m. chool, 10:30 a. m. on, 7:30, Sunday eve

TORRANCE MEN'S BIBLE

CLASS

A Bible class for the men of the community by the men of the community. Sessions held each Sunday morning at 9:30 o'clock at the Torrance Theatre. Harry F. Dierker, president, and Rev. G. G. Elder, teacher. All men are well-

SOUTH LOMITA CHURCH ne friendly church. Funda-ental, evangelistic. 2341 255th reet, Lomita. T. C. Colwell, eting pastor.

"GO TO CHURCH SUNDAY!"

ST. ANDREW'S EPISCOPAL

CHURCH
Rev. F. Murray Clayton, vicar.
No Sunday school.
Morning service, 9:00 o'cloclorning prayer and sermon.
No evening service.

CENTRAL EVANGELICAL CHURCH

FIRST CHURCH OF CHRIST SCIENTIST, TORRANCE Former Dominguez Bldg., 1203

To the term of the

Evening service, 7:30 o'clock. Young people's service, 6:30 p.m Wednesday, 7:30 p. m., prayer

County Welfare Head Speaker at Dinner

I Jensen, head of the counser department, and Chairman R. Quinn of the board of rvisors, will be the speakers to meeting of the Harbor Dischambers of Commerce to be tonight at the Hollywood era clubhouse. The meeting ms with committee meetings to o'clock, dinner to be served to o'clock, dinner to be served.



ds!

a Day

to help keep him well and comfortable

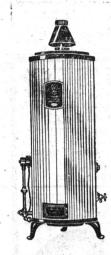
Hot water has a big part in keep ing babies well and comfortable. Automatic hot water means no skimping - no waiting.

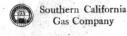
Five cents a day is the average operating cost of a modern automatic gas water heater. It is downright economy to own

For a limited time special terms are available. See the Blue Star Seal on the model you select.

\$500 Down

Easy Payments





Merchant Plumber or Gas Company Corner Post and Cravens Avenue Torrance

Safe Reducing Diets Include Plenty of "Protective Foods"

By Dr. Shirley W. Wynne Commissioner of Health, New York City

It is possible to leave the table after each meal fully satisfied, and still lose weight. The secret lier

atter each meal fully satisfied, and still lose weight. The secret lies in proper food selection—in satisfying your appetite and at the same time keeping the calories down.

Calories are measures of the energy contained in what we eat, but our foods should provide other substances which the body requires besides those which supply energy. These other substances are vitamins, minerals and proteins. If we do not get them in our foods, health may be permanently impaired.

we do not get them in our foods, health may be permanently impaired.

Include Protective Foods

All diets, whether for reducing or gaining weight, or only for wholding your own," must include the "protective foods"—if we are to keep well these include from a pint to a quart of milk a day, at least two plentiful salads of fresh, uncooked leafy vegetables, and some fruit or fruit juices. These three foods, or classes of foods, together with sunshine, provide all the vitamins and minerals necessary. They also provide some protein and carbohydrate. Many reducing diets are harmful because they lack these all-important food elements.

You will notice that these foods, in the typical reducing diets accompanying these articles, are printed in bold type. This is because they are the absolutely necessary part, of the diet. They provide wealth insurance. They must be min the amount recommended,

Unemployed Veterans Relief to

Fruits, Milk, Vegetables Are subtract in the res. of the diet to subtract in the res. of the diet to make it fit for your calory requirements. Whether you are following this diet or not, be sure that your This is the second of a series of articles on weight control by Dr. Wynne.

SLIMMING DIET

I	Co	storic
1	1 small glass tomate jules	80
1	Breakfast cerenl (1 tsp. sugar, 1/2 glass milk)	
١	no sugar)	25
1	LUNCH	
1	Salad (3 tablespoons cottage choese, 1/2 cup cole slaw,	
1	watercress)	100
1	1/2 slice bread, or 1/2 roll	20
1	1 cup fresh berries (1/4 glass	
1	milk, no sugar)	125
ł	1 glass of milk	150
1	DINNER	
1	1/2 cup unthickened cream of	
1	tomato soup	100

street, Lomita. T. C. Colwes, selling pastor.
Sunday school, 9:30 a. m. Morning service, 11:00 o'clock.
Yeung people's meeting, 6:30 p.m.
Evening service, 7:30 o'clock.
Teachers lesson study and prayer meeting, Wednesday, 7:00 p.m., at 2341 255th street. CATHOLIC CHURCH Lomita boulevard. Rev. Vincent Russell, pastor. Mass celebrated Sundays at 8:30 a. m.

Lucerne Wins 2 Gold Medals

Dairy Products Distributed By Safeway and Piggly Wiggly Stores Scores High At State Fair

Outdistancing all other entrants, the Lucerne Cream and Butter Company, Los Angeles, won two gold medals and annexed the dairy products sweepstakes at the 1933 California state fair held recently at Sacramente.

CATHOLIC
CHURCH OF THE NATIVITY
Cota and Manuel avenues.
Rev. Thomas Kennedy, pastor.
Phone 332,
Mass celebrated Sundays at 7:39
und 9:30 a. m.
Sunday school, 10:30 a. m.
Sunday school, 10:30 a. m.

CHURCH

Corner Marcelina and Arlington avenues. O. D. Wonder, minister.
Sunday school at 9:45 a. m. W.
2. Bowen, superintendent.
Divine worship at 11:00 o'clock.
Sermon by the pastor.

Services, Sunday, September 24.

CHRISTIAN SCIENCE CHURCHES

"Matter" is the subject of the Lesson-Sermon on Sunday in all branches of The Mother Church, The First Church of Christ, Scientist, in Boston, Mass.

The Responsive Reading interest of the Mother Church, The First Church of Christ, Scientist, in Boston, Mass.

The Responsive Reading interest of the Christian of the Interest of the Christian of the Interest of the Int

C. C. C. TOMATO EATERS

Drastic Ordinance Is Adopted **Against Gangsters and Hoodlums**

Gangsters and hoodlums in Los Angeles county today had a new and drastic county ordinance staring them in the face with the adoption late Monday by the supervisors of an ordinance aimed primarily at routing them from strongholds in unincorporated territory. The new law, effective immediately requires all

sent medals and annexed the datry products sweepstakes at the 1933 California state fair held recently at Sacramento.

Gold medals won by Licerne was the company of 92. Lecerne was the only dairy to win gold medals in two classes. Contributing to the sweepstakes award was the showing made by Licerne in class 78, section 708, grade A pasteurized, where Licerne's socre of 98.5 was only one-half. point behind the '99 ascored by the gold medal winner. Recently, beer based on the country one-half. point behind the '99 ascored by the gold medal winner. In this class.

Quality in dairy products being one of the things that every careful housewife demands. Safeway and Piggly Wiggly stores in Southern California are proud to be the distributors of Lucerne gold medal quality products and to recommend Lucerne milk, cream, butter, eggs and ice cream to their customers.

An informal reception Tues, An informal reception honoring Rev, and firm has been airranged by the Young People's Society of the church and all members of the congregation and affer of the congregation and affer of the congregation and affer of the church and all members of the church and all members of the congregation and affer of the church and all members of the congregation and affer of the church and all members of the congregation and affer grants served. Lealnal Siward and affer grants served. Lealnal Siward affer grants and Longe grants and Longe grants and Longe grants and Longe gra

SCOUT

USED CARS - - - - 110 to \$795
36 TO CHOOSE FROM
Largest stock between Los Angeles and Long Beach
C. FRED KERR
DODGE & PLYMOUTH DEALER
16514 So. Vermont. Phone Gardena 1451.
Money to Loan, 6½%

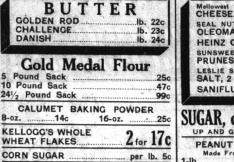
Continental Market



Corner Cabrillo, Carson and Cravens

Specials For Thursday, Friday and Saturday No Limit! — No Deals! — No Combinations!





6 cans 25c COFFEE Maxwell House Chase & Sanborn Ben Hur Pride-O-West Sanka (97% caffein removed) .lb, 25c .lb, 27c .lb, 31c .lb, 19c

DOG FOOD, Bozo, Doyle

SEAL NUT OLEOMARGARINE, 2 lbs HEINZ CATSUP, large sunsweet PRUNES, 2-lb. pkg...... LESLIE SHAKER
SALT, 2 pkgs......
SANIFLUSH, can

15°

SUGAR, cane MUSLIN 10 lbs. 49c

MALT, Budweiser, Schlitz and Blue RibbonLarge Can 59c

Soaps and Powders IVORY, Medium, 2 bars... IVORY, Large, bar... CAMAY, 4 bars.... CHIPSO, Large

MEAT DEPARTMENT

FRESH FRUITS AND VEGETABLES

SHOULDER PORK ROAST, Ib. 91/20 PURE LARD or 3 Ibs. 21c

ORANGES, Good, Sweet, 41/4 lbs. to the dozen 10c SWEET GRAPEFRUIT, Extra 5c CORONA LEMONS, Juicy, per doz. 10c CARROTS, TURNIPS, RADISHES, BEETS, SPINACH, GREEN ONIONS THOMPSON SEEDLESS 4 lbs. 10c APPLES, Good Eating 8 lbs. 25c or Cooking BANANAS, 4 lbs. for.....

3 bunches 5c

4 Ibs. 10c



Licensed Embalmers

TORRANCE: Cravens at Engracia Telephone 195 LOMITA: 1204 Narbonne Ave. Telephone 347 AMBULANCE SERVICE

