

Insomnia Is Topic Of Swartout

H. O. Swartout, M. D., Dr. P. H. Los Angeles County Health Officer

Insomnia is inability to sleep and the possible causes are many. Prolonged or excessive mental strain, discomfort from pain, fever, indigestion, or cold, often cause loss of sleep.

Bright's disease, high blood pressure, anemia, neurasthenia, and mental disease are likely to have insomnia as one symptom. Advanced heart disease interferes with breathing and the circulation in the brain, especially when the afflicted person is lying down. Insomnia from such causes can obviously be cured only by correcting the underlying conditions.

If you cannot go to sleep promptly, do not worry. Relax, see that your bed is as comfortable as possible, and that your feet are not cold.

Avoid tea, coffee, and other caffeine-containing drinks. Avoid use of sedative drugs. While they may help you sleep, they may mask a serious condition.

If your work is sedentary, take moderate physical exercise.

Take a brief cold spray every morning. If possible, end it with a rub-down with course, wet salt, followed by a dash of tepid water and dry with a coarse towel.

Make your evening meal light, and eat at last three hours before bedtime.

Sip a small cupful of hot milk or soup just before retiring. A hot foot and leg bath for 15 minutes, or a full bath in water 95 to 97 degrees shortly before retiring will help.

John S. McGuire Saw Nip Suicide Plane Hit Isle

John S. McGuire, seaman, first class, 2071 Torrance blvd., on duty with Standard Landing Craft Unit 34, at Ulithi Atoll, Western Caroline Islands, can feel pride and satisfaction at news of the fleet's entrance into Japan, as the unit provided supplies and did repair work for the fighting ships.

The base, built despite adverse weather conditions, hazardous coral reefs and rugged shore conditions, was said to be the model of advance base construction in the Pacific. Here every major fleet unit had boats and pontoon barges assigned for its use in procuring supplies, sending men to recreational camps and to important operational meetings and for ferrying crippled planes from carriers to an island air strip.

One night in March a Japanese plane, mistook the small island for a carrier, suicided in, killed three men and wounded many others.

The unit regards with special pride two commendatory dispatches received in its 10 months' service. One of these was from Fleet Admiral Chester W. Nimitz and the other from Commodore O. O. Kessing, former atoll commander.

Presbyterians Observe World Wide Communion

World Communion Sunday, Oct. 7, will be observed by St. Andrew's Church at the 11 o'clock service. On this Sunday throughout the world the Protestant Churches observe the day. All members should attend their respective churches and make their communion. Unaffiliated protestants are always welcomed at St. Andrew's Church.

The choir under the direction of Charles Eade, with Miss Amy Bourquin, organist will present special music.

CLASSIFIED AD COPY CLOSES AT 12 NOON WED.

Near Miss—No Kiss



Time and tide parted Anne Franconi, San Francisco ambulance driver, and Wilbur Felder, S/Lie of Texas, though she did her best to co-operate as the USS cruiser San Diego, first ship to return from Tokyo Bay, docked in San Francisco. The ship brought 300 men home for discharge.

War Prisoners To Be Replaced On Army Jobs

Removal of war prisoners from jobs at Army installations in the eight western states whenever civilian personnel can be obtained in the Ninth Service Command's employment policy. Many Italian PWs are stationed at Torrance Army hospital.

Major General William E. Shedd, commanding general, at his Fort Douglas, Utah, headquarters, directed all Army Service Forces civilian personnel divisions to immediately inaugurate the policy now that the manpower shortage is rapidly easing due to contract termination in war production.

Whenever feasible, the general stated, veterans and other civilians will be employed in positions now occupied by German and Italian war prisoners.

During the next 6 months several thousand prisoners of war, utilized under private contract in agricultural pursuits and at Army installations while interned here, will be repatriated. However, if at any time during that period it is determined these positions can be filled by a veteran or other civilian personnel, the PW will be removed.

More than half of all the prisoners of war in this Service Command are being utilized to harvest crops, and without their labor large quantities of food would be lost according to agricultural labor officials.

The Treasury Department obtains the same price for this labor from contractors that would be paid if free labor was available.

The prisoners of war, however, receive only 80 cents per day in canteen coupons or repatriation credit if he performs the assigned task.

Prisoners of war are employed only when sufficient numbers of civilian workers are not available.

Complete information relative to employment at Army installations may be secured by contacting offices of the United States Civil Service Commission and the United States Employment Service or the post nearest your home.

Justice is the great and simple principle which is the secret of success in all government, as essential to the training of an infant, as to the control of a mighty nation.

J.R. WINTERS ACTING CHIEF

Acting Fire Chief J. R. Winters is reported to be pinch-hitting for Chief J. E. McMaster during his vacation. McMaster left Oct. 1 and will return Oct. 11.

AID GIVEN VETERANS

Ninth Service Command personal affairs offices in the eight Western states during July helped 837 veterans and 7,290 of their dependents solve problems relating to the Army.

"Public Notices"

CERTIFICATE OF BUSINESS FICTITIOUS FIRM NAME
The undersigned does hereby certify that he is conducting an auto repair business at 1975 Carson street, City of Torrance, County of Los Angeles, State of California, under the fictitious name of Engine Craft, and that said firm is composed of the following persons, whose names and addresses are as follows, to-wit:

Edward C. Eppler, 2335 W. 24th St., Long Beach, Calif.
Witness my hand this 6th day of September, 1945.

EDWARD C. EPLER
STATE OF CALIFORNIA)
(ss
COUNTY OF LOS ANGELES)

On this 6th day of September, A. D., 1945, before me W. E. Bowen, a Notary Public in and for said County and State, residing therein duly commissioned and sworn, personally appeared Edward C. Eppler, known to me to be the person whose name is subscribed to the within instrument, and acknowledged to me that he executed the same.

In Witness Whereof, I have hereunto set my hand and affixed my official seal the day and year in this certificate first above written.

W. E. BOWEN,
Notary Public in and for said County and State.
My commission expires 4-24-46.
Sept. 13-20-27, Oct. 4.

CERTIFICATE OF BUSINESS FICTITIOUS FIRM NAME

The undersigned does hereby certify that he is conducting a plumbing business at 2708 El Dorado Ave., City of Torrance, County of Los Angeles, State of California, under the fictitious firm name of Duane Plumbing Service and that said firm is composed of the following persons, whose names and addresses are as follows to-wit:

Buckley M. Duane, 2708 El Dorado Ave., Torrance, Calif.
Witness my hand this 8th day of September, 1945.

BUCKLEY M. DUANE
STATE OF CALIFORNIA)
(ss
COUNTY OF LOS ANGELES)

On this 8th day of September, A. D., 1945, before me, a Notary Public in and for said County and State, residing therein duly commissioned and sworn, personally appeared Buckley M. Duane, known to me to be the person whose name is subscribed to the within instrument, and acknowledged to me that he executed the same.

In Witness Whereof, I have hereunto set my hand and affixed my official seal the day and year in this certificate first above written.

DEAN L. SEARS,
Notary Public in and for said County and State.
My commission expires November 19, 1947.
Sept. 13-20-27, Oct. 4.

CLASSIFIED ADS

RATES INFORMATION

HERALD AND NEWS CLASSIFIED ADS
All Classified Ads run in BOTH Torrance Herald and Lomita News for the ONE COST, thus reaching EVERY RESIDENT in Torrance, Lomita, Harbor City and adjacent areas.

PREPARED CASH PRICES

(Add 10¢ to prices below for ads not paid for at time of placing copy)

One	Two	Three	Four
15 Words... \$.45	15 Words... \$.75	15 Words... \$ 1.05	15 Words... \$ 1.35
20 Words... .60	20 Words... .90	20 Words... \$ 1.20	20 Words... \$ 1.50
25 Words... .75	25 Words... \$ 1.05	25 Words... \$ 1.35	25 Words... \$ 1.65
30 Words... .90	30 Words... \$ 1.20	30 Words... \$ 1.50	30 Words... \$ 1.80
35 Words... 1.05	35 Words... \$ 1.35	35 Words... \$ 1.65	35 Words... \$ 1.95
40 Words... 1.20	40 Words... \$ 1.50	40 Words... \$ 1.80	40 Words... \$ 2.10
45 Words... 1.35	45 Words... \$ 1.65	45 Words... \$ 1.95	45 Words... \$ 2.25
50 Words... 1.50	50 Words... \$ 1.80	50 Words... \$ 2.10	50 Words... \$ 2.40

For Each Additional 5 Words... .15 .30 .45 .60

Ads may be cancelled at any time up to 12 noon Wednesday and refund given for unexpired insertions. Not responsible for more than one incorrect insertion. Errors will be corrected by republication only.

Cash-in-advance Ads may be placed at office of Torrance Herald, 1236 El Prado, Torrance, or Lomita News, 24722 Normandie, Lomita. Ads telephoned to either office, please call before 5 p.m. day of first publication (Thursday) will give benefit of cash rate.

Contract Ads on application. Closing time for acceptance of Classified Ads is 12 noon Wednesday for Thursday publication. Ads received after 12 noon Wednesday will be held over until the following week.

Cemeteries

"A LOCAL INSTITUTION SERVING LOCAL NEEDS"

PACIFIC CREST

182ND ST. & INGLEWOOD AVE. REDONDO 2388

Lost and Found

MISSING from my home, 2 milk bottles, one grizzly gray with horns, one white-no horns. Reward for information as to their whereabouts. Vicinity of Carson and Vermont. Box 562, Torrance.

LOST black & white female pup—3 months old—tan harness. Reward. Please phone Torrance 101-W.

LOST Boston Bull male—black with white markings—white neck. Lost around area 101 Highway and Western Ave. Phone Lomita 988. Reward.

LOST wallet at Grand Theatre Saturday night with car keys, pictures, and bank book. If found please write, 1611-B 166 St., Gardena, Reward.

FOUND Tuesday, pet duck. Owner may have by identifying and paying for this ad. Torrance 1629-J.

FOUND—One automobile tire. Owner may have by paying for ad and describing tire. 21308 S. Vermont, Torrance.

Personals

READINGS given at the new Coffee Cup opening at 3761 Torrance blvd. (corner of Torrance and Hawthorne Blvds.). 10 till 5 p.m. daily. Closed Saturdays.

Professional

GRUBB & TWEEDY

ACCOUNTANTS & AUDITORS

Federal and State Tax Consultants

J. B. HICKS

RESIDENT PARTNER
PHONE 920-W
1119 SARTORI—TORRANCE

INSURANCE, General—

SPECIALIZING IN . . . FIRE
FURS . . . PLATE GLASS

ILA M. GILBERT

1412 1/2 FERN AVE., TOR. 2058-W

"Public Notices"

NOTICE OF INTENTION TO ENGAGE IN THE SALE OF ALCOHOLIC BEVERAGES

October 1, 1945
To Whom It May Concern:
Notice is hereby given that fifteen days after the above date, the undersigned proposes to sell alcoholic beverages at these premises, described as follows:

N. W. Cor. Hy. 101 & Hawthorne Blvd. Walteria/Torrance. Pursuant to such intention, the undersigned is applying to the State Board of Equalization for issuance of an alcoholic beverage license (or licenses) for these premises as follows:

Trif. On-sale Beer Only.
Anyone desiring to protest the issuance of such license (s) may file a verified protest with the State Board of Equalization at Sacramento, California, stating grounds for denial as provided by law.

MITAR VUKAZICH

Oct. 4.

Every Day Local Stores and Plants are Finding the Help They Need by Advertising in the Herald-News Want Ads. If You Need Help—PHONE TORRANCE 444, or LOMITA 84, and We Can Help You.

Professional SERVICES

When Thinking of Insurance Consider

W. E. BOWEN

1327 POST TORRANCE 215

Herbert Albright

ACCOUNTING SERVICE

FINANCIAL STATEMENTS

ALL STATE AND FEDERAL REPORTS

15 YEARS' EXPERIENCE

Law College Education

REASONABLE RATES

420 Marine Ave.

Manhattan Beach, Calif.

Phone Redondo 9253

Dr. Marie M. Lord

OSTEOPATHIC PHYSICIAN

Hours—9 A.M. to 5 P.M.

2112 Carson St., Torrance

Phone Tor. 482

Chiropractors

Scientific, Fluoroscopic EXAMINATION BY MODERN X-RAY

TELLS WHY YOU ARE SICK

Includes Special Studies Of: Glands, Mouth, Nose, Ears, Throat, Lungs, Heart, Gall Bladder, Stomach, Kidneys, Nervous System, Pelvic Organs, Prostate, Rectum, Blood, Urine, Blood Pressure, Joints, Bony Parts and Feet.

DR. MILFORD J. ROBINSON, D.C. Office Hours: 9 A. M. to 10 P. M. Upstairs Opposite Discount Self-Service Drug Store.

1337 El Prado

Phone Torrance 367

Dr. K. Kendall Gelson, D.C.

9:00 to 12:00 M. — 1:00 to 10:00 P.M. Open Sundays by Appointment (Closed Wednesdays)

HOUSE CALLS

1337 El Prado, Second Floor Torrance 377

Transportation

TWO MEN want ride to Wilmington Hall or vicinity from Lomita. Leave 7:45 a.m., return 4:30 p.m. See S. C. Talley, 1813 257th St., Lomita.

Where to Eat

28

CARTA BLANCA

—IN—

SPANISH FOODS

ALSO FOODS TO TAKE OUT

OPEN 12 TO 9 P.M. CLOSED MONDAYS

SERVES THE VERY BEST

Anaheim at Figueroa

PHONE TERMINAL 4-3835

CHINA LILY CAFE

A Large Variety of FINE CHINESE FOODS

Our Specialty BARBECUED SPARERIBS FRIED SHRIMP FAMILY STYLE DINNERS

Beer - Soft Drinks 4 P.M. to 1 A.M. Closed Every Tuesday

15469 SO. WESTERN GARDENA

Beauty Services

MARY'S BEAUTY SHOPPE

Permanents \$6.50 to \$20

Hours 9 A.M. to 6 P.M. Evenings By Appointment

1652 W. Carson

Phone Torrance 1018

Servicesmen's stationery? Call

Torrance 444 or 443.

12 Beauty Services

Exquisite AVON Cosmetics

Solve Your Beauty and Cosmetic Problems NOW!

By Calling Your Avon Consultant

ILA MAE AMBACH

1813 Border Tor. 1022

MACHINE PERMANENTS

\$6.50 and Up

MACHINELESS PERMANENTS

\$8.50 and Up

COLD WAVES

\$12.50 to \$25

HAIR STYLING — TINTING

Open Every Day 9 to 6, Tuesday and Friday evenings for Hair Setting, other Evenings For Permanents.

COTTAGE BEAUTY SHOPPE

2166 Torrance Blvd. Torrance 1197

Health Aids

Natural Supporting Individual Designed Spirella

Health Supports Meets Your Health, Comfort, and Style Needs

Mrs. Lois Pearce

22204 S. Main (Keystone District), Torrance

Are You Over-Tired

Ask Your Doctor About a

SPENCER SUPPORT

as an aid in relieving fatigue and improving your posture.

MRS. HENRY E. HILLMAN 4509—3rd Ave. AX. 13256

Los Angeles 43, Calif.

Call or Write

Repair Services

SHOE REPAIRING

QUICK WHILE U WAIT SERVICE

PLENTY OF HELP NOW

FENWICK SHOE REPAIR

1420 MARCELINA

(Across from Post Office)

Torrance Cycle and Fixit Shop

* Keys Made

* Saws Machine Filled

* Lawn Mowers Ground

* Bicycles Repaired

* Sewing Machine Service

Work Guaranteed Reasonable Charge

1341 EL PRADO Torrance 382-J

Washing Machine Repairing

ALL MAKES PROMPT SERVICE

AUTHORIZED MAYTAG SERVICE

ALL WORK GUARANTEED Backed by Years of Experience

HOMER WOOD

715 EL CAMINO REAL (101 Highway)

HERMOSA BEACH Phone Redondo 6905

TYPEWRITERS

Adding Machines and Combination Registers

SERVICE - REPAIRS SUPPLIES

A. B. METCALF 902 15th Pl., Hermosa Beach (Drop Me a Postal)

WELDING & REPAIR WORK

ARC & ACETYLENE PORTABLE EQUIPMENT

AI & Cal Horney

2107 Pacific Coast Highway Telephone Lomita 688

FOR NEW SHOES OR SHOE REPAIRING

BENNIE'S

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