

218C Takes To the Sea

Lomita Cub Pack 218C, sponsored by Lomita Elementary PTA took to the seas recently. A total of 52 boys and 14 adults visited Lake Cruiser USS Worcester stationed in the Long Beach naval shipyard. After a thorough survey of the ship, the group had refreshments below deck. Cubmaster Walter Talley supervised the nautical excursion.

Moms-to-Be Will See Film On Childbirth

The story of a young couple expecting their first child will be told in the film "Labor and Childbirth," to be shown at the Expectant Mothers class, today, March 15, at 1 p.m., in the Torrance Health Center, 2300 Carson, according to Dr. B. A. Kogan, district health officer for the County Health department. The film shows preparations for the trip to the hospital, identification of delivery room equipment, and delivery of the baby. Simplified diagrams are used in the film to demonstrate the baby's birth.

Prospective mothers are invited to attend this or others of the classes in this health education program of the County Health department, Dr. Kogan said.

Lower Heels Are Higher Fashion For New Shoes

Good news for women. They used to be called sensible. The mid-heel heights and the flats. Shoes with these heel heights were conservative, conventional, built for comfort rather than eye-appeal.

Things are different now, and are the girls happy! The medium heel has become high fashion. Designers, realizing the



A SWEEP of black velvet silhouettes glamorous evening pumps for spring, made sleek by enameled and jeweled heels.

army of women who want this heel, have gone to work with great success to glamorize it. It appears on many of the smartest shoes of the spring season.

Medium heels are thinner, more delicately curved, flattering as well as comfortable on the foot. Even square heels have been narrowed at the base to give a slim, trim look. Wedges are in many instances shaped or whittled out to a flattering line.

The story of the heel is not complete without mention of the decorated heels which are going right on into spring. There is endless variety in heel trims. Lucite heels are still a feature. They've been seen on the street this last season but are now being more and more used for cocktail and dance shoes.

There are painted, filigreed, jeweled heels and heels made of fabric or printed leather on

TEENAGERS FORM CLUB

The Gardena Valley Jewish Center has announced that a group of teenagers have formed the Gardena Valley

Youth Group and will meet on the second and fourth Mondays of each month, starting at 8 p.m. at the Gardena Valley Jewish center.

For further information call FR 2-5918 or DA 4-4681. All teen-age youth of the South Bay Area are eligible to attend. Sponsors of the group are Norman and Irene Sparber.

are Norman and Irene Sparber.

CONSTIPATION FAST PROVEN METHOD RELIEF IN 20 MINUTES

Learn the true facts of disease. Many people constantly complain of stomach disorders such as gas bloating, burning of the stomach, abdominal cramps, nausea and vomiting, when in reality, the lower part of the stomach, abdominal cramps, known fact that most distress in the abdominal region is self diagnosed as stomach trouble. This misconception is a natural poison that gain entrance into the system. Constipation results in the formation of large quantities of bowel in to blame. It is a wall all parts of the body by means

of the blood stream and lymph channels. The effect is the same as if you were to swallow a dose of poison every day. The first and last thought in the mind of most people when they become constipated is to take a physic, yet no physic was ever made that would cure constipation. Continued use of physic leads to definite ailments of the colon itself. Stop fooling yourself. Know the true facts of disease. Life or Death can be due to neglect of your physical condition.

HEART GALL BLADDER

The Gall Bladder is of interest clinically only when it becomes infected or otherwise is injured. Under such circumstances it no longer concentrates bile in the normal manner but pours out a fluid which differs greatly in composition from the normal

Bile; or it harbors a stone which causes trouble or perhaps when it is the site of a malignant growth. Fully one half of the patients who come to me believing they have stomach Ulcer or gastritis are really affected with some form of Gall Bladder disorder.

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Play Gives 'Just the Facts' Concerning Founders Day

The annual Founders Day program was highlighted with a play entitled "Just the Facts" at the Meadow Park Parent Teacher Association monthly meeting.

The play explained when the PTA was founded, its object and how it helps the children.

Taking part in the play were: Frank Tuttle, E. C. Terry, Mrs. W. B. Marshal, Larry Tuttle, Mrs. A. T. Knoop, Mrs. Bert Scott, and Mrs. Frank Tuttle.

During the business meeting the nominating committee was elected. Serving on the committee were: Mrs. Del Rogers, Mrs. V. G. Langford, Mrs. Ralph Wood, Mrs. J. T. Anagnost, Mrs. H. A. Zillman, Mrs. J. W. Black, parliamentarian; and Herbert Farris, principal.

Meadow Park school has been selected to have supervised recreation every Saturday from 10 a.m. to 5 p.m., under the direction of Monte Ormsby. A woman instructor will be at the school Saturday morning to conduct classes in dramatics, rhythm and dancing. Children of school age are eligible to attend.

Scout mothers of Troop 966 are planning a spaghetti dinner and dance to be held Saturday, March 17, in Walteria. Those who are interested may contact

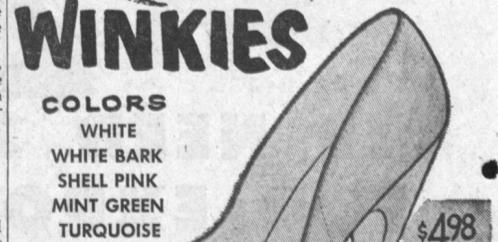
Mrs. F. W. Dunham, FR. 5-7296. Mrs. W. W. Poser, president, announced that the resignations of Mrs. Bill Jukes, health and dental chairman, and Mrs. Bud Sorensen, historian, was accepted by the board. Filling these positions will be Mrs. George Schindler, Jr., and Mrs. Glen Parks, respectively.

Report
A report on the Open Council meeting was given by Mrs. A. W. Westerlin. She announced that Mrs. W. W. Poser, Meadow Park president, will serve on the Torrance Council board as corresponding secretary.

A large number of books were donated by members of the association as a foundation for the library. C. H. Campbell constructed and donated a cart which will be used as a mobile library unit.

Hostesses for the evening were Mrs. N. F. Larson and fifth grade room mothers.

Cub Pack 966C held their annual Blue-and-Gold dinner recently.



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SAVE!

LARGE GRADE A
EGGS Doz. 49¢
GIANT BOX

TIDE SOAP 59¢
LARGE LOAF—OVEN FRESH
SLICED BREAD 19¢

MEATS

ALL LEAN MEAT
BONELESS BEEF STEW 49¢ lb

ALL LEAN MEAT
GROUND ROUND 45¢ lb

KINGAN'S ALL MEAT
PACKAGE WIENERS
35¢ lb 3 lbs. \$1

WILSON'S NEBRASKA
PORK STEAKS 49¢ lb

N.Y. SHOULDER
PORK ROASTS 29¢ lb

PORK LOINS
SMALL LOIN 45¢ lb
HALF 43¢ lb
LARGE LOIN 41¢ lb
WHOLE LOIN

WILSON'S SLICED BACON 19¢ lb

PRODUCE

Crisp
CARROTS 5¢ lb

BANANAS 10¢ lb

GREEN ONIONS 3 Bunches 5¢

SNOW WHITE CAULIFLOWER 15¢ Head

DRY Onions 3¢ lb

LETTUCE 5¢ Head

GRADE A
RIB STEAKS 53¢ lb

ROUND BONE
BEEF ROASTS 49¢ lb

NO WASTE
Sirloin Tip STEAKS 69¢ lb

Perfect Serving Size
CLUB STEAKS 59¢ lb

CHOICE CENTER CUTS
ROUND STEAK 69¢ lb

FULL FILET CUTS
P't'rhouse STEAKS 79¢ lb

PIN BONE
BEEF ROASTS 45¢ lb

OVEN READY
RUMP ROASTS 49¢ lb

Cut for Bar-B-Q-ing
RIBS 29¢ lb

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SATURDAY, MARCH 17th



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