ORRANCE, CALIF.

by NANCY CARROLL Paramount Star

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KEEPING FI

with NANCY CARROLL

TORRANCE HERALD - LOMITA' NEWS

by NANCY CARROLL

with NANCY CARROLL

THURSDAY, APRIL 3, 1930 STOT

easier if his last name was Rocke-YTA.

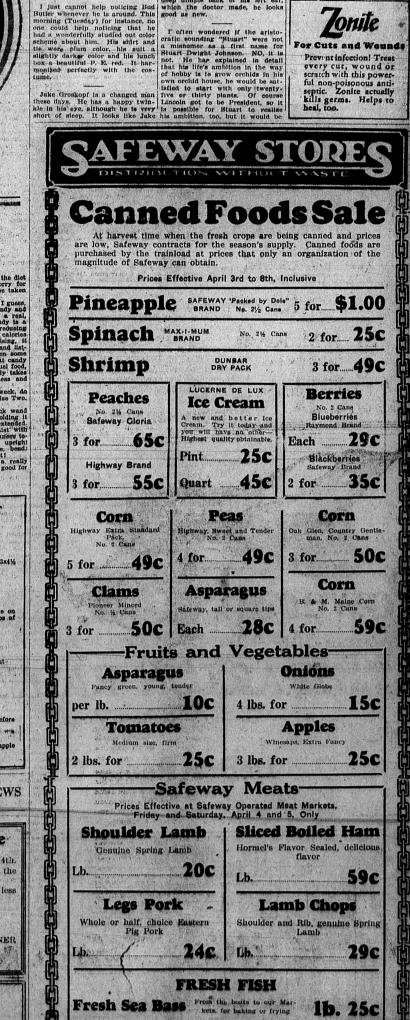
Martin Monson had the mistor-une to be bitten severely by his own dog last Thursday. Tests made own dog last Thursday. Tests made by the Health Department showed that the dog had rables and it was necessary-for Monson to take the Pasteur trealment for his own pro-tection. It is not a pleasant ex-perience, but ne ill effects should result other than loss of time to take the treatments.

Dale Merritt is well on

Tonite

For Cuts and Wound

Prevent infection! Treat every cut, wound or scratch with this power-ful non-poisonous anti-septic. Zonite actually kills germs. Helps to heal, too.



100-100

Since

It is reasonable to suppose that formal variable to suppose that is working fast. He had better not make any more falss moves, real program of the second that start when you are ready to go." The ther morning he was in the office in his way up town and made just when you are ready to go." The ther morning he was in the office in his way up town and made just weak yo laws the device and the swell restaurant for two hours till she was so hungry that he had to stop at the next places and it turned out to be Chinese. The time keep is well and started it for him tohnine probably does not under tand his car.

NEWS AND NONSENSE

IN THE P. E. SHOPS

Edited by Carleton B. Bell

John Watson is back at work after almost two months off on account of sickness. Aside from a deep dimple back of his left ear, which the doctor made, he looks good as new. to come days yet.



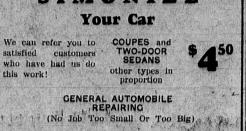
or keep I have with I call "The Nancy by Day Dict." When-yacif getting soft, I get and my exercises, and in. I don't believe in a short-term disc

NANCY CARROLL NO. 1

come with the acid diets. The week calls for the greatest will be and sacrifice, and after that I up the calories, week by week, connection with the diet I foi-a simple set of exercises which we ... exced out. They keep the dies from getting flabby, and help to take off fat where I is taking off most! as taking off most! as in the calor of the sweet. The set is the calor of the sweet. I wand mode of a sweed-off m handle, will help your head high your head, and as far back as help. the sets was a far back ching the arms down and trying bet the Nancy Carroll Thirty let was created specially for is upplicable to most women, consult her physician as to yyolad fitness before she un-says reducing well balanced ope, and h it does away with the e-pangs and weakness by show the show you how much

NANCY CARROLL THIRTY-DAY DIET

1 cup. To this add slowly, drop by drop, I cup mineral ell. While distilled vinegar or lemon juice ell may be added to give a fart flaves. This dressing may be used freely, and the caloric con-tent disregarded. If I cannot the proceed at a retiserant, use only sait, pepper and vinegar in seasoning maides of this dist. bran muffir or tea. Sugar if desired p clear tomato bouillon ic Meiba to st fred egg (1) salad, with let-c and mineral oil dressing. with lemon. tuce and mineral oil dressins. eas with isono. Boil egg hard. Cool and halve. Remove yolk and mash fine with sait.und pper and ½ tesspoon thild sauce. Return your of the proper single thild sauce. Return your of the proper single taives of windle by mining the atalks celery. and ½ tesspoon musitard in a Demi-tasse and ½ tesspoon musitard in a Demi-tasse 2nd DAY 1 place fudge 1%" square. grapefruit slice Melta toast, spread with saltspoon of butter offce or tea. Sugar If desired Dinner 1 cup clear bouilion, chicken chickon 1 poached egg 24 bran muffin Pinoapy's (1 alice) and lettu salad (no dressing) Demi-tasso ercress and tomato (1) salad, meral oil dressing see of zwieback Srd DAY (1 banana (1 banana (1 banana (1 banana (1 banana Diacer (1 banana Diacer (1 banana Diacer (1 banana Diacer (2 with lemes Diacer (2 with lemes (2 w te honeydew melon led egg te or tea. Sugar if desired ttuce and asparagus salad (5 stalka fresh or canned) with mineral oil dressing pran multin Breakfast medium orange alice Mellon teast (no butter) offee or ice. - Sugar if desired uach eup cole slaw with lettuce break yath 漫 Lunch 34 cup cole slaw with lettuce 34 bran muffin 2 pleces candy SPECIAL-FOR THE MONTH OF APRIL WE WILL SIMONIZE Your Car



WASHING POLISHING

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ARLINGTON AT . X

Charles Rissinger and Joe Tavan have such enormous appetites that they always eat a full dinner at home, when they are going to the erit friend's house for dinner. Ethel Ward and Dot Chandler had many waffles lott Saturday night after they had entertained these two boys. It is hard to imagine either one of these boys ever leaving any-thing they could eat, but funny things do happen. Jack Shinn is back at sch guin, and his sickness hasn't a ceted his pop around school iscuhere, The teachers are ag opt busy keeping Jack busy. Homer Kirkpatrick, in time, will be able to give Bill Tilden some competition in tonnis. Homer pends every extra minute of his line on the tennis courts of the C. M. O. competition spends every time on the C. C. M. O. Spanlards, Ralians, athletic siris scientific boys and what-hois were wandering around the school of Monday. No, it wan't visiting day but the classes and clubs were get that their pictures taken for thi annual. annual. The county jail had about twen-ty students from Torrance yester-day in its portals. Dor't be glad too soon, because they didn't get to stay. (That's the sad part of to stay. (That's the sad part of to, stay. (That's the sad part of to sad part of to sad part of the sad part of the sad part of to sad part of the sad part of the sad part of the sad part of to sad part of the sad part of the sad pa

Norma Rappaport, Betty Ripple, Bill Barnes, and Rudy Huber are iose going Into the traveling salesmen after business for the Annual. They have while been doing some pretty good work calor in Los Angeles, Long Beach and Townance getting ads for the Torch.

HI SCHOOL

HI LIGHTS.

By MURIEL BELL

ey Crei May W

nger and Joe Tav

With Johnny it is your e a habit. Stanley Crei yed second prize; May W am and Paul Copeland third place; Isabel Bu th; and Rudy Huber re place. The district e be held here next week

Micr some selections by our weak-appearing band in aud. call, some outsiders wondered who suf-fered the most-the band or the audience. Each is still surviving, o the music may not have been

of the Co

to be a received Haslam for this

Charles 'K

and the exercises you abould lose four pounds the first week. During the second week you should lose four pounds more. You see, after the first two weeks of the diet which have the most diratic cut in calories. I gradually build up the calorie content so that the weight re-duction can come more sormally. The third week of the diet you should lose only three pounds, and the fourth each you at d lose only two pounds. In all, if you follow it rigorously, and exercise yeary day, you will lose about thirteen pounds and others fifteen pounds. This of course is a lot of weight, but the beauty of my diet is that if you want to repeat at is not because it leaves you strong and well able to understore throng we well be to understore throng and well able to understore the sectors FIVE YEARS AGO IN TORRANCE As Told by the Files of This Paper-

Breakfast

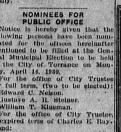
First steps toward the creation of assistment districts for the pay ing of Redondo boulevard, from Madrid avenue to the west oity limits, and the installation of a street lighting system throughout the business and residence dis-tricts of Torrance were taken up last night by the board of trustees last night by the board of trustees unanimously elected mayor by the board of trustees last night. Sixty bowlers on twelve teams got away to a flying start at the new American Recreation Center on Garsen street. Dr. Geo. P. Shidler is in San Francisco taking special work in surgery.

Glider Leaves On

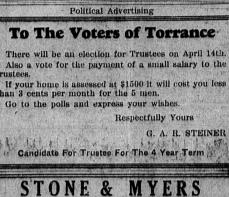
Trip To New York In Texaco "Eaglet"

Captum Frank M. Hawks, work famous airman, left San Diego fo New York Sunday in a glidertowe by an airplane on the first tran-contingential and the longest glidd flight ever attempted. He is du to New York Sunday, April 6, ac cording to word received by 1 win's Service Station, Texaco dea ers at Torrance. In The Texas Company's cabi glide, "Eaglet!," the most unity craft of its kind ever built, Hawl will traverse a 2300-mile coast-to coast route in eight days, passin through 12 states and over (clites. The Texas Company sponsoring and inancing the figst as a contribution to the growin popularity of gliding which it view det an important medium, for asin

inportant medium for interest in aviation



icopied term of each of the one of the one of the office of City Clerk of the office of City Clerk of the City of Torrance: Albert H Bartlett s : Albert H Bartlett s : Albert H Bartlett of City Treasures of the City of Torrance: Harry H, Dolley. Dated at Torrance. California March 35, 1939. A H BARTLETT. City Clerk of the City of Torrance Mar 27-Apr. 5-19



EMBALMERS

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AMBULANCE

so "all-in" during and after the period that I really felt sorry them. And no diet should be t without a decion's approval. a doctor's approval. of you are surprised, I gue fact that I include candy a is giv I find the It is a find the

NANCY CARROLL THIRTY-DAY DIET Breakfast 1 tangerine or ½ orange. % cup corn flakes "lift ½ oup skim mijk and 1 scant tsp. sugar Coffee or tea. Sugar if desired Lunch Salad of letituce, tomato and 1 hard bolled egg, with mineral où dressing 1 thep. apple sauce Tea with lemon Broiled lean round steak (3x4% 1 slice Melba toast 4 stalks celery 2 pieces candy Demi tasse mineral oil dressing. Serve on hearts of lettuce with strips of pimento 1 cup clear bo 1 small frank 2 tbsp. spinac 36 bran muffir nkfurter hach or sauerkraut

DAY 1 piece ca Tea with cantaloupe or 1 inch neetuun ice honeydew melon jiled egg iee or ica. Sugar if desired Dinner 1 lamp chop (trim off fat'before brolling) 4 baled potato Lunch Grilled sardines (2 so toast % cup cole slaw Salad: lotte and 1 ma all) on dry

SUBSCRIBE FOR THE HERALD-NEWS





