The Herald—3 months, 50 cents

LEGION AUXILIARY PUTS OVER MEETING

So that members of the American Legion Auxiliary, Bert S. Crossland Unit, may be free to attend the special P. T. A. meeting Tuesday night, Nov. 28, the regular social session of the local unit, originally set for that time, will be put over to 6:30 o'clock Wednesday night, according to Mrs. Ella Robinson, president. A varied program of entertainment has been planned to augment the pot luck supper of the group.

As a special feature, Mrs. Baker Smith, membership chairman, will bring the unit's recent membership campaign to what is expected to be an "over the top" ending when she announces the results of the campaign and thereby automatically officiates at the closing of the campaign by reading reports for the membership month. Information as to eligibility for membership in the unit is obtainable from Mrs. Smith.

The year will be brought to gala climax with a "Victory Dinner," the plans for which Mrs. Smith is now working on.

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READ OUR WANT ADS

Mrs. Homer Morgan to Head Betsy Ross 1940 Club Calendar

New officers for the 1940 calendar year of the Betsy Ross Club, Ways and Means auxiliary unit of the Eastern Star, were formally elected and installed at the annual election luncheon Monday afternoon in the banquet room of the local Masonic Temple. Places were laid for more than 35 members.

A profusion of artistically arranged and gaily-colored natural autumn berries added a festive and decorative note in keeping with the holiday season. Hostess for the event was Mrs. William Bush.

Preceding the election, the 1939 President Mrs. Estelle Graham presided. She presented the gavel to Mrs. Homer Morgan, new president, who in turn introduced members of her executive board. They include Mrs. William Bush, first vice-president; Mrs. Vernon Babcock, second vice-president and publicity chairman, and Mrs. Kenneth Hughes, secretary-treasurer.

Beauty and You

by PATRICIA LINDSAY

Exercise and Massage Correct Too-Thin Shoulders

WE certainly have our problems—we diet and exercise to reduce our weight and then we come face to face with the fact that our shoulders and upper chest are too thin. To correct this appalling condition (for the girl who likes to wear formal gowns and bathing suits) corrective exercises and massage are required.

I understand that over eighty percent of women have hollows between their bosom line and neck. This hill-hollow difficulty may come through poor posture, underweight or limp muscles.

But fortunately the muscles of the chest respond quickly to proper exercise and experts tell us that in six months we can actually transform our chest contours.

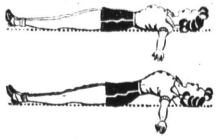
It is pretty important that you wear an uplifting brassiere, well fitting, if your shoulders are thin and chest hollow. Particularly if your breasts are of normal weight or heavy. This helps to keep the tissue up in place while you are exercising to firm the chest muscles.

Every single night of your life massage these hollows and your shoulders with a rich lubricating cream or with warm almond oil. Take time (at least five minutes) to massage thoroughly and leave the cream on overnight. If you are very much underweight eat and rest more to gain weight. Then go through these exercises every day without ever skipping. And mind you, it will take from four to six months before your hollows will fill out, your shoulders straighten and grow more appealing in firmness. Miracles in figure refashioning simply do not happen—it takes persistence but the rewards are well worth your effort.

Exercises for Thin Shoulders

(1) Stand erect, shoulders well back, heels about three inches apart, arms out at shoulder height, palms turned upwards. Twirl your arms twenty times backwards, and twenty times forwards. Keep the action in the shoulder joints. Breathe deeply enough to raise the upper part of the thorax, twenty times.

(2) Hold the right arm straight out in front of the body, clench the fist tightly, and rotate it first to the right, and then to the left for five minutes. Repeat with the left arm. (The time you put in helps with this exercise.)



(3) Lie on back with arms out to side. Keeping your arms on the floor throughout the exercise, raise your chest and shoulders upward until weight is on back of head. Keep your chin tilted upward. Relax and lower chest and shoulders to mat. Repeat five times and then rest. Ten times altogether.

Note: This exercise develops muscles in upper back, stretches and firms neck muscles and gets directly to those controlling chest and bust.

My leaflet "Rules to Banish the Dowager's Hump" contains several more excellent chest developing exercises. Do them after the above exercises. You may have the leaflet upon request if you will enclose a self-addressed stamped (3-cent) envelope. Write me care of this paper.

(Released by The Bell Syndicate, Inc.)

GUESTS ENJOY UNIQUE DINNER

A jolly Thanksgiving dinner with all the trimmings—that is all the Italian trimmin's—was the theme of a festive supper party given Thursday evening by Mrs. Nick Cucci for members of her bridge and supper club at her home, 1634 Cedar.

Prizes for high and second-score tallies in the bridge sessions went to Mrs. LeGrand Barkdull and Mrs. Jack Snow.

Other guest-members enjoying the unusual fete included, in addition to the prize winners and the hostess were Mesdames Romily Harvey, Delbert Thomsen, Baker smith, Bess Myers, and Sidney Smith.

PENNY ANNS MEET IN REDONDO BEACH

Six members of the Penny Anns, a social group of young matrons, met recently at the Redondo beach home of Mrs. C. Willets for their regular combined business and afternoon of pleasure.

Following discussion of plans for the club's Christmas fete, scheduled as the next event on the social calendar, rounds of 500 were enjoyed. High score tally went to Mrs. Doris Watson.

In addition to Mesdames Marguerite McLean, Mildred Tidland, Doris Watson, Lucille Rogers, Maxine Willets and Martha Coburn, club members, Mrs. Clifford Willets was guest of honor.

Eastern Star Installs New Officers Saturday Evening

Ceremony Open to Public Starting At 8 o'clock in Masonic Temple

Impressive ceremony and inspiring solemnity will mark the eighteenth annual formal installation services of Torrance Chapter, Order of Eastern Star, to be held at 8 o'clock tomorrow night in the Masonic Temple, 1231½ Sartori. The ceremony is open to the public.

Mr. and Mrs. Al Monroe of San Pedro Harbor Chapter are to be guest installing officers and will formally elevate into their respective elective offices Mrs. Theresa Hill, Worthy Matron; Frank Brown, Worthy Patron; Mrs. Lola Hoover, Associate Matron; Ray Hoover, Associate Patron; Mrs. Helen Miller, Conductress, and Mrs. Lecil Kerber, Associate Conductress.

Hostesses for the evening will be Mrs. Persia Fess of Torrance, and Mrs. Mae Sidebotham of Lomita, both past matrons. Mrs. Fess and Mrs. Sidebotham will also serve as ushers during the ceremony.

Master of ceremonies for the services will be Wallace West. He will also deliver the address of welcome. Other installing officers include Mrs. Julliette Johnson, Installing Marshal, and Mrs. Lillian Dye, Installing Chaplain, and Honorary Marshal Mrs. Carrie Parks, and Honorary Chaplain Mrs. Mary Lewis and Miss Rose Rothleder, Bible bearer.

Appointive officers who are to assume their positions at the rites include Mrs. Alice Rupple, chaplain; Mrs. Rosalie Morgan, marshal; Mrs. Rosearnold Winters, secretary, and Mrs. Jennie Moore, treasurer.

Star Points for the occasion will be Mrs. Jean Patterson, "Ada"; Mrs. Elizabeth Brod, "Ruth"; Miss Loraine Hill, "Esther"; Mrs. Bertha Ainsworth, "Martha" and Mrs. Annette Babcock, "Electa."

Warder will be Mrs. Naomi Brown; sentinel, Miss Hermine Oteken; flagbearer, Mrs. Bettina Miller, and electrician, William Rupple. There will also be six ushers and 7-year-old Naomi Meyers jewel girl granddaughter of the new Worthy Patron.

In addition to Mrs. Fess and Mrs. Sidebotham, other ushers will include Archer Lewis and Fred Bever, past patrons of the local lodge, Tom Kendrick and Jack Miller.

As the officers-elect make their entrance, an instrumental and vocal trio from Inglewood, composed of Esther Freese, Althea Fraser and Louis Waltner, will join in appropriate music. Miss Fraser will conclude the musical portion of the ceremony with a solo in keeping with the solemnity of the occasion.

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PLAN COMBINED SUPPER-BAZAAR

Reservations are being taken this week for the combined autumn buffet-style supper and bazaar to be given at 6:30 o'clock Tuesday night, Nov. 28, in the guild hall of the Central Evangelical church under the auspices of the Woman's Missionary Society. Proceeds from the affair will be used to augment the society's Christmas missionary activity fund, according to Mrs. Elizabeth Brod, president. The public is invited.

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DATE ANNUAL SESSION

The Harbor District Chambers of Commerce will hold its annual meeting in Torrance Jan. 11.

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ADDITIONAL SOCIETY (Continued on Page 4)

Parent Teacher Activities

TORRANCE ELEMENTARY . . . Final plans for the annual Christmas party which Torrance Elementary P.T.A., will give in the building and last-minute arrangements for the special holiday program which children of the school will give at the Firemen's Christmas fete Dec. 21, will be discussed at the regular session of the executive board, 1 o'clock Tuesday afternoon, Nov. 28. Presiding over the business of the planning session will be Mrs. H. R. Lee, president.

Home nursing class, under the direction of Miss Hilda Humphries, will be continued as usual from 9 to 11:30 o'clock next Tuesday morning, with Miss Humphries' topic for her demonstrated lecture being "Proper Methods of Changing Bed Linen When the Patient is Confined." She will also discuss proper methods of administering bed baths. All are invited to attend.

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Secret Marriage of Dorothy L. Pankey Revealed This Week

Coming as a complete surprise to her many friends in and around Torrance was the announcement made this week of the secret elopement and marriage, Oct. 15, of the former Dorothy Louise Pankey, 19, daughter of Mr. and Mrs. Merrill C. Pankey of 1629 Acacia, to Francis L. Cronin, 25, of Huntington Park. The groom is the son of Mr. and Mrs. Cronin, of Long Beach.

The simple, single-ring ceremony, performed at the hour of sunrise in the softly-lit parlors of the First Christian church of Yuma, Arizona, climaxed an eventful motor trip to the copper state in the company of Mr. and Mrs. Tucker of Huntington Park, intimate friends of the bridal couple, and their only attendants.

Mrs. Cronin, dressed in a smart, semi-tailored fall traveling costume with accessories to match in the new dubarry shade, made an unusually attractive bride. She graduated from Torrance high school in June, 1938. The groom attended a Long Beach school. Following their honeymoon at Big Bear Lake, the couple will establish their home at 318 North Chandler, Monterey Park.

Carol Tuller Is The Herald's New Woman's Page Editor

Her phone is Torrance 444

War to Bring Great Interest in People Says Book Reviewer

Speaking to an unusually enthusiastic audience of more than 100 persons from Torrance and nearby communities, Lorita Baker Vallely, well-known commentator on current events, new books and plays, presented the second in a series of special lectures sponsored by the Assistance League of San Pedro in the Fort MacArthur Service club Tuesday afternoon.

Dwelling at length on the effects of the present European war with respect to its influence on modern literature, Mrs. Vallely predicted that out of this conflict will come a renewed interest in biographies which will probably surpass everything that the world of current literature has yet experienced.

Included on the list of recognized outstanding "currents" which she reviewed briefly were "The Deadly Parallel" by C. Hartley Grattan, "America's Chance of Peace" by Aikman and Bolles, "Chaos in "Asia" by Hallett Abend, "The Young Melbourne" by Lord David Cecil, "Thoreau" by Henry Seidel Canby, "The Nazarene" by Sholem Asch, "I, John" by Rex Miller, "Autobiography" by A. A. Milne, "I Went to the Soviet Arctic" by Ruth Gruber, "Soaring Wings" by George Palmer Putnam, "Escape" by Ethal Vance, "Kitty Foyle," by Christopher Morley, "Captain Horatio Hornblower" by C. S. Forester, "Haywire" by Hector Bolitho, "I Lost My English Accent" by C. V. R. Thompson and "Small Beer" by Ludwig Bemelmans.

Torrance delegation included Mesdames George Peckham, Charles Schultz, Wallace Post, R. F. Bishop, John Beeman, Clifford Easley, Robert Burns, Grover C. Whyte, A. H. Silligo, Lillian Weir, Robert Deininger, O. A. Kresse, C. T. Rippy, Tom McGuire, C. D. Lowen, Merle Johnston, John Oursler, C. M. Johnson, M. J. Beale, John Keefer, Leslie Burger, Mrs. Burger, Sr., Fisher, Watson and Schaffer.

Third session in the lecture series will be held at Fort MacArthur Service club Jan. 16.