

 HUP GIVES HEALTH.
The exercise gained in turning a motor wheel is more valuable than that gotten from walking, is the opinion held by many leading medical authorities.
The motor car is a great aid to health insurance and to bringing the events of outdoor recreation can be constructed, says W. Harold Dodge, distributor of the Hupmobile.
"The slight physical effort required in turning the steering wheel reacts on the muscles of the arm and abdomen, according to Dr. Royal S. Copeland, who is the commissioner of health in New York City," said Mr. Dodge.
"Any Californian owning a Hupmobile can find it possible to go from mountains to seashore just as easy as he can walk around the block."
Further evidence of Ford Motor Company's intention for forestati the equipped with one-man tops.
The officials of the town of
The officials of the town of Firestone Cords is thout eq Will Scop Be Here-So Don't Delay Thousands of women who are driving Overland and is annals of tire mal Sedans wonder how they ever got along without them. The Qverland makes the fresh produce of the farm as accessible as the corner grocery. Shoplency to **McDowell's Auto** by the general t service. Firestone for har **Top Shop** ping, too, becomes a pleasure instead of a hardship. and bus lines, buy tires by For real quality, comfort, style and all-round per-formance, the Overland Sedan is without question "the greatest motor car value in America." 242 N. Pacific San Pedro Phone 506 Touring . . . \$550 Roadster . . 550 Sedan \$850 895 f.o.b. Toledo LOMITA GARAGE Overland, Always a Good Investment, Now the Greatest Automobile Value in America Member United Auto Club SPIKES FOR SPEEDERS The officials of the town of North Adams, Mass, are effective-ly enforcing the anti-speed ordi-nance with an original road bar-rier. 'A policeman stands at the side of the road with a red lantern. cautioned to use discretion, provid-ing they stop. If they fail to stop the policeman blows his whistle and farther along the road a belt. Squirt oil into all the likely places and farther along the road a belt. Squirt oil into all the likely places and the most unlikely places, and the annoying "birds" will be finally suppressed. Wilmington-Redondo Blvd 18 Months to Pay We assure you personal service in Repair Work of all kinds. 116 North Catalina & SON Redondo Beach Gasoline and Oils Complete Stock of Ford Parts TOW CAR SERVICE Schultz, Phone 177-J-11 Lomita W. A. KING, Prop. OUR CLASSIFIED ADS. GET THE BEST RESULTS rance