

NUMBER 12 OF A SERIES



Peck more "man-power" in your LUNCH BOXES

Warwork uses up a lot of energy and strength, and one of the best ways to regain it is to pack more energy-foods and "manpower" into the mid-shift lunch box.

Plan your lunch box in relation to other meals of the day to provide a proper nutritional balance of energy foods, body-building and protective foods.

For variety, try nut breads and oatmeal cookies baked in your gas oven.

- Suggested Lunch Box Menus (Keep lunch box in coolest place possible)
Nippy Cheese on Oatmeal Bread
Cold Roast Beef Sandwich
Peanut Butter and Orange Marmalade on White Bread

SOUTHERN CALIFORNIA GAS COMPANY

WARTIME GAS COOKING SAVES VITAMINS AND MINERALS

Ramsey Family All Working to Day of Victory

The Ramsey family of 2262 231st st., So. Torrance, is all out for victory.

Take the head of the house, for example—Charles F. Ramsey, is working at Soule Steel and buying all the War Bonds he can.

Then there's Mrs. Carl Decker Ramsey, who has become reconciled to getting mail addressed to "Mr. Carl D. Ramsey."

Lieut. Floyd F. Ramsey is a pilot in the Air Corps stationed at Pocatello, Idaho and another son, Ralph, is an aviation machinist's mate 3/c at Melbourne, Florida.

Construction Workers Wanted by Navy for Seabee Petty Officers

Lieut. Willis B. Hayes, Jr., of the Navy Construction division will be in the recruiting station at San Pedro May 18 and 19 to interview men wishing to join the Navy Construction Battalion (Seabees).

Men between 18 to 38, whose draft classification is 1-A or 3-A, are eligible to apply and if accepted will receive petty officer ratings.

Banning Defeats Torrance to Win Dual Meet Track Championship

For the first time in so many years, even the Banning coaches don't care to remember, the Banning high school varsity track team has won a league championship.

The Pilots clinched the dual meet crown last Friday by defeating both Torrance and Gardena in a three-way meet to wind up the dual meets of the Marine league.

San Pedro, by defeating Narbonne Friday, finished second followed by Narbonne, Torrance and Gardena in that order.

The Banning outfit piled up 52 points to 45 for Torrance and 33 for Gardena in a meet having a dual reward.

Narbonne grabbed seven of the 12 first places, but Pirate strength in the high hurdles and broad jump, in which San Pedro made a clean sweep, offset the Gaucho edge.

Billier and Riggs of Narbonne each hung up double victories in each event qualified for the league finals which will be held tomorrow (Friday) at Narbonne.

Complete results and qualifiers: 100—W. Smith (T), Pina (D), Land (G), Rippey (T), Time, 12:28.

220—Pina (D), Lind (G), Helm (D), Rippey (T), Time, 22:15.

440—Robb (B), Warthan (T), Holloway (G), Gutfenelder (T), Time, 52:57.

880—Kent (T), E. Smith (T), Cook (G), Flores (B), Time, 2m, 12:14.

1760—Hedges (B), Ramirez (G), Marasco (G), Brown (D), Time, 4m, 42:48.

3520—W. Smith (T), Gutfenelder (T), Time, 29:78.

7040—Ramp (D), Corriera (B), Post (T), George (T), Time, 15:28.

14080—Corriera (G), Dabheren (G), Robert (T), Hinchberger (B), Distance 1941, 6m.

High jump—Robert (T), tie for second, Harper (D), Emerson (G), George (T), Height 5ft. 6in.

Pole vault—Panera (B), G. Smith (T), tie, Randall (D), Caraway (G), Height, 10ft.

Shot-put—Hartley (B), Randall (B), Leech (T), Post (T), Distance 43ft.

Relay—Banning, Time, 1m, 56:28.

Final score: Banning, 52; Torrance, 45; Gardena, 33.

Class B score: Banning, 56 1/2; Gardena, 49 1/4; Torrance, 23 1/2.

RENT DICTAPHONE An Ediphone set will be rented for 30 days for the city attorney's use at a cost of \$25.75 and may be purchased by the city for \$435, the city council ordered Tuesday night.

Application form obtainable at the recruiting station. To be certain of an interview it is advisable to make arrangements ahead of time.

CHURCH NEWS

ST. ANDREW'S EPISCOPAL CHURCH

Rev. Paul M. Wheeler, vicar 112 1/2 Engracia ave. Church school at 9:30 a. m. Service for intercession for men in armed forces, 8 a. m.

Morning prayer and sermon at 11 a. m. Church school mite box offering at St. Paul's Cathedral, Los Angeles, 3 p. m.

First Sunday of the month, Holy Communion, 11 a. m. Monthly meetings: Fourth Sundays, Parish Council, 11:30 a. m.

First Thursdays, Women's Auxiliary, 8 p. m.; second and fourth Thursdays, W. O. M. C. Ceclia's Guild, 7:30 p. m.

Business meeting, 8 p. m.; second Thursdays, Altar Guild, 10:30 a. m.; third Thursdays, Women's Auxiliary, 8 p. m.

Weekly meetings: Mondays, Den 3 and Cub Pack 241, 3:30 p. m.; Tuesdays, Sunday School, 9:30 a. m.

Methodist Church Rev. Harry Branton, pastor, El Prado at Carson, 7.

Sunday school, 9:45 a. m. Morning prayer service, 11 a. m. Evening service, 7:30 p. m.

Wednesday, 10 a. m., prayer groups meet in homes. Wednesday, 7:30 p. m., Bible study and prayer in church parlors.

First Lutheran Church Rev. Fr. D. Mechlun, pastor, Acacia and Sonoma avenues.

Sunday school, 9:30 a. m. Evening service, 7:30 p. m. Topic: "The Love of Christ."

The California District of the Federated Luther League will meet in annual convention at the First Lutheran church in Inglewood next Sunday afternoon and evening.

Central Evangelical Community Church Marcelina and Arbuton avenues, Ter. H. Wesley, Rolf.

Sunday school, 9:45 a. m. Morning service, 11 a. m. Topic: "Now is the Time."

Evening service, 7:30 p. m. Friday, 7:15 p. m., choir rehearsal.

Wednesday, May 19, 7:30 p. m., annual meeting and election of officers. Fellowship program with Charles Royal, humorist, at 8 p. m.

First Baptist Rev. C. A. Hetherington, pastor, Carson and Marling.

Sunday school, 9:30 a. m. Morning service, 10:50 a. m. Topic: "The Trinity," special music.

Young people's meeting, 6:15 p. m. Evening service, 7:30 p. m. Topic: "Jonah and a Great Fish." Special music and praise service.

Wednesday, 7:30 p. m., prayer meeting. Thursday, 10 a. m., Missionary meeting, luncheon and White Cross work.

Catholic Church of the Nativity Engracia and Manuel avenues, Rev. Fr. Joseph Leo Bauer, pastor, Telephone 4828.

Masses Sundays: 6, 8 and 10 a. m. Masses Holy Days: 6, 8 a. m. Week day Mass: 8 a. m.

Novena services to the Sacred Heart, Wednesdays, 7:30 p. m. Classes for converts, Wednesdays, 8:15 p. m.

Confessions Saturday, 4 until 6 p. m. and 7:30 until 9 p. m. Confessions eves of Holy Days and eve of First Friday at same times.

Catechism classes for adults and junior high school students every Monday and Wednesday at 3:30 p. m.; for elementary school children every Wednesday at 3:30 p. m. and Saturday at 9:30 a. m.

Meeting of altar boys every Wednesday at 4:30 p. m. Children's choir rehearsal every Monday at 7:30 p. m.

Church of Christ Services at Torrance Men's Bible Class building on Cravens.

Bible class, Sunday at 10:50 a. m. Morning service, 11:50 a. m. Evening service, 7:30 p. m. Bible drill, Tuesday at 7:30 p. m.

10:15—King (SP), Godfrey (SP), Martinez (N), Time, 4m, 59:78.

High hurdles—Wesslen (SP), Van Mulligan (SP), Felando (SP), Time, 15:45.

MEN'S BIBLE CLASS

Oscar D. Butterfield, pastor, Meets at 9:30 a. m. Sundays in their hall opposite public library on Cravens avenue. All men welcome.

First Christian Church Rev. W. W. Jewell, pastor, 1415 Engracia ave. Sunday school, 9:30 a. m. Morning service, 10:40 a. m. Topic: "Keeping the Promises." Girl Scouts will attend in a body.

Evening service, 7:30 p. m. Topic: "What Kind of a Revival Do We Need?" Monday, 7:30 p. m., teachers' and officers' meeting.

Wednesday, 7 p. m., Pastor's Helpers class meets; 8 p. m., choir rehearsal. Friday, May 21, Berean Class party.

Nazarene Church W. A. Penner, pastor, 20507 North Royal, Hammond Tract. Sunday school, 9:45 a. m. Morning service, 11 a. m. Young people meet, 6:30 p. m. Evening service, 7:30 p. m. Prayer meeting, Wednesday, at 7:30 p. m.

Latter Day Saints Women's clubhouse, Wilford Novato, 1515 Wilford. Sunday school, Relief Society and Primary, 10 a. m. Stewardship meeting, Sunday, 6:30 p. m. Mutual improvement meeting, Tuesday, 7:30 p. m.

Foursquare Gospel Mr. and Mrs. Ben Griffin, pastors, 1207 El Prado. Sunday school, 9:30 a. m. Morning service, 11 a. m. Evening service, 7:30 p. m. Crusaders service, 6:20 p. m. Prayer meet, Wednesday, 7:30 p. m.

Assembly of God Paul H. Perry, pastor, 1741 Border. Sunday school, 9:45 a. m. Morning worship, 11 a. m. Christian Ambassadors service, 6:30 p. m. Evening Evangelistic service, 7:30 p. m. Prayer meeting, Wednesday, 7:30 p. m.

In Australia, tea is rationed at the rate of one ounce every two weeks to each customer.

Unloading Area for Army Hospital Fixed

A request by the U. S. Engineer's office to use the east half of Border ave. to unload lumber for the new Los Angeles Port of Embarkation Army hospital from spur tracks was approved by the city council Tuesday night. Use of the area for three months was asked.

First Church of Christ, Scientist

2123 21st st. and Manuel ave. Sunday morning services at 11 Sunday school, 9:30 a. m. Wednesday evening meeting, 7 p. m. Reading room at 1750 Manuel ave. 11 a. m. to 4 p. m. each week day.

"Mortals and Immortals" will be the Sunday Lesson-Sermon subject in all branches of The Mother Church, The First Church of Christ, Scientist, in Boston. The Golden Text from II Corinthians reads: "Henceforth know we no man after the flesh." The experience of Jacob as he journeyed from Beer-sheba to Haran is told in a selection from Genesis. It is reported that when he came to a certain place he lay down to sleep, "and he dreamed, and behold a ladder set up on the earth, and the top of it reached to heaven; and he beheld the angels of God ascending and descending on it. And, behold, the Lord stood above it, and said, I am the Lord God of Abraham thy father, and the God of Isaac; the land whereon thou hast, to thee will I give it, and to thy seed;... And, behold, I am with thee, and will keep thee in all places whither thou goest.... And Jacob awoke out of his sleep, and he said, Surely the Lord is in this place; and I knew it not." This definition from "Science and Health with Key to the Scriptures" by Mary Baker Eddy is included: "Angels, God's thoughts passing to man; spiritual intuitions, pure and perfect; the inspiration of goodness, purity, and immortality, counteracting all evil, sensuality, and mortality."



It's Time for STRAWS

Dashing and debonair... as well as conservative models... this year's Straw Hats are becoming cool and comfortable.

Choose from: Baku, Sumatra, Peanut Straw, Mesh Weaves, Buri-Buri, California Mesh... many with colorful bands. A style to fit every face and taste.

\$1.95 to \$3.95 TORRANCE MEN'S SHOP 1325 SARTORI AVE. Torrance National Bank Bldg.

Western's Coupon Sale NOW IN PROGRESS

Now is your chance—your opportunity to make a substantial saving on articles for your home, your car and your personal use during Western's Coupon Sale. With your purchase of Western's Coupon Book for 10c, you receive 5 gifts, 26c value, AT NO CHARGE, and you save as much as 48% on 40 coupon items. Items shown are only a few of the many values included in Western's Auto's Coupon Book.

Advertisement for Western's Coupon Sale featuring various items like Rayon Hose, Neckties, Tumbler, and a 9-day sale on batteries.

Advertisement for Western Auto Supply Co. featuring a \$150 allowance for old batteries and a 2-year guaranteed Wizard Super Power Battery.

Advertisement for Sam Levy Department Store, featuring a list of products for women's, men's, and children's departments, and a large headline: 'A STORE IS KNOWN By The Company It Keeps...'