Some of the 105 counties in Kansas never have had a grand jury session and most of them have had only a few throughout their history.

Mrs. Lewis Gets Life Membership for P.T.A. Work

Mrs. R. L. Lewis, president of Lomita P.T.A., was presented with a life membership and emblem at the regular meeting of the P.T.A. on March 13. "Know What You Buy" was the subject presented by Mrs. Levi Stump who spoke on Consumers' Education. A group of children under the direction of Mrs. Ethel Langley presented a musical program.

Room mothers, who have been very successful with their card parties and other means of raising money, reported a balance of $21.90 which was turned over by the P.T.A. to Miss Michaelis for Child Welfare work. Miss Michaelis reported need for money to help pay for a tonsil operation for a child and to buy glasses for another.

Another card party will be held by the P.T.A. on Friday, March 29, in Lomita Hall with Mrs. E. Beckman as chairman. Playing will begin at 8 p. m. and prizes awarded in bridge, pinochle, 500 and bunco. Refreshments will be served.

Revenue Decline Indicates Less Drinking in '39

Apparently Californians didn't do quite so much drinking in 1939 as they did in 1938. Revenue derived by the state from the Alcoholic Beverage Control Act showed a decline of $483,593.31 last year.

Revenue in 1938, including license fees and excise taxes, set an all-time high mark since beer was legalized in 1933, of $16,183,472.09. The 1939 revenue was $15,699,878.78. Total revenue from this source since 1933 is reported as $77,786,650.92. This does not include the three percent sales tax.

Your Family Will Like This...

An inch thick slice of ham . . . stick cloves into fat . . . broil for 25-30 minutes in all . . . three inches from flame . . . turning occasionally because ham is thick . . . last 10 minutes lower flame to medium . . . and add to grill six slices pineapple . . . top each with half a canned apricot . . . its center filled with a stoned cherry . . . brush fruit with melted butter . . . and when broiled, serve on hot platter . . . garnish with sprigs of parsley . . . accompanied with candied sweet potatoes.

25 Guards Hired to Fight Outbreak of Swine Disease

Employment of 25 livestock guards for a 60-day period at $5.50 per day each has been authorized by the Board of Supervisors in a move to combat the outbreak among swine in five widely scattered areas of the county of a mild form of hoof and mouth disease.

The employment of the guards was made on recommendation of County Manager Wayne Allen following conferences with Dr. L. M. Hurt, county livestock inspector. Areas in which the outbreak has occurred are Walnut, Palos Verdes, Saugus, Bellflower and Pico.

On motion of Supervisor W. A. Smith the board instructed County Counsel J. H. O'Connor to study the law with a view of determining if owners of the swine affected could be made to pay the additional cost of the guard service and other costs incidental to and caused by the outbreak of the disease.

Beauty and You

by PATRICIA LINDSAY

Well Fitting Brassieres Necessary to Figure Perfection

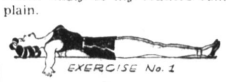
IN discussing exercises for uplifting and firming the bust line with Miss Dorothy Nye, who is an expert in corrective exercises, the subject of proper fitting brassieres came up.

"In planning a regime for perfecting the breast," Miss Nye said, "it is important not to hinder the effect of the exercises by wearing badly fitted brassieres. Brassieres should be carefully selected, always the uplift type which helps to keep the tissues up instead of pulling them down. A constant downward pull stretches and weakens the breast muscles and also the tissues.

"When young girls begin to develop, they should go without brassieres as long as possible. Then when a brassiere becomes necessary it should be carefully fitted so that it will give support where needed, but should not bind or flatten."

To Firm Breast Muscles

Following is a series of exercises which Miss Nye has planned to give strength and firmness to muscles holding the breasts in place, and to fill out the hollows at the sides of the chest of which many of my readers complain.



Exercise I

Lie on back with arms out to side, keep arms on mat throughout exercise. Raise chest and shoulders, chin tilted upward and weight on back of head. Relax and lower chest and shoulder to mat. Repeat five times and then rest. Repeat five times more.

Exercise II

Stand or sit with chest and bust lifted and shoulders flat, fingers clasped in each other in front of you, arms bent at elbow and raised shoulder high.

Resisting with the right arm, try to pull the right arm across the body to the left with the left hand. Alternate, using the resistance with the left hand and pulling across to the right side with the right hand. This exercise helps to strengthen muscles between the shoulder blades, stretches the chest muscles and flattens the shoulders. Four times. Relax. Eight to twelve times altogether.

Exercise III

On hands and knees, with fingers pointing toward each other. Keep back flat and head up, resisting with arms. Bend elbows and slowly lower body until the chest almost touches the floor. Then slowly raise the body, resisting throughout the entire exercise. Repeat four times and rest. Eight times altogether.

Please note: These exercises are not available in leaflet form. If you wish to have them, clip this column.

A leaflet "Suggestions for Developing the Bust" is available if you will enclose a self-addressed, stamped (3-cent) envelope when you request it.

(Released by the Bell Syndicate, Inc.)

Musical Party Features Irish Songs by Group

An evening of instrumental and vocal music was enjoyed Sunday night when Miss Hellon Alice Trafzger of 2017 Lomita boulevard entertained at a St. Patrick Day party.

Music by the Lomita trio, Miss Trafzer, pianist; Kenneth Hinckley and Rocco Legget, violinists, was enjoyed by the invited guests, and Irish songs were sung by the entire company.

Decorations of green flowers with the cakes and ice cream all decorated in St. Patrick symbols carried out the St. Patrick motif.

Those present were Mr. and Mrs. Harold White of Los Angeles, Mr. and Mrs. Rocco Legget of Long Beach, Mr. and Mrs. Kenneth Hinckley, Mrs. Clara Kimball, Mrs. Wendell Trafzer and Miss Hellon Alice Trafzer.

'Moonshiners' Given Setback

Activities of "moonshiners," comparatively quiet in Southern California for the past year, received further setback recently with the arrest of four persons and three stills in the Los Angeles metropolitan area.

Raids and arrests were made by liquor control officers of the board in cooperation with federal revenue agents. Large quantities of finished product, ingredients and equipment were destroyed by raiding officials.

—Want Ads 25c—