

# CHURCHES

"GO TO CHURCH SUNDAY!"

Church notices, to be assured of publication, should be in the Herald-News office before 10 a. m., Tuesday. Every effort is made to publish them all, but occasionally when they are late they must be omitted.

## METHODIST EPISCOPAL CHURCH

El Prado and Manuel Kemp J. Winkler, pastor.  
9:45 a. m., church school. Leonard Snyder, superintendent. Classes for all ages. A mixed adult Bible class is now provided.  
11:00 o'clock, morning worship hour. The pastor will preach.  
6:30 p. m., Epworth League hour. An interesting discussion on the meaning of the spiritual life.  
7:30 o'clock, evening church service. Message by the pastor.

## CENTRAL EVANGELICAL CHURCH

Corner Marcelina and Arlington avenues. O. D. Winder, minister. Sunday school at 9:45 a. m. W. E. Bowen, superintendent. Divine worship, 11:00 a. m. Sermon by the pastor.  
Christian Endeavor Societies will meet at 6:30 p. m.  
Evening worship at 7:30 o'clock. Midweek services, Wednesday evening at 7:30 o'clock.

## FIRST CHRISTIAN

Engracia at Arlington avenues. Phone 77-M. George Elder, pastor.  
9:30 a. m., the church school meeting in several assemblies with classes for every age.  
Morning service, 10:50 o'clock. Subject of sermon, "The Field Preacher," by the pastor.  
Evening service, 7:30 o'clock. Subject, "The Eagle and the Carcase," a message dealing with the end of the world. A good musical prelude will be given.  
6:30 p. m., the Christian Endeavor sessions are held at this hour.

Thursday, this week, choir rehearsal at 7:30 p. m. sharp. Mrs. S. R. Ludlow will entertain the singers after rehearsal.  
Friday, this week, members of the Torrance Men's Bible Class meet in their monthly social in the annex at 7:30 p. m.  
Tuesday, next week, the Ladies' Council will hold their regular monthly meeting at the pastor's home, beginning at 10:30 a. m.  
Wednesday, next week, members of the Missionary Society are planning an evening pot-lock dinner meeting at 6:30 o'clock.

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## CHURCHES OF CHRIST, SCIENTIST

"The kingdom of heaven is at hand. Heal the sick, cleanse the lepers, raise the dead, cast out devils: freely ye have received, freely give." These words of Christ Jesus are the Golden Text in the Lesson-Sermon on Sunday in all Christian Science churches, branches of The Mother Church, The First Church of Christ, Scientist, in Boston. "Are Sin, Disease, and Death Real?" This is the subject of the Lesson-Sermon.  
The Lesson-Sermon includes these Bible verses from Luke: "And, behold, there was a woman which had a spirit of infirmity eighteen years, and was bowed together, and could in no wise lift up herself. And when Jesus saw her, he called her to him, and said unto her, Woman, thou art loosed from thine infirmity. And he laid his hands on her: and immediately she was made straight, and glorified God."  
Among the correlative passages from "Science and Health with Key to the Scriptures," by Mary Baker Eddy, are the statements: "If sickness is real, it belongs to immortality; if true, it is a part of Truth. . . . But if sickness and sin are illusions, the awakening from this mortal dream, or illusion, will bring us into health, holiness, and immortality."

These are some of the reasons why milk should be included in every reducing diet, or for that

## Milk Is Not A Fattening Food; Use It For Health In Reducing

Dr. Wynne Calls Milk One of "Protective Foods" Needed For Good Nutrition

This is the fourth of a series of articles on weight control by Dr. Wynne.

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

One of the wrong impressions about food that has somehow got abroad in this country is the belief that milk is a fattening food. Hundreds of thousands of women daily avoid the use of this pleasant, simple, inexpensive "most nearly perfect" food because they believe that it will add pounds to their weight.

Food Value of Milk  
The fact is that no food can fatten to an extent greater than the number of calories it contains. Milk is by no means a high caloric food. A full quart of whole milk contains only about 700 calories. It requires only four or five pieces of candy or three small waffles to equal a quart of milk in fattening power.

Milk gives us several food substances that other foods do not yield. Milk is relatively low in fattening power, but rich in vitamins, minerals and complete proteins, all of which are necessary to health and resistance to disease. Milk, for instance, supplies adequate quantities of calcium and phosphorus for the protection and nourishment of teeth and bones. It supplies at least four of the known vitamins, and some of these vitamins it yields in plentiful enough quantities to make up the body's entire supply.

Milk Is Every Diet  
These are some of the reasons why milk should be included in every reducing diet, or for that

matter, in every diet for maintaining health and strength. Milk is the most important of the three "protective foods"—which also include leafy vegetables and fruits. These foods are provided in adequate quantities in the sample reducing diets appearing with these articles.

## SLIMMING DIET

Here is the fourth of a series of suggested weight reducing diets prepared for this paper by Dr. Wynne. Each diet provides about 1200 calories daily. Calculate your calories as shown in the first article of this series, and adjust the diet to your needs by taking smaller or larger portions of the food indicated in plain type. Do not change the quantities of the foods in bold-face type. These are the protective foods, and must be taken as indicated.

### BREAKFAST

Orange Juice ..... 100  
Breakfast cereal (1 tsp. sugar, 1/2 glass milk) ..... 175  
Coffee (milk instead of cream, no sugar) ..... 25

### LUNCH

Average helping broiled sweet breads or liver ..... 125  
Lettuce and tomato salad ..... 25  
1 glass milk ..... 100

### DINNER

2 1/2 cup cream of spinach soup 100  
Baked cod fish—average "p." 100  
1/2 medium baked potato ..... 50  
1 cup stewed tomatoes ..... 50  
2 helping tablespoons beet greens salad ..... 25  
Fruit gelatin with 1 teaspoonful whipped cream ..... 25  
1 glass milk ..... 100

Don't try to reduce too fast. A quarter of a pound a day is enough.

## FIRST LUTHERAN

Ancient and Sonoma streets. Phone 591. Frank D. Mechlign, pastor.  
Sunday school, 9:30 a. m.  
Morning service, 10:45 o'clock. Subject of sermon, "Giving Unto the Lord."  
Confirmation and reception of members in connection with the morning service.  
Choir rehearsal on Wednesday at 8:00 p. m.  
Brotherhood on Friday, October 13, at 8:00 p. m., with Rev. Wm. Lange of Compton as speaker.  
Luther League on Friday, October 6, at 7:30 p. m.

## SOUTH LOMITA CHURCH

The friendly church. Fundamental, evangelistic. 2341 255th street, Lomita. T. C. Colwell, acting pastor.  
Sunday school, 9:30 a. m.  
Morning service, 10:45 o'clock.  
Evening service, 7:30 o'clock.  
Young 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.

## TORRANCE MEN'S BIBLE CLASS

A Bible class for 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 welcome.

## SEVENTH DAY ADVENTIST

Weston and Walnut streets, Lomita. C. Phillips, elder.  
Sabbath school, 9:45 a. m.  
Preaching service, 11 a. m.  
Prayer meeting Wednesday at 7:30 p. m.

## CATHOLIC CHURCH

Lomita boulevard. Rev. Vincent Russell, pastor. Mass celebrated Sundays at 8:30 a. m.

## FIRST CHURCH OF CHRIST SCIENTIST, TORRANCE

Former Dominguez Bldg., 1208 El Prado.  
Sunday services, 11 a. m.  
Sunday school classes, 9:30 a. m.  
Wednesday evening meetings are held at 8 o'clock.  
Reading room, 1208 El Prado.

## CATHOLIC CHURCH OF THE NATIVITY

Cota and Manuel avenues. Rev. Thomas Kennedy, pastor. Phone 332.  
Mass celebrated Sundays at 7:30 and 9:30 a. m.  
Sunday school, 10:30 a. m.  
Benediction, 7:30, Sunday eve

## COMMUNITY INTERDENOMINATIONAL

2456 1/2 Hawthorne avenue, Walteria. H. A. Lasley, pastor.  
Sunday school, 9:45 a. m.  
Morning service, 11 o'clock.  
Evening service, 7:30 o'clock.  
Young people's service, 6:30 p. m.  
Wednesday, 7:30 p. m., prayer meeting.

## COMMUNITY PRESBYTERIAN

Brethren street, Lomita. Sunday school, 9:30 a. m.  
Morning service, 11 o'clock.  
Evening service, 7:30 o'clock.  
Intermediate and Senior Christian Endeavor, 6:15 p. m.  
Prayer service, 7:30 p. m., Wednesday.  
Choir practice, 7:30 p. m., Thursday.

## 25 DAMS ARE TO BE BUILT

SAN FRANCISCO (U.P.)—Twenty-five dam projects, representing an expenditure of \$500,000, are under construction or planned in the far West, the Bank of America announced.  
Already under construction are projects such as the Grand Coulee dam and power plant, Washington; Seminoe dam, Montana, and the Caspar-Alcoya irrigation project, Wyoming.

## Stanford 'Takes' U. C. L. A. - Maentz Around End



In the first major conference clash of the 1933 Pacific Coast gridiron season, Stanford University defeated U. C. L. A. 3-0 at Palo Alto Saturday. In above photo, Don Maentz, Stanford back, carries the ball around end while Moscrip, stellar end, takes out two linemen. Keeble, Bruin fullback, is coming in at the right.

## Merchants Lose Title Game At Torrance Sunday

Final Game of Three-Game Playoff Taken By Brokers

Ray Townsend's Torrance Merchants lost the Harbor League championship last Sunday to the Colburn Brokers (our error in referring to them as the Coleman Brokers heretofore) when the visitors won, 7-5.

The Brokers got the jump on Davenport in the first inning, when a homer by Cross with two on made the count 4-0. One run had already crossed the plate when the circuit court was made. Kaufmann relieved Davenport at the close of the second inning, but the Merchants were unable to overcome the early lead piled up by the visitors.

Three double plays gave the spectators some thrills. Freddie Montgomery in center field was on the starting end of one of them, an unusual situation as it is seldom that an outfielder can get in on such a play. Fred caught a high fly and relayed the ball to Conroy at second base to complete the double. Mann and S. Venable engineered the other double play for Torrance, while Steiner to Spencer to Hoban robbed Torrance in the ninth inning of a possible chance to tie the score.

The game was the deciding battle for the championship of the Harbor League which closed its season recently. With this game Manager Townsend turned over the team to Tommy Bowker and Bill Evans, who have lined up a good series in a strong league and will endeavor to give the fans of Torrance some of the best in this line of sport.

## Sacred Concert At Christian Church

A sacred concert consisting of solos, piano and vocal duets and quartets, will be given at the Torrance Christian church, located on Engracia at Arlington avenues, next Sunday evening at 7:30 o'clock. The concert will be under the direction of Mrs. Chas. Cunningham of Whittier, California, piano and vocal teacher. The concert will feature several of her advanced students, residents of both Whittier and Torrance. Mrs. Cunningham will present her radio quartet, ladies' voices, in several numbers.

## Loved Not Wisely But Too Violently

Guadalupe Navarro, Mexican residing on Ranch No. 7, Palos Verdes, who is said to have threatened a woman living on Ranch 42 with a knife because she rejected his love, was arraigned in the Lomita justice court Tuesday on a charge of disturbing the peace. He plead guilty and was sentenced to pay a fine of \$250 or serve 90 days in the county jail. A stay of sentence for a few days was granted on condition that Navarro leave the country and return to Mexico.

## Elderly Man Is Found Dead At Quandt Dairy

Harry Pearson, age 61, a native of Woodstock, Ontario, died suddenly at the Quandt Dairy, Walteria, shortly after midnight Saturday, September 30. He had been employed as a bookkeeper at the dairy. The body was removed to Stone & Myers mortuary in Torrance and relatives were notified. A card found in Pearson's pocket requested that in case of his death his body be turned over to a medical school.

## Ekisian Booked to Grapple Big Steve Strelch

(Cont'd From Page 1, Section B) and slammed him to the mat so hard that the New Yorker had to be dragged to his corner where efforts to revive him sufficiently to continue, failed.

Promoter Harry Lea and Matchmaker Tab White plan to stage another exceptionally high class supporting card for Tuesday.

O'Brien wanted another chance to even the score with Strelch but Lea insisted he first meet and defeat Jack Ryan, a highly rated Eskimo Indian in a three-fall secondary match before his bid would be accepted. The New Yorker agreed to terms and will face Ryan in the one-hour semi this coming week.

Louie Miller, Bulgarian Hercules, makes his bow in the special, facing Brick Mayne, colorful redhead light-heavyweight, while Bill Grubbs, the Emco Kid, comes back to oppose Raoul Lopez in the opener.

George Maloney proved too strong and tough for Mike Strelch in Tuesday night's semi; Ekisian corded out to Thiede, while Grubbs and Eddie Coffey ended even up after 15 minutes of fast work.

## Golf Course At Alondra Park Is Well Under Way

County Plans to Make Tract Joining Torrance a Real Beauty Spot

Work of the county forestry department in the development of Alondra Park last fiscal year was carried out in the annual report of Spence Turner, county forester and fire warden, filed with the board of supervisors.

It is planned to make this park a beauty spot of the county and construction of a golf course is well under way. Dirt from other development work on the site has been removed to make greens and tees. Over 40,000 cubic yards was moved for this purpose. A foot bridge and several rustic benches have also been constructed on the course.

Rough grading, laying of irrigation lines and drainage channels and other development work was carried out by a local welfare crew. To maintain the trees already planted, over 6,500 feet of main pipe line and 1200 feet of lateral ditches dug.

Sixteen large specimen palms were planted in the area in addition to the previous plantings. Two wells on the east side of the park and one on the west side were cleaned out and now furnish all necessary water for the park development.

## Honors Flyers



W. Lawrenson, independent service station operator, 4422 Redondo Beach Blvd., Torrance, praises Jimmy Weddell and Lee Gelbach for their achievements during the International Air-Race at Chicago. A card found in Weddell's pocket where Weddell set new record where more than 300 miles per hour with Richfield gasoline.—Adv.

## ASSISTANT YELL LEADER

Mickey Mulken, graduate of Narbonne this year, has been elected assistant yell leader at Loyola and was out in front of the stands at the Coliseum last Saturday to help cheer his team on in its gallant fight against U. S. C. This is an honor that seldom comes to a first year man in any college.

## Legal Advertisement

NOTICE OF TRUSTEE'S SALE  
WHEREAS, default has been made in the payment of the indebtedness secured by, and in the performance of the covenants contained in, that certain trust deed dated November 22, 1928, made, executed and delivered by SAM RAPPAPORT and NETTIE RAPPAPORT, husband and wife, as trustees, to National Bankkity Company, a corporation, as trustee for Bank of Italy National Trust and Savings Association, beneficiary, which trust deed was recorded on November 28, 1928, in book 8958, page 43 of Official Records, records of Los Angeles County, California; and

WHEREAS, on June 15, 1933, Bank of America National Trust and Savings Association, the owner and holder of said trust deed and the debenture secured thereby, applied to and directed said trustee in writing to execute the trust by said trust deed created and to make sale pursuant thereto; and

WHEREAS, notice of such breach of the obligations of the trustors and of the beneficiary's election to cause to be sold the property below described to satisfy said obligations has been recorded as is provided for by and more than three months have elapsed since such recordation and said trustee deems it best to sell the real property now remaining subject to said trust deed as a whole in order to fulfill the purposes thereof; and

WHEREAS, on November 1, 1930, National Bankkity Company and Corporation of America, both California corporations, were merged into National Bankkity Company, and the name of said National Bankkity Company, the surviving Corporation, was changed in form and manner provided by law, and now is Corporation of America.

NOW THEREFORE, NOTICE IS HEREBY GIVEN that on the 24th day of October, 1933, at the hour of 11 o'clock in the forenoon, at the East entrance to the Hall of Justice situated in the City of Los Angeles, Los Angeles County, California, Corporation of America, formerly National Bankkity Company, as trustee, under and pursuant to the terms of said trust deed will sell at public auction to the highest bidder for cash (PAYABLE AT TIME OF SALE IN GOLD COIN OR LAWFUL MONEY OF THE UNITED STATES) all the interest conveyed by said trust deed in and to the following described real property situated in the City of Torrance, County of Los Angeles, State of California, and more particularly described as follows, to-wit:

Lot Twenty-ninth (29) in Block Four (4) of Torrance Tract, as per map recorded in Book 22 pages 94 and 95 of Maps, in the office of the County Recorder of said County.

Dated at Los Angeles, California, September 20, 1933.  
CORPORATION OF AMERICA, formerly National Bankkity Company, as trustee.  
By A. G. MAURER, Vice President.  
By A. T. SMITH, Assistant Secretary. (CORPORATE SEAL) Sept. 28—Oct. 5-12-19.

NOTICE OF TRUSTEE'S SALE  
WHEREAS, default has been made in the payment of the indebtedness secured by, and in the performance of the covenants contained in, that certain trust deed dated March 11, 1928, made, executed and delivered by SAM RAPPAPORT and NETTIE RAPPAPORT, husband and wife, as trustees, to National Bankkity Company, a corporation, as trustee for Bank of Italy National Trust and Savings Association, beneficiary, which trust deed was recorded on April 11, 1928, in book 8480, page 203 of Official Records, records of Los Angeles County, California; and

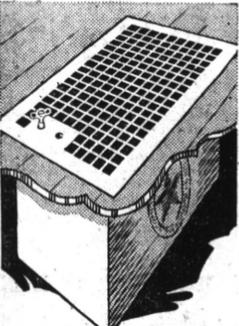
WHEREAS, on June 16, 1933, Bank of America National Trust and Savings Association, the owner and holder of said trust deed and the debenture secured thereby, applied to and directed said trustee in writing to execute the trust by said trust deed created and to make sale pursuant thereto; and

WHEREAS, notice of such breach of the obligations of the trustors and of the beneficiary's election to cause to be sold the property below described to satisfy said obligations has been recorded as is provided for by and more than three months have elapsed since such recordation and said trustee deems it best to sell the real property now remaining subject to said trust deed as a whole in order to fulfill the purposes thereof; and

WHEREAS, on November 1, 1930, National Bankkity Company and Corporation of America, both California corporations, were merged into National Bankkity Company, and the name of said National Bankkity Company, the surviving Corporation, was changed in form and manner provided by law, and now is Corporation of America.

NOW THEREFORE, NOTICE IS HEREBY GIVEN that on the 20th day of October, 1933, at the hour of 11 o'clock in the forenoon, at the East entrance to the Hall of Justice situated in the City of Los Angeles, Los Angeles County, California, Corporation of America, formerly National Bankkity Company, as trustee, under and pursuant to the terms of said trust deed will sell at public auction to the highest bidder for cash (PAYABLE AT TIME OF SALE IN GOLD COIN OR LAWFUL MONEY OF THE UNITED STATES) all the interest conveyed by said trust deed in and to the following described real property situated in the City of Torrance, County of Los Angeles, State of California, and more particularly described as follows, to-wit:

Lots Four (4) and Five (5) in Block (6) of Torrance Tract, as per map recorded in Book 22 pages 94 and 95 of Maps, in the Office of the County Recorder of said Los Angeles County.  
Dated at Los Angeles, California, September 20, 1933.  
CORPORATION OF AMERICA, formerly National Bankkity Company, as trustee.  
By A. G. MAURER, Vice President.  
By A. T. SMITH, Assistant Secretary. (CORPORATE SEAL) Sept. 28—Oct. 5-12-19.



# Quick Heat under Perfect Control with a Modern Gas Floor Furnace

Here is the ideal heating appliance for the average home. It is inexpensive to buy. It is easy to install—no basement required.

Control may be by key, by a push button on the wall, or by thermostat. Heat is circulating, and any desired amount is available quickly.

Economy of operation is another decided advantage.

See your dealer or gas company, and learn how easily you may have modern heating in your home. Convenient terms, of course.

Be sure to look for the Blue Star Seal of the American Gas Association Testing Laboratory.



Southern California Gas Company  
See Your Dealer or Gas Company  
Gravens at Post Ave., Torrance



ENDS NOVEMBER 1ST

the Chicago World's Fair celebrating the most progressive hundred years in the history of man, will close on November 1st. The Fair itself is a step forward—a dynamic demonstration, rather than a static exposition! It has universal appeal—DON'T MISS IT! Don't miss Grand Canyon, on your way, going or returning.

AND OCTOBER 31st is your last chance to buy low round trips "back east"

Now is the time to travel—while Santa Fe round trip fares, rail and Pullman, are low—while all travel costs are low! Nov. 1, fares go up!

FOR EXAMPLE • LOW ROUND TRIPS TO THE CHICAGO WORLD'S FAIR  
45-day limit Coach . . . \$60.50  
45-day limit Tourist . . . 70.50  
45-day limit Standard . . . 80.50  
• Similar low fares everywhere.  
Final return limit on all round trips will be midnight Nov. 15.  
Round trip Pullmans save 25%!

TICKET OFFICES AND TRAVEL BUREAUS EVERYWHERE  
B. C. Higginson, Agent  
Santa Fe Depot, Torrance, Ph. 244.

## Every telephone call is "made-to-order"



BEHIND YOUR TELEPHONE is a staff of workers who consider every call you place as a "custom-made" order. Perhaps you would like to see with what personal interest your calls are speeded. You are cordially welcome at a central office.  
A telephone does so much, and costs so little, that it simply does not pay to be without one!  
—Your unseen telephone workers.

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