizing all kinds of fruits and sizes of jars or cans.

Warning!
At this point a caution—the same caution home economists are voicing continually. Do not do "oven canning." Oven canning is very dangerous because you are bringing the contents of a sealed jar or can up to the boiling point with no control of the pressure. A pressure cooker has a heavy case to hold the pressure and a safety valve to protect you. In the oven the jar or the can has only its own sides. You have but to read the accounts of wrecked stoves, wrecked kitchens, even doors blown through walls and people injured and burned to know the dangers of oven canning.

Unsweetened Canned Fruit
Naturally, you will want to sweeten the unsugared fruit when you use it. Sweeten the liquor in which the fruit was canned, heat it, and pour it back over the fruit in a bowl of some kind. Then let it stand two or three hours. In that time the sugar will penetrate the pieces of fruit sufficiently to make it tasty. No, isn't it as good as fruit canned with sugar but it will contain all the vitamins and all the food values. Unsweetened canned fruit can be used for pies. It can be boiled down and with the addition of some sugar made into fruit butters.

Freezing
The utilization of freezing as a means of preserving will be limited to those few who have a freezer or who can rent a locker. This number is so limited that we will close off the "freezing" comments with these two suggestions: (1) Get circulars on freezing preservation from Mrs. Todd; (2) Freezing is ideal but requires quick freezing at about 20 below zero for best results with storage at about zero or five below plus proper blanching of the fruits or vegetables before freezing.

Dehydration
Dehydration is unquestionably the ideal system to use for sugarless preservation of most fruits. Its use on vegetables is questionable, particularly if you go beyond sweet corn, string beans, green peas, and lima beans. Those four vegetables if properly harvested, blanched, dried, and stored will make an exceedingly palatable and valuable (vitamins preserved) dried product. They will all reconstitute and cook into a very excellent "dish."

Apricots, peaches, pears—these are the principal fruit people put up—are all well adapted to dehydration or drying. Sundrying is not feasible in the coastal sections of Los Angeles County and sometimes when these fogs persist the "Coastal section" seems to be pretty well inland. Unless, therefore, the weather is favorable for quick drying in the sun, an artificial dehydrator or drying apparatus of some kind should be available. Plans for home dehydrators are available at Mrs. Todd's office.

Dehydration concentrates the sugar in the fruit. Nearly all the vitamins A and C can be preserved. Dried fruit can be readily made into fruit butters, pies, and desserts. Less sugar is required than would be needed to "can" the fruit with sugar in the first place. Properly dried fruit is really a confection. Dehydration is actually less work than canning.

Don't let that fruit waste! Send a one cent postcard or telephone the Agricultural Extension Service for literature.

Don Bailey Back on Duty At Sioux Falls

Staff Sgt. Don Bailey, son of Mr. and Mrs. H. M. Bailey, 2336 Lomita Blvd., an engineer on a B-17 Bomber with the A.A.F., has reported at Sioux Falls, S.D., after a 30-day furlough at his home here.

Sergeant Bailey returned from Europe with seven missions to his credit when V-E Day arrived. He had assisted in returning the liberated prisoners of war to England and arrived here for further duty.

Powers Fights Submarines in Asiatic Area

Lieut. William C. Powers, U.S. N.R., whose wife, Mrs. Mildred Fluke Powers, lives at 10983 Rochester ave., Los Angeles, is attached to the staff of the Atlantic Fleet anti-submarine warfare specialist. He is the son of John P. Powers, 1761 Pacific Coast Highway, Lomita.

He was an instructor in seamanship at the Midshipman school, Chicago, Ill., for nine months. He then received training for anti-submarine warfare duty at the Naval Training Center, Miami, Fla., San Diego, Calif., and anti-submarine warfare instructors school, Boston, Mass. He has served as sound officer aboard a destroyer and on the staff of a task force commander. A graduate of the Narbonne High school, Lomita, and the University of California, Los Angeles, he also attended law school at Loyola University, Los Angeles.

CONVALESCING
Sgt. Glen Arrasmith recently arrived in this country from France. He is convalescing in the East from gasoline burns.

NEW VENETIAN BLINDS AVAILABLE!



Repaired Repainted New Cords and Tape Call Redondo 8570

BAY CITIES VENETIAN BLIND CO.
1402 Camino Real Hermosa

Cpl. Fredricksen Given Furlough

Cpl. Norman Fredricksen, U.S. Army Air Forces, arrived home from Lincoln, Nebr., over the week-end for a furlough.

Corporal Fredricksen, who enlisted two and a half years ago after graduation from Narbonne High school, is a radio gunner. He is the son of Mr. and Mrs. H. E. Fredricksen, 2233 W. 254th st.

COMMISSIONS AWAIT 700

Immediate need for more than 700 Army chaplains, due to the ever increasing return of troops from Europe, was voiced today by Col. J. L. Blakeney, Ninth Service Command chaplain at Fort Douglas, Utah.

30 DAYS' LEAVE
Cpl. J. H. Allgood, serving with a Chemical Motor Battalion, arrived Friday for a 30 days' leave following more than 29 months duty in the E. T. O.

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BABY'S FORMULA demands constant cold-

It's the FLAME that makes it perfect!

SILENT REFRIGERATION

NO MOVING PARTS TO WEAR

DEPENDABLE "CONSTANT" COLD



A SUPPLY of Baby's Formula in a gas refrigerator is rigidly protected. Servel's tiny "freezing" flame is constant, always dependable! Provides perfect refrigeration for all foods.

SOUTHERN CALIFORNIA GAS COMPANY

MODERN... PRACTICAL... **GAS**

Gas Appliances generally are still under war restrictions.



Cottage Cheese... the food that fools the thermometer

When the temperature's up... and your energy's down... and the very idea of food seems to make you feel even warmer...

Serve a cooling, cool-looking salad with Golden State Cottage Cheese.

Crisp green lettuce, dewy from the refrigerator... slices of tomato, chilled to frosty succulence... a mound of smooth-textured and mild-flavored Golden State Cottage Cheese... top it all with your favorite dressing of piquant tanginess... and see how heat-jaded appetites perk up. Golden State Cottage Cheese is such a

warm weather food success because it's low in heat-generating calories, but high in needed tissue-building protein nourishment.

Golden State Cottage Cheese plays a starring role by itself... or blend in finely chopped chives, onions or olives for a flavor-lift. Feature it with pineapple slices or peach halves in a delightful fruit salad... mix it with chopped raisins and nuts for a taste-tickling sandwich spread... or use it as a prized ingredient in inspired cookery.

Order enough to make your family happy... at your grocery store, or delivered direct to your home by the friendly Golden State milkman.

NOW! PLENTY OF Golden State Cottage Cheese



You strike it RICH in Golden State

The Homemaker's corner

by Barbara Tate for Golden State

Taste-Teasing Tricks with Cottage Cheese

For the youngsters' summer luncheon, try serving sandwiches of whole wheat or nut bread spread with Golden State Creamed Cottage Cheese in which fine-chopped nuts and raisins have been mixed. Tastes great and nourishes well.



Cheese-Stuffed Onions

A hearty new main dish that's easy on precious ration points. Try it for a treat that will be appreciated.

- 6 medium onions
- 3/4 cup Golden State Cottage Cheese
- 2 tsp. finely chopped green pepper
- 1 tsp. salt
- 3 slices bacon cut in strips and fried crisp
- 1/4 tsp. pepper
- 1/4 cup buttered bread crumbs
- 4 tsp. pimiento

1. Peel onions and cook in boiling salted water until just tender, about 20 minutes. Drain and cool. Remove centers, leaving a thin shell. 2. Chop 1/2 cup of centers coarsely. Combine with cottage cheese, green pepper, bacon, salt, and pepper. Mix well. Stuff onion shells and place in greased baking dish. Garnish with bread crumbs and pimiento. Pour 1 tsp. bacon drippings over each onion. 3. Cover and bake in moderate oven (350° F.) for 20 minutes. Uncover; brown 10-15 minutes. Serve 6.