

Torrance Herald

Published Every Friday by
THE HERALD PUBLISHING COMPANY
Torrance, California

DEVOTED TO THE PROGRESS AND DEVELOPMENT OF TORRANCE
Published weekly at Torrance, California, and entered as second-class matter
January 30, 1914, at the postoffice at Torrance, California, under the Act of
March 3, 1879.

OFFICIAL PAPER OF THE CITY OF TORRANCE

C. P. ROBERTS - - - - - Publisher and Owner

Subscription Rates In Advance

One Year.....\$2.00
Single Copies.....5c

GOOD MORNING

The jokesters will try to have a lot of fun at the expense of the smiling old Frenchman who came here with the daily slogan for health improvement, "Every day in every way, I am getting better and better." M. Coue claims nothing new, but surely he has popularized an old well known fact that we have a dual personality, one that to all appearances is one's self, and another beneath the surface, unseen and largely unknown, which is the subconscious mind that keeps the machine going.

You may be completely knocked out as far as consciousness is concerned, but you live because the subconscious self is still on the job. When that quits, they call the undertaker. You give no thought to breathing, heart beat, digestion or those things that go on constantly under the operation of the subconscious self.

It is a scientific fact that the subconscious self is quite sensitive to suggestion from the conscious mind. It may not be suggestion in that sense, but worry or joy. Delicate instruments show that the heart beat may be quickened or slowed by thought. Worry upsets digestion. Hatred pours poison into the life stream and love cleanses it.

M. Coue wants everybody to think constructively rather than destructively, so that the ailments of the body may automatically be lessened or made to disappear. If you are taking medicine for any purpose, believe that it will cure you and it will act quicker than if you have no faith in it. This is the secret that accounts for the fact that one can get good testimonials from people who have taken patent medicines, whether they have merit or not. The very belief in the remedy is a wonderful aid in improving the health.

Quit talking about your ailments. Quit asking others about theirs. When Mrs. Grundy asks "How are you today?" tell her "Fine, getting better and better every day." The very greeting "Good morning" is a constructive greeting. It may be bad weather but say GOOD with emphasis and a smile and everybody forgets bad weather. It helps the digestion to be cheerful. It does not help the weather to be grouchy about it.

If you have a temper like a buzz saw, a chronic grouch that makes you enemies; a suspicious tendency toward everybody, just adopt M. Coue's slogan and begin a course of constructive regeneration in your mind. It comes hard at first. Your family and neighbors will wonder what came over you, but keep at it until you have become a popular member of the community because you are thinking and acting constructively.

LA FOLLETTE

By a vote of 17 to 12 the Wisconsin Senate has adopted a resolution censuring the action of the 450 University of Wisconsin professors in signing a round robin during the war attacking the attitude of Senator Robert M. La Follette, whose war record was vigorously defended by Senators favoring the resolution.

Seeing that La Follette was an ardent pro-German at a time when this country was being attacked by Germany, the professors were well within their rights as good American citizens. Having attempted to whitewash Senator La Follette for his unpatriotic stand during the war, the Wisconsin Senate may now proceed to thank him for the slanderous statement that the American soldiers that gave their lives in the service of their country were a "bunch of boobs."

It is wonderful what a man can say and get away with in Wisconsin.

SAFETY LAST

In the hope that the auto driver who won't pay any attention to the "Safety First" slogan may give attention to one favoring safety as a last resort, a Detroit man has written out a number of epitaphs which he suggests be kept handy and placed on the gravestones of speeders when the final crash comes—as it does come, sooner or later. You will be interested in these epitaphs, because they contain more truth than poetry. Here are a few of them:

"Les slumbering here one William Lake; he heard the bell, but had no brake."

"At fifty miles drove Arthur Pidd; he thought he wouldn't skid, but did."

"At ninety miles drove Eddie Shawn; the motor stopped, but Ed kept on."

Down in the creek sleeps Jerry Bass; the bridge was narrow—he tried to pass."

"Beneath this stone sleeps William Raines; ice on the hill—he had no chains."

"Here lies the body of William Jay, who died maintaining his right-of-way."

"Here rests the remains of Percival Sapp—he drove his machine with a girl on his lap."

"And here's what's left of Samuel Small; he paid no attention to slow signs a-tall."

"That ash pile there is Billy Hatch; he looked in his gas tank with a lighted match."

President Harding signs every bill before him. Most of the bills of any importance did not reach him. They were either shelved or killed by Congress.

European paper money has become so nearly worthless that the counterfeiters have been put out of business.

Did you notice that they never started booming Ford for president until he showed his good sense by making a car with four doors in it?

The man who pays as he goes may not equal the speed record of the chap who travels on credit, but it's dollars to doughnuts he'll get a lot further in the end.

After you have read this paper—pass it along!

An Illinois woman is suing her hired girl for stealing her husband. Some girls will take anything you have around the house.

A doctor told us recently that it's best to smoke only after a meal. But who wants to run home and get a meal every time he wants to smoke.

The French evidently think that even though Germany seems to be facing ruin she has two faces.

Sea-Going Dog of U. S. Lines Fleet Is Not Partial to Any One Steamer



"Eppy" and Quartermaster of Roosevelt

NEW YORK, March 22.—Practically every ocean-going vessel afloat, be it sail or steam, freight or passenger craft, has a mascot of some kind, but rarely does a fleet have a mascot which divides its time impartially between every ship composing it. Since the day that Noah set adrift with the largest collection of mascots ever recorded, deep-sea craft have been noted for the mascots brought aboard by their crews. Monkeys, dogs, cats, and birds are the pets usually adopted.

The passenger boats of the United States Lines each have a mascot of some sort which their crews are fond of, and which are supposed to bring luck to the ship. But these mascots fade into insignificance compared with the self-appointed mascot of the entire fleet of 12 vessels of the United States Lines, who comes and goes, from one ship to the other, and who never makes more than one voyage either way on the Atlantic on the same boat in succession.

This wandering pet is "Eppy," short for "Epicure," who first boarded a United States liner under unusual circumstances, and who now is considered champion wandering mascot of the Seven Seas.

Last spring, when the steamship America stopped while in mid-ocean to take aboard a badly wounded engineer from a freighter, "Eppy" accompanied the injured man.

Of what is known as the Pickle breed, because of the highly mixed and varied strains in his make-up, "Eppy," once he saw the engineer was receiving proper surgical treatment, inspected the American thoroughly. He cast an experienced eye over the bridge, wagged his tail in appreciation over the way things were run in the engine room, looked in on the purser, gave the dining saloon the once over,

and then headed for the galley. Here he lingered with keen appreciation and this visit finally led to his christening as "Epicure."

He sniffed the air slowly, with the manner of an epicure, inhaling deeply of the ozone, laden with odors of good food, carefully prepared. The chef gave him a bit of steak, some potatoes and a pan of water. Slowly "Eppy" ate, casting an occasional glance of real appreciation at his host. When he had finished he barked his thanks, wagged his tail madly, and then sauntered off to inspect the quarters of the crew.

Officers and men of the America became deeply attached to "Eppy" and planned to keep him aboard. But they did not know the peculiar nature of their guest.

When the America left Plymouth for Cherbourg and Bremen, "Eppy" was missed, and a frantic search of the ship failed to locate him. The vessel returned to New York, and about the first thing the officers noted when visiting aboard the President Monroe, which lay in an adjoining berth, was "Eppy." He had, it seemed, boarded the President Monroe at Cherbourg and made the trip to the United States. "Eppy" refused to be coaxed back to the America, and yet he had deserted the President Monroe before she sailed. He was next reported aboard the President Polk.

Now "Eppy" turns up in Queens-town, Plymouth, Cherbourg, Bremen or New York on one or the other of the steamships of the United States Lines, seeming to know these craft from all others, and never doubling on a trip. Some say there is a reason for this refusal of the dog to leave this line, which is noted for the high quality of its cuisine. "Epicure," apparently, is intent on living up to his name.

"NOTICE OF SPECIAL MEETING TO STOCKHOLDERS"

To consider a proposal to increase Capital Stock.

Notice is hereby given that at a regularly called, noticed and held meeting of the Board of Directors of the State Bank of Lomita, a Corporation, having its principal place of business at Lomita, County of Los Angeles, State of California, held at the office and principal place of business of said Corporation on Tuesday, the 27th day of February, 1923, a full quorum of said Board being present, a resolution was duly and unanimously adopted, calling a special meeting of the Stockholders of said Corporation to be held on Tuesday, the 15th day of May, A. D., 1923, at the hour of two o'clock P. M. of that date, in the Directors' room in the Banking Rooms of said Corporation at Lomita, in the County of Los Angeles, State of California, the same being the principal place of business of said Corporation, and being the place and building where the Board of Directors of said Corporation usually meets, for the purpose of considering and acting upon each and all of the following separate propositions:

(a) To increase the amount of the Capital Stock of this Corporation from Twenty-five Thousand Dollars (\$25,000) divided into Two Hundred-fifty (250) Shares of the par value of One Hundred Dollars (\$100.00) each, to One Hundred Thousand Dollars (\$100,000.00) divided into One Thousand (1000) Shares of the par value of One Hundred Dollars (\$100.00) each, all of said Stock to be Common Stock.

(b) To consider and act upon any and such other business which may come before said meeting. Dated this 27th day of February, A. D., 1923, at Lomita, County of Los Angeles, State of California.

By Order of the Board of Directors. H. V. ADAMS,

Secretary of the State Bank of Lomita. (CORPORATE SEAL) (Pub. Mar. 1 to May 3, inclusive)

NOTICE

State of California, County of Los Angeles, ss.

We, J. C. McVEY and ANNA M. McVEY, the undersigned, do hereby certify that we are copartners engaged in the business of operating and conducting a theatre, under the firm name and of:

"THE TORRANCE THEATRE" that the principal place of business of said copartnership is at the corner of Marcelina and Sartori Avenues, in the city of Torrance, County of Los Angeles, State of California; and that the names of all the members of said copartnership and their respective residences are as follows, to-wit:

J. C. McVey, 2021 Carson St., Torrance, Calif.
Anna M. McVey, 2021 Carson St., Torrance, Calif.

IN WITNESS WHEREOF, we have hereunto set our hands this 27th day of February, 1923.

J. C. McVEY,
ANNA M. McVEY.

State of California, County of Los Angeles, ss.

On this 27th day of February, A. D., 1923, before me, James L. King, a Notary Public in and for said County and State, residing therein, duly commissioned and sworn, personally appeared J. C. McVEY and ANNA M. McVEY, known to me to be the persons described in and whose names are subscribed to the within instrument, and acknowledged to me that they executed the same.

IN WITNESS WHEREOF, I have hereunto set my hand and affixed my official seal at my office in the City of Torrance, County of Los Angeles, State of California, the day and year in this certificate first above written.

(SEAL) JAMES L. KING,
Notary Public in and for County of Los Angeles, State of California. Pub. Mar. 2, 9, 16, 23, 1923.

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