Harbor Chambers Urge Adherence to Relief Policy

Protesting against use of gasoline tax funds by the county in the relief of the direct lien districts, the Harbor Districts Chambers of Commerce, have filed a letter with the Board of Supervisors urging adherence to the former plan of providing this relief only to ad valorem districts.

"We believe that the policy heretofore pursued by the county of applying all available funds to the reduction and refunding of bonded indebtedness in ad valorem districts should be carried out until such time as all ad valorem districts have been relieved before embarking on a direct lien program," the Chambers' letter asserts.

The war department general staff has five functional divisions—personnel, military, intelligence, operations and training, supply, and war plans.

The sedate spring tailleur will be brightened with a little postilion hat of shiny black straw. Harper's Bazaar advises that it is trimmed with pale pink and yellow streamers which wind down from the crown around the throat.

What you do not like when done to yourself do not do to others.

Veterans Should File Exemption Claims At Once

War veterans of this community were reminded today by County Assessor John R. Quinn that now is the time to file their claims for exemption for the 1940 tax roll, which now is made up by his deputies. Exemption of $1000 is allowed to veterans.

Claims for exemption must be filed in person, and not by the wife or relatives, the assessor explained. He urged veterans to take care of the detail as soon as possible.

Permanent branch offices are located in the Jergins Trust building in Long Beach, the Central Tower building in Santa Monica, and at 820 South Beacon Street, San Pedro.

Idahoans to Honor Borah's Memory at L. A. Picnic

Idahoans in Southern California will honor the memory of the late United States Senator William E. Borah on Sunday, March 17, when the annual spring picnic is held at Sycamore Grove Park, Los Angeles. The speaker of the day will be Charles P. McCarthy, former justice of the Idaho supreme court, now a Los Angeles attorney.

Judge McCarthy was closely associated with the late Senator Borah almost from the time that the latter arrived in Idaho until a few years ago.

The president of the Southern California Idaho Society is Frank M. Kendall of Santa Ana, former state game warden of Idaho. The secretary is H. A. Lawson, publisher of the Eagle Rock Sentinel. The picnic will be an all day affair, families bringing picnic lunches, coffee being served on the grounds.

The importation of horned cattle from Scotland and Ireland into England was prohibited by law in 1663.

Thomas Jefferson was the first Secretary of State of the United States.

High Spots on Record-Breaking Run

Signs of the times in a motor age—these highway markers tell the story of a two-year, 100,000-mile truck test run recently completed by Chevrolet. In Canada, Mexico and every state of the Union, the truck operated on all types of highways and under every conceivable weather hazard, setting a new world mark for sustained and certified automotive operation, under the sanction and official observation of the American Automobile Association. The unit carried a 4,590-pound "payload." An average of 15.1 miles per gallon of fuel was maintained throughout the 100,000 miles, at an average operating speed of 33.07 miles per hour. Oil mileage was correspondingly high—1,072 miles per quart.

4 Women in State Head Realty Boards; One Is In Lomita

Miss Edith Smith, well-known realtor, is one of four women presidents of real estate boards affiliated with the California Real Estate Association. She heads the Torrance-Lomita board. The 1940 roster of the state association also lists 16 women who are secretaries of unit boards.

Where to Go On Weekend:

* * *

It's Almond Blossom Time

Motorists planning a trip to Death Valley are urged to make reservations well in advance of the time of their trip.

Death Valley is having the heaviest travel year in its history and this combined with the fact that one of the large motion picture companies is using Death Valley as the locale for a picture, makes it necessary to have reservations in order to be assured of a place to stay upon arrival.

The wild flower display in Death Valley is exceptionally beautiful and is proving a major attraction for many motorists.

"Eddie" Rickenbacker, American World War ace, started out in life working for six dollars a week in a tombstone works in Columbus, O.

According to various government reports, about 15 percent of the 1,659,000,000 eggs produced in New York state in 1938 were used on farms for eating and hatching.

My Neighbor says:

When door handles become loose, it is usually because the screw holes have become larger and the screws do not hold. Get screws a size larger and the trouble will be remedied.

If you have casement windows oil the hinges occasionally. This helps to prevent their rusting.

Never use water that has been boiled before or has been standing in the kettle to make tea. Draw fresh cold water and let it boil for the first time. Water that has boiled before tastes flat, because the air has gone out of it.

(Released by The Associated Newspapers)

"WEED WAR" STARTS SOON

Surveying operations have started for the county's summer weed abatement campaign in which some 40,000 lots in all sections of the county will be posted, according to William H. Fair of the weed abatement section of the County Department of Forestry.

Last year more than a thousand protests were filed with county authorities over the method followed in weed abatement and in the charges levied on owners of property. At that time the work was in charge of the County Rehabilitation Department which was abolished by the Board of Supervisors.

County Fire Warden Spence D. Turner states that the work of posting lots demanding that weeds must be cleared from them will begin in April and that owners will be given until May 15 to clear the lots. Unless the lots are cleared of weeds by May 15, the county will do the work and assess the cost against the lot owner. Turner states that the lot clearance program this year has been entirely reorganized and that little trouble is anticipated.

County Must Pay More for Sewing Projects, Report

The fate of many sewing projects, employing 2,500 women throughout Los Angeles county awaits a recommendation of County Manager Wayne Allen on whether or not the county can increase its sponsor contribution so that these projects may be continued.

Since Federal regulations now require a sponsor contribution of at least 25 percent of the cost of the project, the employment of these women is in danger.

At present the SRA is contributing $12.50 per month per woman employed and the county is paying 50 cents per month.

The county has been asked to increase its contribution to $5.50 per month per woman. This means some $13,000 monthly for the county to pay.

Beauty and You

by PATRICIA LINDSAY

Stretching Exercises to Grow Taller

THE shorties in the world want to know how to grow taller, so here are a few excellent suggestions given by Howard V. Inches, who has spent his life on health research.

As I have told you countless times, good posture can add an inch to your height and Mr. Inches agrees.

"Correct posture," he states, "is not ungainly and is not stiff. It is rhythmical and beautiful it should be graceful, simple and easy. Accentuate the beautiful lines of your body and you will find yourself in the correct posture automatically. Keep your shoulders back but not tensely — relax them. Lengthen the line between your chin and waistline by growing tall, with chin in and chest out. Keep your buttocks tucked under, and hold your abdomen in. The balls of your feet should be the center of balance and you should be ready to spring forward at a moment's notice. Standing thus you are at full height."

Stretching exercises

To stretch abdominal wall and neck:

Stand firmly on your feet with balance of the body on the balls of the feet. Place the palms of both hands over the buttocks, and then throw your head backwards. Slide the hands down the back slowly, as you lean back as far as possible. To keep your balance, bend your knees, pushing the lower part of your body forward.

Note stretchment of hip area, upper abdomen and throat. Return slowly to position, relax, and repeat exercise. Five times in all.

Exercise II

Through the above exercise, and the one following, you may slim your waistline, develop your shoulders normally and strengthen your pectoral muscles. It also corrects fatty knees.

Women with fatty deposits around knees should begin this exercise moderately, and within thirty or sixty days, they will be able to stretch completely.

Kneel down on the floor, sit back on your feet and lean backwards supporting yourself by palms placed on the floor either side of you.

Now lower yourself gradually, bending your arms until elbows touch floor, and bending your head back as far as possible. You will feel a stretchment thruout the length of your body. Then raise yourself slowly to the sitting position.

Note: This last exercise should be attempted only if you have limbered your body. Do it once the first day, and increase one time every second day until you do it six or eight times a day without feeling too much of a strain.

"Posture Correcting Exercises" is again available upon request, if you write for it care of this paper and enclose a self-addressed, stamped (3-cent) envelope.

(Released by The Bell Syndicate, Inc.)

Lamb Chops For Reducers

With new spring styles displayed temptingly in shop windows, now is the time when those who find that unwise eating and lack of exercise have resulted in unwanted pounds decide to do something about it in the way of a reducing diet. A slim, trim figure is definitely an advantage when you go shopping for your Easter wardrobe.

At this time it is well to sound a note of warning against freak diets which may undermine health. The wise woman asks for her physician's advice before going on any kind of a reducing regime.

There is a reason why lamb chops have a place in the safe and sane reducing diet, declares Inez S. Willson, home economist. Roast lamb or any lean meat, with all visible fat cut away, is equally valuable. This is because it contains high quality protein for building and repair of body tissues. It also contains essential minerals, notably iron, copper and phosphorus.

With an adequate supply of protein, provided by meat, the number of calories can be safely reduced by cutting down on the amount of starches, sweets and fats in the daily meals. The excess fat in the body will then be drawn upon to provide energy for one's activities and the desired loss of weight will result.

This is good news for those who want to lose weight without suffering the pangs of hunger. Certainly a luncheon with lamb chops or lamb steak as the main dish, or dinner with a generous helping of roast lamb, together with fresh, non-starchy vegetables, should be a compensation for the sweets and starches and fats you have to give up.

School Week Links Home and Activities of School Children

The California Congress of Parents and Teachers, representing nearly 250,000 members, will give full cooperation to the 21st annual observance of Public Schools Week, beginning April 22, according to Mrs. James K. Lytle, state president of the organization.

"A fundamental policy of the Congress of Parents and Teachers has always been to bring into closer relationship the home and the school," said Mrs. Lytle. "Home and school are the two great formative influences which affect the child's development. Parents need to keep in touch with educational methods and trend, to know the schools, and what activities are going on in the schools."

"If you have children in a school which you have not visited, visit your school during Public Schools Week. Even if you know the school and the teachers, visit your school again during the week; and even if you have no children in school visit your public schools anyway during the week because they are the agencies largely responsible for training our future fellow citizens. The success of the schools is a matter of vital concern to us all."

Beach Visitors Find Car Robbed

It was a beautiful day at the beach last Sunday but to Mr. and Mrs. E. W. Strohsahl of Los Angeles the weather and scenery at La Playa overlooking the ocean in Hollywood Riviera lost its attraction when they found their car had been jimmied and Mrs. Strosahl's purse stolen.

Someone had pried open the locked door of their sedan and removed the purse which contained $2 in cash and some valuable papers.