

IT'S YOUR GLANDS!

Are You Gradually "Slipping" and Aching Before Your Time?
Do You "Get Up Night"? Bladder—Prostate.
Are You Nervous—Shaky or Bitter?
Do You Lack Ambition and Mental Power?
Do You Lack Ability to Think Clearly and Act Promptly?
Have You Constipation—Malnutrition and Indigestion?
Do You Have Headaches—Pain or Ache in the Back or Legs?
Have You Skin Eruptions? High or Low Blood Pressure?
Do You Despond—Get the "Blues"?
Have You Gout? Arthritis? Acidosis? Sinus Trouble?
Do You Lack Energy and Feel "All In"?
Are You Just "Drugging Around"—No "Pop." A Burden to Yourself and Others?



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Church News

CENTRAL EVANGELICAL

Rev. E. W. Matz, pastor. Arlington and Maroon.
Sunday school, 9:45 a. m. Morning service, 11 a. m. Sermon by Dr. E. C. Farnham, executive secretary of The Church Federation of Los Angeles. Evening service, 7:30 p. m. Rev. J. F. Hankammer will present pictures on the life of Christ, with a Scriptural gospel message. Young people's meeting, 6:30 p. m. This church is cooperating in the religious conferences at the high school each Wednesday, 1:45 p. m. and 7:30 p. m.

FIRST CHURCH OF CHRIST, SCIENTIST

1208 El Prado.
Sunday morning services at 11. Sunday school, 9:30. Wednesday evening meeting, 8 p. m. Reading room in church edifice.
"Thou shalt not take the name of the Lord thy God in vain; for the Lord will not hold him guiltless that taketh his name in vain." This verse from Exodus constitutes the Golden Text in the Lesson-Sermon on "Matter" on Sunday in all Churches of Christ, Scientist.

One of the Bible selections in the Lesson-Sermon presents these words of the Psalmist: "Open thine eyes, that I may behold wondrous things out of thy mouth. The earth, O LORD, is full of thy mercy: teach me thy statutes. . . . Teach me good judgment and knowledge: for I have believed thy commandments. . . . The law of thy mouth is better unto me than thousands of gold and silver. . . . Let thy tender mercies come unto me, that I may live: for thy law is my delight." Passages from the Christian Science textbook, "Science and Health with Key to the Scriptures," by Mary Baker Eddy, state: "It is the transgression of a belief of mortal mind, not of a law of matter nor of divine Mind, which causes the belief of sickness. . . . If man is governed by the law of divine Mind, his body is in subjection to everlasting Life and Truth and Love."

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AMBULANCE SERVICE

METHODIST CHURCH

Rev. Harry G. Banks, pastor. El Prado at Carson.
Sunday school, 9:45 a. m. Morning service, 11 a. m. Communion. Evening service, 7:30 p. m. at Evangelical church, "The Life of Christ" in stereoscopic views with each picture a memory verse by J. F. Hankammer. Young people's meeting, 6:30 p. m. Mutual, 7:30 p. m. in high school assembly hall. Wednesday, 12:30 p. m. informal luncheon with Dr. and Mrs. Carl S. Knopf as guests. Dr. Knopf speaks at high school assembly hall at 1:45 p. m.

CHRISTIAN CHURCH

Rev. F. T. Porter, pastor. Engracia at Arlington.
Sunday school, 9:30 a. m. Morning service, 10:40 a. m. Topic, "The Good Shepherd." Evening service, 7 p. m. Topic, "Open Doors." Young people's meeting, 6 p. m.

LATTER DAY SAINTS

Woman's clubhouse, F. P. Halling, bishop.
Sunday school, 10 a. m. Evening service, 7 p. m. Tuesday, 2 p. m. Relief society; 3:30 p. m. Primary association; and 7:30 p. m. Mutual Improvement association.

LUTHERAN CHURCH

Rev. Frank D. Mechtling, pastor. Acaela and Sonoma.
Sunday school, 9:30 a. m. Morning service, 10:45 a. m. Topic: "Ye Call Me Master." Lenten Service Wednesday evening at 7:30, with Rev. C. H. S. Hunkeler of Anaheim delivering the sermon. Choir rehearsal following the sermon.

CATHOLIC CHURCH OF THE NATIVITY

Engracia and Manuel avenues. Rev. Fr. Joseph V. Fitzgerald, pastor.
Masses Sunday 8 and 10 a. m. week days at 8 a. m. Devotions Sunday and Thursday, 7:45 p. m. Instruction for children Saturday, 9:30 a. m. Sunday 8 a. m. Mass. Adult instructions Tuesday and Friday at 7:30 p. m., at rectory, 1447 Engracia.

H. S. Conference Holds Interest

Keen interest has been manifested on the part of high school students and parents in the special series of conferences held each Wednesday at 1:45 p. m. and 7:30 p. m. at the high school assembly hall on the general theme "Wholesome Living." Dr. Carl Sumner Knopf, dean of religion, at the University of Southern California, who addressed the meeting yesterday afternoon on the topic "Science and Religion," will deliver his second lecture next Wednesday March 22, at 1:45 p. m. on "Psychology and Religion."

The lecture will again be followed by an open forum conducted by Dr. Knopf. At the evening service Dr. Benj. Weiss, faculty member of the Metropolitan high school of Los Angeles, will speak on "The Way of the Abundant Life." Special music will be arranged by Mrs. Marjorie Eischen Cooke of the high school faculty.

BAPTIST CHURCH

Rev. C. Miles Northrup, pastor. Carson and Martina.
Sunday school, 9:45 a. m. Morning service, 10:30 a. m. Topic, "Getting the Most Out of Life." Evening service, 7:30 p. m. Topic, "The Revelation — Opening the Book Sealed With Seven Seals." Young people's meeting, 6:30 p. m. Tuesday, 7:30, prayer meeting and Bible study. Wednesday, 7:30, high school union service.

NAZARENE CHURCH

Rev. W. A. Penner, pastor. 1207 El Prado.
Sunday school, 9:45 a. m. Morning service, 11 a. m. Evening service, 7:30 p. m. Young people's meeting, 6:30 p. m. Wednesday night prayer meeting, 7:30.

ASSEMBLY OF GOD

Rev. John Makinson, pastor. 1015 Border.
Sunday school, 9:45 a. m. Morning service, 11 a. m. Evening service, 7:30 p. m. Young people's meeting, 6:30 p. m. Services Tuesday and Thursday nights at 7:30 o'clock.

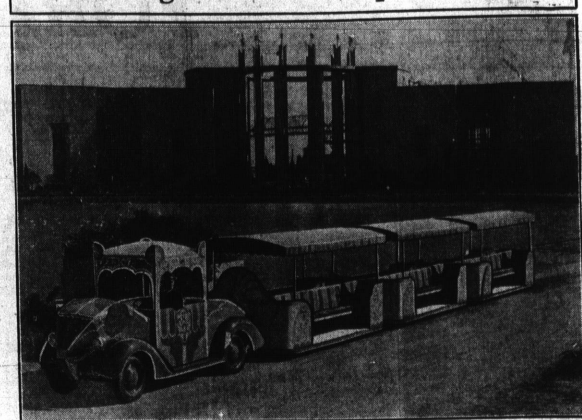
MEN'S BIBLE CLASS

Meets at 9:30 a. m. Sundays in Boy Scout hall on El Prado. Rev. Ben Lingenfelter, teacher. All men welcome.

ST. ANDREW'S EPISCOPAL

1432 Engracia. Rev. Thomas R. Marshall, vicar.
Sunday services: Church school, 9:30 a. m. Morning prayer and sermon, 11 a. m. Holy Communion and class on the Book of Common Prayer Wednesdays at 10 a. m.

Ford Engines Power 'Elephant Trains'



The first of 16 new "Elephant Trains" which will transport visitors around the 1939 Golden Gate International Exposition in the conventional cab, it has a "howdah" where the driver will ride. The power unit, built around a Ford V8 one-ton truck, is designed to look like an elephant, instead of a conventional cab, it has a "howdah" where the driver will ride. Behind the "elephant" are three low-level carriages, seating a total of 40 passengers. In addition to the driver, each train will carry a uniformed lecturer.

Special Lenten Service Planned

A special attraction in the series of Sunday Lenten services at the Central Evangelical church will be an address by Dr. E. C. Farnham, executive secretary of the church federation of Los Angeles at the 11 o'clock worship next Sunday. Special Lenten music will be rendered by the choir. At the evening service, 7:30 o'clock, Rev. J. F. Hankammer, noted Gospel narrator will present a message with the use of beautiful colored pictures on the life of Christ. His message will be given in exact Scripture quotations from memory as the pictures are shown on the screen. The Methodist congregation will join this service.

Posture Expert Aids Local Pupils

Corrective exercises to improve children's posture and uncover any serious defects which can be remedied by approved physical education methods are being given pupils at the Torrance Elementary school by Mrs. Elizabeth Peet from the posture centers at Gardens, Cabrillo and Fries Avenue schools in Wilmington.

Mrs. Peet will be at the local school every Wednesday for the next two weeks to make the survey. If she finds serious muscular or posture defects she intends to prescribe a course of home exercises with the cooperation of the parents. The instructor, who has had six years' experience in this work.

VOTE APPROPRIATIONS

Only two appropriations were voted at Tuesday night's city council session. One was for \$153.22 worth of rock for street repair and the other was for \$120 to pay for a dike that has been built at the city dump to keep refuse oil from running over into private property.

Legislators Think of Salaries

DENVER (U.P.)—The Colorado legislature, in session since Jan. 4, had passed one bill by Feb. 15. It was the measure which approved payment of the legislators' salaries.

Calling All Girls! Now's the Time to Enter Beauty Contest

Sponsored by Torrance Lodge LOYAL ORDER OF MOOSE • Open to all girls aged 17 to 27, residing in Torrance and vicinity. Winner will be given expense-free trip to contest and gala party at Venice Ballroom, April 15. Venice winner will represent South at San Francisco J. J. selection of Miss California of 1939. Application blanks at City Clerk's office, Torrance Herald and leading merchants.

DANCE

Selection of Torrance winner will be made at Torrance Civic Auditorium, Saturday night, Mar. 20, 10 p. m. by local judges and three talent scouts from Hollywood studios. Dance and party in addition.

Dance Tickets

Buy tickets for dance at all Torrance Drug stores and leading Torrance Merchants.

Official



Introducing George N. Adams, 55, sergeant-at-arms of the Washington State House of Representatives. His ancestors were members of the Khyemh Indian tribe. He is a former member of the House and believes he is the only Indian sergeant-at-arms in any Legislature.

Seven Patients Enter Hospital

Seven patients were entered at Torrance Memorial hospital during the past week, including Robert Mills, 15, of 743 Sartori, who was painfully burned in a gas explosion at his home last Thursday evening. Other new patients were: Joe G. Burrell, Moneta, who entered last Thursday night for an appendectomy; Mrs. Frances Kemble Alhambra, and Robert Paul, Palos Verdes, last Wednesday for surgery treatment. Viola Lippert, 15, who lives on the Standard Oil lease off Sepulveda boulevard, and Jacqueline Smedley, eight, of Redondo Beach, both for appendectomies; and Mrs. Emma Sinclair, Manhattan Beach, last Sunday for treatment of a fractured hip, suffered in a fall at her home.

Head Singapore General Reads Bible Each Day

SINGAPORE (U.P.)—"I have read the Bible every day of my life since my youth, in the days of peace and war," says Major-General W. G. S. Dobbie, who heads the defense of Singapore.

Dobbie, who often is called the "Modern Gordon" with a sword in one hand and a Bible in the other, holds a Bible class for officers and men of the garrison. It meets at his official residence each Sunday evening.

CAN YOU IMAGINE!

Can you imagine the sitting-on-top-of-the-world feeling of the man from Rochester, New Hampshire who had suffered from stomach trouble for 40 years, had been under doctor's care weekly for two years, tried Bisma-Rex and now eats everything.

EXPLANATION

Thousands of sufferers like the one described above say there's nothing you can take that brings faster, more complete relief from acid-indigestion than Bisma-Rex. Bisma-Rex is a powerful antacid powder starts to work almost instantly. In three minutes you notice a wonderful improvement. Acids neutralized; gas removed. Many forms of indigestion relief stop there; but Bisma-Rex keeps right on working. Holds acids and gas in check for a prolonged period. Helps repair the harm done by excess acid in the stomach. Enjoy for yourself the fast, prolonged relief that has made Bisma-Rex famous. Only 50c at

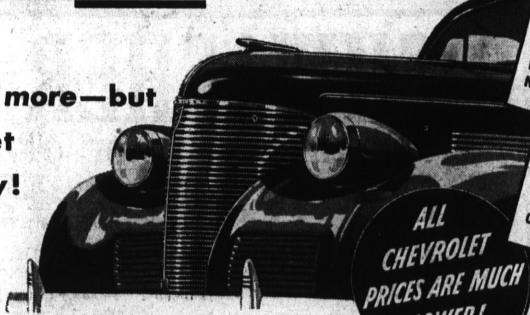
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