# FERR SALE! Tender and Flavorful Club or Rib Steak A FAVORITE OF THOUSANDS EVERYWHERE . . . THESE FINE STEAKS ARE CUT

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WEST TORRANCE Sepulveda and Hawthorne

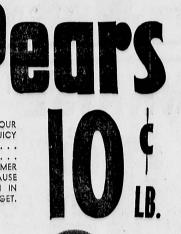


WORITE SUMMER SALAD.

RR ANCE Crenshaw and Torrance



FRESH SEA BASS .... B. 39c 





TOMMIE AND CONNIE . . . Among many astronomical exhibits at Riviera Elementary School's recent Science Fair, the star probably was Connie the turtle, held here by her young master, Tommy Simpson. Students brought collections from home and exhibits they had made in class, including rockets, missiles, TV models, space drawings, and many other scientific exhibits. Summer school classes include the same subjects as the regular school year.

### Hot Weather Tips Offered By County Medical Officer

In water is the established cus-tom in many warm countries, and its cooling effects beyond question. It also has the addi-tional advantage of keeping the skin clean and so permits more efficient functioning of the body's cooling system.

By ROY O. GILBERT, M.D. | eaten.

**County Health Officer** Indications are that the residents of Los Angeles County idents of Los Angeles County are about to experience a pro-longed period of hot summer weather. Although the high temperature already recorded in this area may not be sur-passed, it is well known that August and September are generally the hottest months of the year. Heat-susceptible individuals often find this period a terrific

Quite a few people never feel too fit during the hot weather. They not only look and feel uncomfortable but also lack energy. This is not altogether an imaginary state, as some persons are more often find this period a terrific ordeal, and practically nobody finds it a comfortable one. Fortunately, there are certain things a person can do which will make the heat more toler-able.

Fortunately, there are certain things a person can do which will make the heat more toler-able. **EFFECTS** of summer heat can be much more serious than mere discomfort. When excessive, heat may cause a person to collapse either from a heart attack, which some-times happens in the case of older citizens and the chroni-cally ill. Generally, these con-ditions occur because of too hot or from prolonged expos-ture to the direct rays of the sun.

geles 12.

When in a normally healthy condition, a human being pos-sesses an excellent air cooling system. In hot weather, the sweat glands usually dilate and the amount of perspira-tion released is considerably sweat glands usually different and the amount of perspira-tion released is considerably increased. This evaporates in the air and helps to keep the body cool.

TO ASSIST nature in this function, it is necessary to wear light, loose clothing, as wear light, loose clothing, as tight garments keep the heat confined to the body and hin-der the evaporation of perspi-ration. Also well established is the fact that dark colors ab-sorb the heat of the sun's rays, whereas light colors reflect them and so keep the individ-ual cooler. The average person loses

The average person loses about two quarts of water and about an ounce of salt from his body on a real hot day, and these substances must be re-placed in order that the body's air-conditioning system m ay function effectively. This is why an individual feels more comfortable if plenty of water or fruit juice is taken in hot weather and an extra pinch of salt is added to food at meal-times.

due, wholesome snacks may be



eaten. CLEANLINESS is more than ever important when the weather is uncomfortably warm. Daily bathing with tep-id water is the established cus-tom in many warm countries







times. 10°

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THIS SMALL amount of salt is usually enough, although in-dividuals doing hard labor or strenuous exercise will require more. Active children may also require a little more, which can be taken in the form of a few salted crackers or nuts. A person with heart or kidney trouble, however, should con-sult his doctor before taking more salt than is customarily allowed in the diet. In hot weather, the blood is busy carrying body heat to the skin surface where it is lost through radiation and evapo-ration and therefore cannot supply so much for digestive purposes. For this reason, most individuals feel better in hot weather if they eat less at a sitting. Although it makes little difference whether the food is hot or cold meals should always be well bal-anced. If a person gets too bungre before the next meal is due, wholesome snacks may be ES

## figure it out for yourself

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