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Big Ben \$4.50
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The Rexall Store
Torrance California

State Bank of Lomita

CAPITAL \$25,000
—Fully Paid Up—

SOME DAY—

—During his life most every man says to himself: "If I only had some ready money."
—Perhaps an opportunity for business success depends upon an investment of capital. Perhaps sickness has brought home the importance of a reserve fund for a "rainy day." But at all events he will regret that he has never saved his money.
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Have You a Home For Sale?

If you have a home for sale or trade, livestock, machinery, implements, vehicles, poultry, musical instruments, nursery stock, building material, new or second-hand goods of any kind, dogs, cats, motorcycles, bicycles, automobiles, sewing machines—in fact, anything you wish to sell—advertise it. A little ad should get you a buyer. Don't delay—send the ad you desire, or let us write it for you. Address The Torrance Enterprise, Torrance, California, or The Lomita News Letter, Lomita, California.

To see well—see Rothwell

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200,000,000 POUNDS OF WASTE FAT BEING CARRIED BY AMERICAN PEOPLE

There are 200,000,000 pounds of fat stored away in this country, which could be used with great profit and without cost. This fat is piling up on the bodies of American citizens who would be much better without it.

Can we use this fat without becoming cannibals? Yes, indeed. This fat can be burned in millions of human furnaces, and thus save other fats or energy-giving food, such as wheat, oats, barley and rye.

The men and women who have these stores of fat to give are not the exceptional heavy-weights, but the average individuals who are approaching middle age.

Insurance tables prove that after the ages of 35 and 40 and throughout middle life, those who are somewhat underweight have a lower death rate than those who are of average weight or beyond.

A vast number of people between 35 and 55 could give up ten pounds of weight and be much better off for it. In fact if you are much overweight you are likely to be threatened with serious physical trouble.

Fat can be overcome, first, by exercise; second, by diet. Hand ball and other sports, such as walking and skating, are excellent. Setting-up exercises each day are possible to us all; for, no matter how or where we live, each of us has at least six feet of space and twenty minutes a day to devote to the necessities of health and good looks.

Diet, however, is the best way. A man who is forty pounds overweight is carrying in his body the equivalent in fuel value of 135 one-pound loaves of bread. We hear a good deal about food speculation and food hoarders—but how about the fat hoarders?

If you cut down your food consumption you begin to burn your own fat. It is a simple method, requiring no drugs and no hunger. You don't have to "cut out" the food you like—only "cut down" the amount.

A healthy over-weight can gradually take off 30 to 60 pounds by following these diet suggestions. Take hot milk and not cream in your coffee.

Eat only one small pat of butter at each meal.

Avoid soups.

Cut out fat meats, salad oils. Cut out "extra foods," candies, ice-cream and sodas, etc.

Remember, fats and sugars are the great fat producers.

Eat freely of vegetables and fruits lightly of bread and breakfast cereals.

Eat fruit for dessert instead of pie and pastry.

ENTIRELY MISTAKEN

"I wouldn't be a fool if I were you."

"That's the only sensible thing you've said during this discussion. If you were I you wouldn't be a fool."

CATHOLIC CHURCH

Rev. Father James Deenihan will celebrate mass at 9:00 o'clock every Sunday morning at Steffen hall, corner of Carson and Cabrillo avenues, Torrance.

Now that she has found, she can't keep everything else, Germany has about decided to keep her obligations.

LOCAL TIME SCHEDULE

—Of The—
REDONDO, SAN PEDRO STAGE
Between Redondo and San Pedro

—Via—
Lomita and Torrance

Effective 12:00 O'clock Midnight Sunday, October 31, 1920

Leave	San Pedro	Lomita	Torrance	Redondo
A. M. 5:50	6:05	6:12	6:32	
6:50	7:12	7:19	7:42	
8:00	8:22	8:29	8:46	
9:00	9:22	9:29	9:46	
10:00	10:22	10:29	10:46	
11:00	11:22	11:29	11:46	
12:00	12:22	12:29	12:46	
P. M. 1:00	1:22	1:29	1:46	
2:00	2:22	2:29	2:46	
3:00	3:22	3:29	3:46	
4:15	4:37	4:44	5:01	
5:20	5:42	5:49	6:06	
6:15	6:37	6:44	7:01	
8:10	8:32	8:39	8:56	
10:00	10:22	10:29	10:46	
Leave	Redondo	Torrance	Lomita	San Pedro
A. M. 5:50	6:07	6:14	6:36	
6:35	6:52	6:55	7:21	
8:05	8:22	8:27	8:49	
9:05	9:22	9:27	9:49	
10:05	10:22	10:27	10:49	
11:05	11:22	11:27	11:49	
P. M. 12:05	12:22	12:27	12:49	
1:05	1:22	1:27	1:49	
2:05	2:22	2:27	2:49	
3:05	3:22	3:27	3:49	
4:10	4:27	4:34	4:56	
5:10	5:27	5:34	5:56	
6:15	6:32	6:39	7:01	
7:15	7:32	7:39	8:01	
9:15	9:32	9:39	10:01	
11:00	11:17	11:24	11:46	

*Sunday Service Only.

GET THE SPIRIT

By R. D. "Walt Mason" Taylor
Llewellyn Iron Works

It matters not how many years are reckoned with the past. The all-absorbing topic and the question that is asked

By all who live within our midst, or come here friends to see, is, "What's this old town's prospects and what's she going to be?" It isn't lack of elements from which a town to build.

Location and of elements our larger is well filled.

There's capital and labor that is waiting for the call;

There's enterprise, if handled right, would stake with us its all;

There's Easterners who come out West could easily be induced

To cast their lot and fortune here if we get out the BOOST.

It's BOOST with everybody, and it's everybody try

To BOOST this town of TORRANCE till she's BOOSTED to the sky;

Place no limit on your effort, let each one of us use the name.

And the world can't help but notice that the Torrance booster's game

Place no limit on your number, population counts for much;

Why not say, with proper effort "We'll one hundred thousand touch."

Make it strong and make it whole, some, boost your city, make it swell;

Do your best to Boost for Torrance, boost her long and boost her well

WHY NOT TELL IT TO US?

Hardly a week passes but we bump into some one who asks:

"Why didn't you have something in the paper about So-and-So; I thought everybody knew about it."

And that's where they make a mistake. The thing you hear may be a long time getting to the reporter.

You may think it is common talk when, in fact, not more than a half dozen know anything about it. So don't think we are mind-readers

or that we have a way of finding out news without people telling it to us. March right up or call up

and tell us that which you have heard, and which you believe would interest others when they see it in the Enterprise. It takes but a few seconds, and it will help wonderfully to make the very kind of paper you want printed in your city.

Don't wait until the paper has come out to tell us of the things that are news to you. Practice that modern slogan: "Do it now."

NOT YET

FATHER—Helen, isn't it about time you were entertaining the prospect of matrimony?"

DAUGHTER—Not quite, pa. He hasn't call until eight o'clock.

FINE EXERCISE

There is nothing healthier than taking a flivver ride over some of the roads around here. It brings every muscle of the body into play.

BIRTHS

Mr. and Mrs. Albert W. Hemsath of 797 Cota street, are the proud parents of a 7½-pound baby girl, Virian Alberta.

The bee, in proportion to its size is thirty-five times as strong as a horse.

About the only consolation a taxpayer has is that the citizen from

You can't get 'em to confess it, but it's easier for some boys to make love than it is to make a living.

There is one fellow you can't afford to argue with, and that's the one who declares there's no money in doing unto the other fellow as you would want him to do unto you.

MICKIE SAYS

WHEN SOMETHING OUGHTER BE SAID ER DID ABOUT ONE O' THEM TIKKISH LOCAL SITUATIONS THAT COMES UP NOW AN' THEN, AN' EVERYBODY IS SCARED TO TOUCH IT, DIDJA EVER NOTICE WOND THEN'LL ALL STAND BACK AN' HOWER, "LET THE NEWS-PAPER DO IT!"

UP YER BUSINESS AN' WORTH ADVERTISING IT FOR SALE

CHARLES SWANN

THINK IT OVER

American women are spending \$750,000,000 a year for cosmetics.

The balance wheel of a watch moves more than 3,500 miles in a year.

The United States leads the world in commerce, but ranks ninth in education.

The Chinese usually open a conversation with "How old are you?" instead of "How do you do."

The money lost through fires in the United States from 1915 to 1919 was sufficient to build new homes for 1,416,375 persons.

Owing to the shortages of teachers between 300,000 and 400,000 children in the United States last year had to go without schooling.

Over \$17,000,000,000 must be provided by the United States Government to meet its running expenses for the next thirty months.

For the first time in its history, the great Krupp works at Essen, Germany, have worked a year without making a single implement of war.

The 240 industrial strikes in New York City in the past year meant a loss to the workers of over 10,000,000 working days; in wages \$50,000,000.

In 1893, gasoline sold for 6 cents a gallon. In 1896, there were only four automobiles in the United States. The first transcontinental automobile run took over two months—from May 23 to July 26.

A million dollars in gold coin weighs 3,680 pounds, or nearly two tons. A billion dollars in gold coin weighs a thousand times as much, or, 1840 tons—nearly 2,000 tons. In silver coin a billion dollars would weigh 29,460 tons.

There are more than fifty newspapers in New York City, in fourteen languages; more newspapers than all of educated Norway and Sweden combined and five times as many in proportion to population, as any other great city in the world.

The average income of unmarried women, in New York State (with no incumbents) who reported their incomes last year, as subject to State tax, was \$2,394, while that of the men without a family was \$2,549.

Automobiles registered in the United States last year numbered 9,211,295, an increase of 1,645,849 over the preceding year. The registration and license fees amounted to \$102,034,106. In New York State alone the number of cars registered in 1920 exceeded the total registration for the United States in 1910.

France has a population approximately of 39,000,000. Forty per cent of the people take care of their money. Which means that over 15,000,000 French folks practice thrift. America has a population approximately of 105,000,000. Not more than 10 per cent of American citizens save their money.

Before the World War the people the United States owed to other countries \$5,000,000,000. This debt has been paid, and there is now owed to us \$10,000,000,000. We hold the largest gold reserve in the world, while our bank deposits exceed \$24,000,000,000, exceeding by millions the entire bank deposits of the world.

The United States is characterized as "the most spendthrift nation the world has ever seen" by William Mather Lewis, Director of the Savings Department of the United States Treasury. "We spend \$22,000,000,000 yearly for luxuries," he says, "and if this stupendous sum was plit in two ways we would have enough money to solve the world's capitalization problem."

Ministers are making sacrifices that most people know nothing about. One minister receiving a salary of \$800 a year, gave his boy \$400 a year to help him through college, while he and his wife struggled along on the remaining \$400. Another minister saw a penniless old age staring him in the face. He left the ministry, went into business for four years, made \$25,000 and then went back to preaching.

The telephone was a toy in 1876; the typewriter a crude instrument in 1878; the electric industry a baby in 1879, when Edison invented the incandescent light; the phonograph was a curiosity in 1890; the automobile, a buggy with a gasoline engine in 1895; and moving-pictures, a flickering experiment in 1899.

When we think of the number of people employed in these industries and their allied offshoots, all the growth of half a century, we need have no trepidation about the future. Undreamed inventions and industries are just around the corner.



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NOTARY PUBLIC

Legal Papers Drawn

Real Estate and Insurance

Specialty of Loans for Homes

And along in the spring a young man's fancy also turns to thoughts of a new set of tires for the Ford.

About the only consolation a tax-payer has is that the citizen from

Germany a little worse off than he