

Local Disarmament Advocated



LOMITA NEWS ITEMS

The North Lomita Embroidery picknicked at Redondo Beach Monday.

Mr. and Mrs. Fred Mills of Los Angeles were guests of Mr. and Mrs. Thos. Willson of Eshleman street Sunday.

Mrs. Pat Donigan entertained the M. P. Afternoon Club Friday afternoon at her home on arbonne and Arizona streets. The afternoon was spent in needlework, and refreshments were served by the hostess. Those present were Mrs. H. Phillips, Mrs. R. Geist, Mrs. Wm. Mendleson, Mrs. P. Donigan and Mrs. Julia Maurer of Lomita. Mr. Blanch Mendleson of Los Angeles, Mrs. Louise Biglow of Redondo Beach, Mrs. J. Phillips, Mrs. Harry Phillips of San Pedro, Mrs. Geo. Taylor of Palos Verdes Hills and Mrs. Taylor of Santa Monica.

Mr. and Mrs. B. Manley of Bell, Cal., and Edmund Welton of South Cypress street, left Monday for a tour over the northern part of California. They expect to visit Lake Tahoe, Yosemite, also the mountainous county and hunt deer.

Mr. and Mrs. L. J. Hunter and Katherine were dinner guests of Dr. and Mrs. Plamer at Alameda Bay Sunday. They dined with sixteen of their friends from Tracy, Minnesota.

Mr. and Mrs. O. W. Thistle and children returned Tuesday from a trip to San Diego.

S. A. Wheaton has enlarged his store in South Lomita and has named it the "Mission Store." He also has added groceries to his stock of goods.

LECTURES AT LOMITA HALL

The Bible lectures at Lomita Hall every Thursday night are attended with splendid interest. The subject last Thursday night was taken from Isaiah's prophecy, second chapter; also the prophecy of Micah, fourth chapter, stating what the people and nations would be saying in the last days—"that they should beat their swords into plow shares and their spears into pruning hooks, and that the nations should learn war no more." But in these chapters the prophets are showing what the people would say and do in the last days.

The lecturer showed from the reading of the third chapter of Joel that the Lord has said that it would be just the reverse of what the people would say. Instead of a time of peace they were to make great preparations for war, inasmuch as "they were to beat their plow shares into swords and their pruning hooks into spears." This and many other lines of prophecy were shown to have been and are now in literal fulfillment, and instead of there being some time in the near future a great deal of peace, we are now fast hastening to the last great battle of Armageddon. Rev. 16-18.

The subject announced for this Thursday night is: "What the Bible says is the cause of present-day conditions and their only remedy." The lectures are free. All are welcome.

The KITCHEN CABINET

Call to mind for a moment that a nation's rise and fall can be measured absolutely by its art; that a healthy and vigorous period shows itself in strong, pure art, and a period of decadence and vice in a low and vicious art.

THINGS TO THINK ABOUT.

The deduction made by our government scientists whose mission is to figure out just what kinds of foods are necessary to sustain the human body, is that the high cost of food is killing thousands of Americans and undermining the health of thousands of others. The reason for the casualty list is that the most expensive foods are necessary to sustain the health. Economy and necessity causes housewives to select the cheaper foods and thereby deprive their families of the important food principles.

The disease which is prevalent in undernourished children has made a great advance in the last few years. The word "acidosis" is so new that it is not yet in our dictionary. When bread and other starchy foods are consumed most extensively, as they are in most poor families, they bring on acidosis. The principal symptom is difficulty in breathing, as the lungs are trying to eliminate the excess of poison.

Such foods as cakes, pies, hominy, bread, potatoes and hot cakes should never make up more than half the menu. Young and old should eat spinach, chard, cabbage, carrots, lettuce, turnips, onions, apples, pears, oranges, grapefruit, and other fruits, as berries.

Where it is possible to have but a small garden spot, vegetables of various kinds may be grown and thus reduce the cost of living and furnish the family with the needed food. String beans served with butter, milk, bacon fat or in salads will furnish food which contains a right proportion of the food principles.

It is pleasant to be reminded that sugar is a luxury that could be largely eliminated with no bad effects. Now that summer is with us, a diet of fresh vegetables, fruits and milk in plenty and at regular intervals will not be a diet difficult to follow.

Adhesive plaster is a most useful household remedy for various things from sore fingers to corns and callouses.

Nellie Maxwell

See Our Display

FEATURING

"THREE SEAS" ("C. C. C.") MERCHANDISE

— AT —

Torrance Fiesta

"Three Seas" ("C. C. C.") Sheetings, Sheets, Pillow Cases, Bed Spreads, Blankets, Cotton Bathing Suits, Etc.

BEGINNING MONDAY AND LASTING A WEEK

A Special Sale

OF THIS HIGH GRADE MERCHANDISE WILL BE HELD IN LOMITA

Don't fail to take advantage of these offerings. We are not quoting prices here, but we assure you that the prices will be most attractive.

REPLENISH YOUR LINEN CLOSET AT PRICES THE LOWEST IN FIVE (5) YEARS

APRON AND GINGHAM DRESS SALE ALL NEXT WEEK

ANOTHER ATTRACTION WHICH WILL ADD TO OUR "C. C. C." SALE

Shoe the Kiddies

AT OUR SPECIAL SALE OF CHILDREN'S SHOES Our regular customers find that it pays to trade in Lomita. May we count you as one of our regular customers?

J. W. Barnes Co.

(Successor to Renn & Barnes)

LOMITA

CAL.

LOMITA PUBLIC MARKET

Self Service Store

Special

SPECIAL FRIDAY AND SATURDAY

Large M. M. Powder.....29c
W. K. Soap.....5c
Pure Country Sorghum.....45c
Good Brooms.....49c
Mothers Oats, with Premium.....40c
Corn Flakes, all kinds, 2 for.....25c
Large Pkg. Sea Foam.....29c
We Deliver \$2.00 Orders or More.

Don't Forget to Save Silverware Coupons

A. B. Davis.

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CHOICEST OF MEATS
AND FAIR PRICES

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GOODS

ARE THE VERY BEST
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The Magnet Store

BRANNEN BROS.

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SAN PEDRO, CAL.

WE DELIVER TO LOMITA AND TORRANCE TUESDAY OF EACH WEEK

August Sale of Housewares

LOT 1—21c	LOT 2—42c
Decorated and White Cups and Saucers, pair.....21c	Fany Decorated Tea Pots.....42c
Spring Clothes Pins, 3 doz.....21c	Shinola Sets.....42c
Common Clothes Pins, 6 doz.....21c	75c Dish Pans.....42c
30c Bottle O'Cedar Oil.....21c	85c Aluminum Sauce Pans.....42c
Butcher Knives.....21c	Glass Butter Jars.....42c
	Glass Sugars and Creams.....42c
	Cut Glass Salt and Peppers.....42c
	Butcher Knives.....42c
LOT 3—68c	LOT 4—88c
\$1.00 Dish Pans.....68c	Heavy Garbage Cans.....88c
\$1.00 Tea Pots.....68c	Galvanized Tubs.....88c
\$1.00 Adj. Window Screens.....68c	Brass Wash Boards.....88c
Glass Butter Dishes.....68c	\$1.50 and \$1.75 Scissors.....88c
Feather Dusters.....68c	O'Cedar Mops.....88c
Butcher Knives.....68c	\$1.50 Dish Pans.....88c
	Aluminum Kettles.....88c
LOT 5—\$1.29	LOT 6—\$2.19
30 Rolls Toilet Paper.....\$1.29	\$3.00 Clothes Basket.....\$2.19
1000 Crepe Napkins.....\$1.29	\$2.75 Aluminum Double Boiler.....\$2.19
Cast Iron Skillets.....\$1.29	Nickle-Plated Thermos Bottles.....\$2.19
Blue and White Buckets.....\$1.29	
\$1.60 Bread Box.....\$1.29	
\$1.50 Tennis Rackets.....\$1.29	

Job Printing Our Specialty Prompt Service

\$ When Lomita Was a Barley Field \$

Not many years ago LOMITA was a large barley field. Harry Phillips tells of there being weeds so high that a man riding through on horse-back, could not see out. Little did he think, when viewing this beautiful valley from the Palos Verdes Hills in those days, that there would arise a town such as we now have.

—We are accomplishing great things and every citizen should do his or her share that we may do greater things. A BANK is a large factor in the upbuilding of a town and if that Bank is aggressive and courteous, thereby gaining the confidence and support of the community, it will have a wider influence for good.

—It is the policy of the management of your Bank to do all that is possible for this community. We invite you to open an account with the

STATE BANK OF LOMITA

"THE FRIENDLY BANK"

THE HUB SHOE REPAIR SHOP REDUCES PRICES

Men's Whole Soles.....	\$2.00
Men's Half Soles (Oak).....	\$1.25
Men's Half Soles (Green).....	\$1.75
Men's Heels.....	.35
Men's Rubber Heels.....	.50
Men's Whole Heels.....	.65
Ladies' Soles.....	\$1.00
Ladies' Heels.....	.25
Ladies' Rubber Heels.....	.40
Children's Soles.....	50c up
Children's Heels.....	.25
Patches.....	15c up
Rips.....	.10

D. C. TURNER, Prop.
In Rappaport's Store

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