

**Indian Chief Says He's 110**  
NORTH BAY, Ont. (U.P.)—Chief Simon Commanda, Iroquois Indian, is now in what he claims is his 110th year of life.

#### GET UP NIGHTS DUE TO BLADDER IRRITATION?

It's not normal. It's nature's "Danger Signal". Make this 25c test. Use buchu leaves, juniper oil, and 6 other drugs, made in little green tablets called Bukets. Flush out excess acids and impurities. Excess acids can cause irritation resulting in getting up nights, scanty flow, frequent desire, burning, backache, and leg pains. Just say Bukets to your druggist. In four days if not pleased your 25c will be refunded. Doley Drug Co.—adv.

#### Meatless Dishes That Win Favor

Left to our own devices during Lent we're quite likely to fall back too often upon a few old favorite recipes that soon get dull. Now that's a pity when the world is full of so many perfectly swell dishes that fit into the scheme of things as they are just now without even half trying. We should really make an effort to find interesting new ways to conform to Lenten customs.

Take this recipe for Macaroni and Fish Casserole, for instance. There's a simple dish now that will introduce a nice bit of variety in your meals and still keep well within the letter of the law. To make it, just pour hot water over a small can of tuna fish to drain the oil, and flake the fish into small pieces. Then place the fish in a buttered casserole along with a 17 ounce can of cooked macaroni in cream sauce with cheese and 1/2 cupful of cooked peas, and stir gently with a fork.

For a crisp topping scatter over the macaroni 1/2 cupful of rice or corn flakes that have already been tossed in a teaspoonful of melted butter. Then pop the casserole into a moderate oven (375° F.) to bake for 25 minutes.

Your rent money will buy a home.

#### INTEND TO WED

Notices of intention to marry were filed this week by: Harmon N. Pruner, 28, 2313 Sierra street, Torrance; and Patricia D. Smith, 32, 2948 Ohio, South Gate.

Harvey A. Case, 54, 2127 1/2 Roosevelt highway, Lomita; and Bertha E. Edwards, 51, 60 Linden avenue, Long Beach.

Charles S. Honeycutt, 27, 1912 218th street, Torrance; and Helen T. Morris, 26, same address.

John S. Cummins, 25, 25908 Hillworth avenue, Lomita; and Margaret M. Marks, 21, Y. W. C. A., Long Beach.

#### In Wake of Navy Gun Explosion



Names On Birch 70 Years  
TIFFIN, O. (U.P.)—F. E. M. Baldwin received recently from Peter A. Elliot, a 91-year-old Civil war veteran, a piece of birch bark on which his sister, brother and two cousins had inscribed their names 70 years ago.

Skunk Trappers Profit  
NEWPORT, Tex. (U.P.)—This section of Texas has a thriving industry—skunk trapping.

This photograph shows the men killed in the recent explosion of a five-inch gun aboard the U. S. S. Wyoming during landing maneuvers at San Clemente Island being taken from the ship pending present investigations of the cause of the explosion.

Insulin Taken 11,680 Times  
SHENANDOAH, Ia. (U.P.)—Harold Billings, 11, has had 11,680 "shots" of insulin since he was three. The boy has given many of the injections himself.

#### Congressman Colder at the Capitol

By CHARLES J. COLDEN

Feb. 20, 1937.  
The propaganda campaign in the defense of the Supreme Court and in opposition to the President's program is swelling the mails of every member of Congress. It has not yet reached the proportions of the Ohio flood but it is very threatening. I want to refer to just two.

One is printed in a very fine grade of heavy bond paper which is embellished with stripes of red and blue. At the head is an engraving of the Ark of the Covenant. It begins with a sort of Holy of Holies atmosphere and the first paragraph ends with this statement: "but is sacred, like the Ark of the Covenant of God, which no man could touch and live." Then follows another engraving of an Egyptian tomb, followed by a warning of ancient priests and sacred writings. In other words, the originator of this remarkable piece of propaganda gives the impression that the Constitution and the Supreme Court are untouchable and must be bowed down to, and ends with the solemn warning—"God Watches."

In contrast to this very beautiful piece of printed propaganda is a letter which has reached me from California. It says:

"Permit me to protest very strongly against loading U. S. Supreme Court with any New Deal riffraff. Are you a Congressman or a yes man? You fellows seem to be just as unbalanced as the President. Is it true that all new dealers are not in possession of all their marbles? Looks like it. Congressional monkey swinging on Roosevelt stick."

With very little respect for the Wash. circus."

Much of the propaganda received against the President comes from partisans who have bitterly fought the President (in the past). This is particularly true of the newspaper campaign now being conducted at full blast. A great many lawyers, who have idle moments, are now occupying themselves in pouring out their pent up rage in behalf of the Court and denouncing the President. Since most lawyers are subservient to judges and to courts, this is to be expected.

Labor organizations and the farmers are beginning to warm up and support the President. Since the Supreme Court in its decision has rendered useless the measures passed by Congress in behalf of labor, shorter hours, better wages, collective bargaining, and against child labor, and has deprived the farmer of a plan which would give him the same benefits as have been enjoyed by industry, these will probably rally to the support of the President.

Then the important TVA and other government power projects are also involved. It is stated that more than 50 injunctions have been secured in Federal courts throughout the country to prevent municipalities from securing the ownership of their electric light and power. The President's program has aroused the bitter antagonism of the power trusts and the big hold up companies which spent \$5,000,000 to defeat the President's program to bring the big power companies under control.

The House passed a bill for the retirement of the Judges of the Supreme Court. The real purpose of the retirement bill for the Supreme Judges is a

sort of "candy for the baby" proposition. "Since you will not resign, Mr. Judge, will you please retire on full pay and work part time and give the President an opportunity of introducing some new blood in the Supreme Court?" says the House.

Wisely or unwisely, the framers of the Constitution provided that Judges of the Supreme and Federal Courts shall hold their offices during good behavior, and since most of them behave very well, according to the average standard of citizenship, they enjoy a life time position. Not only that, but the Constitution provides that the compensation for Judges shall not be diminished during their term of office. This constitutional provision is one of the reasons why the Supreme and other Federal Judges refuse to pay an income tax.

**POLITICS ACTIVE**... California politics are getting hot in Washington. A delegation from Los Angeles county appeared in Washington a few days ago for the purpose of persuading J. F. T. O'Connor, comptroller of the currency, to become the Democratic candidate for Governor of California in 1938. O'Connor occupies a very important position in the financial affairs of the nation. He is a close friend of President Roosevelt, James A. Farley, and other influential men in Washington. From the standpoint of experience and good judgment, O'Connor ranks very high in Washington.

Other candidates mentioned here in Washington are: John F. Dockweiler of Los Angeles, John J. McGrath of San Mateo, and Frank H. Buck of Vacaville. All three members of Congress have good records. I am only mentioning the possible candidates from Washington. No doubt there are many other candidates at home who are under consideration.

**BIG JOBS AHEAD**... The way the President keeps piling up work before Congress looks like we may be here until Christmas. Some of his proposals will give some of the talkative members of Congress an opportunity to exhaust themselves, and members of Congress need more rest. It is their ability to talk, and to continue a wagging tongue marathon. Among the proposals submitted by the Chief Executive is a reorganization of Executive departments. That is a big subject and will probably take considerable time.

Then his proposal for conservation, control of floods, dams, development of power is another big subject and will require a great deal of study and time. The farm tenancy program to provide a method by which farm tenants may become the owners of farms, is another new departure and will likewise require much work in the Committee and much time on the floor. A new program of crop insurance for the farmers is another wide subject. Then there is talk of a revision of the Social Security law; and the biggest question of all is a proposal to revise and reform Federal Courts.

**QUERY FOR CRITICS**... I wish some of the critics of the President's program, instead of assailing the President would explain to me how does the President's program violate the Constitution? If Congress passes such a bill, how does Congress violate the Constitution? Also, where in the Constitution does the Supreme Court get its authority to override Congress and the Executive department?

Furthermore, was it the intention of the framers of the Constitution to establish three coordinating branches of government—the legislative, the executive, the judiciary; or was it their intention to place the final powers of the legislative and executive departments in the Supreme Court, that holds a position for life and which in no way is responsive to the wishes of the electorate of the country?

**WHO'S GOING**... Anybody want to attend a \$100 banquet? A Democratic Victory Dinner will be held March 4 to celebrate the President's first inauguration. You will not get \$100 in winning and dining, for \$95 of it goes to the Democratic National Committee to help balance the Democratic budget. Campaigns are expensive, so this \$100 dinner is for the purpose of wiping out the deficit. I do not plan to attend, but if anybody wants a ticket, just let me know, but don't forget to include the \$100. Keep in line and don't crowd.

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**LAMB CHOPS** LARGE LOIN lb. **23c**  
SMALL LOIN CHOPS, lb. 32c  
**BACON** BY THE PIECE lb. **29c**  
**SAUSAGE** "OUR OWN MAKE" lb. **25c**

**STEAKS** SIRLOIN lb. **22c**  
T-BONE, lb. 27c PORTERHOUSE, lb. 32c  
**HENS** FOR STEWING OR FRICASSEE lb. **23c**  
**BACON** SLICED 1-lb. pkg. **17c**

**DEL MONTE—TIPS**  
**ASPARAGUS** picnic can **12c**  
**BUTTER** CHALLENGE OR SILVERBROOK FIRST QUALITY DANISH, lb. 39c lb. **38c**  
**FRESH EGGS** SUNLIGHT LARGE U. S. EXTRAS, doz. 24c  
BROOKFIELD EGGS, doz. 25c  
**CAKE FLOUR** GOLD MEDAL 44-oz. pkg. **22c**  
**CLOROX** "LIQUID CLEANER" quart bottle **12c**  
**MAYONNAISE** BEST FOODS pint 25c quart 41c  
**FLOUR** GLOBE A-1 24 1/2 lbs. 97c 49 lbs. \$1.70 10-lb. sack **43c**

**SUGAR PEAS** EARLY GARDEN No. 2 can **12c**  
**SPINACH** GARDEN No. 2 can **10c**  
**TOMATOES** SOLID PACK 2 No. 2 cans **25c**  
**TOMATO SAUCE** 3 8-oz. cans **10c**  
**LIPTON'S TEA** ORANGE PEKOE 1/4-lb. can **35c**  
**WOODBURY'S FACIAL SOAP** "THE SKIN YOU LOVE TO TOUCH" 3 cakes **20c**  
**MARSHMALLOWS** CAMPFIRE 1-lb. pkg. **15c**  
**ZEE TISSUE** IVORY WHITE, GREEN, ORCHID 3 rolls **10c**  
**SODAS** "BETTER BEST" OR GRAHAMS 2-pounds, 23c 1-lb. pkg. **12c**  
**MIRACLE WHIP** KRAFT'S [pint 20c] quart jar **32c**  
**TROCO** DURKEE'S NUT MARGARINE lb. **18c**

**DEL MONTE TUNA FISH** No. 1 can **12c**  
**BUY 3 ROLLS and get 1 FREE** all 4 rolls 20c  
**COMET RICE** 1-lb. pkg. **8c**  
**WAXED PAPER** 100-ft. roll **17c**  
**SPAGHETTI** MILANI'S FAMOUS 3-lb. jar **14c**  
**SAUCE** OYSTERS CUBBISON'S 19c  
**MELBA TOAST** 5 1/2-oz. pkg. **14c**  
**SARDINES** VAN CAMP'S 2 oval cans **15c**  
**VEG-ALL** LARSEN'S No. 303 can **12c**

**FRESH FRUITS & VEGETABLES**  
**POTATOES** U. S. No. 1 RUSSET 10 lbs. **45c**  
**GRAPEFRUIT** LARGE SWEET ea. **5c**  
**APPLES** JUICY WINESAP 4 lbs. **29c**  
**CAULIFLOWER** SNOW BALL head **8c**  
**BANANAS** GOLDEN RIPE 5 lbs. **27c**

**Vegetables Popular This New Way**  
**HORMEL** New Only Flavor-Sealed Vegetable Soup **10c**  
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**SUNSWET MEDIUM PRUNES** 2-pound Pkg. **18c**  
**SUNSWET LARGE PRUNES** Pound Pkg. **11c**  
**BRILLO** Large, 17c; Small **8c**  
**SCOTTISSE** 3 ROLLS **20c**  
**SCOT-TOWELS** 2 ROLLS **19c**  
**WALDORF TOILET TISSUE** 2 ROLLS **9c**

**GOLDEN SWAN MILK** 4 CANS **25c**  
**B & M Cod Fish Flakes** Small **12c**  
**ARIZ. SWEET Grapefruit Juice** No. 2 Can **10c**  
**MAXWELL HOUSE COFFEE** Drip or Regular, Lb. **28c**  
**CATALINA Apple Butter** 28-oz. Jar **15c**  
**SURE HIT SLICED Pineapple** Lge. 1 1/4 Flat **10c**

**LYNDEN Chicken and Noodles** 16-oz. Glass **25c**  
**BLACK SWAN TUNA** 1/2's, 2 CANS **29c**  
**NANCO CRABMEAT** 1/2's **28c**  
**JUST RITE Sweet Corn** Can **10c**  
**SPERRY Wheat Hearts** Large, 22c; Small **14c**

**Hormel's BACON** 1/2-lb. layer, **18c** lb. layer, **35c**  
**WHITE KING SOAP** 3 BARS **10c**  
**WHITE KING Granulated Soap** Large **31c**  
**WHITE KING Toilet Soap** 3 BARS **14c**

**KERN'S ASSORTED FRUIT and BERRY JAM** 2 Lbs. **27c**  
**SCOTCH Granulated Soap** Large Pkg. **23c**

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