The Paris museum has on exhibition an emerald taken from the mitre of Pope Julius II, who died in 1531.

Since President Lincoln signed the Homestead Act, about 275,000,000 acres of federal land have been transferred to settlers.



## It's Not How Little You Eat, But What!

ONE-THIRD of America is overweight, according to Dr. William Engel, famous physician.

Dr. Engel in May Cosmopolitan takes the bugaboo out of dieting by assuring readers that it isn't how little they eat but what they eat. That many people would be better off physically and mentally if they could lose some of their bulk is generally accepted as a fact. However, all too many such people are reluctant to do anything about their condition simply because they do not understand the actual meaning of diet.

Diet should be a formula, not a fad, says Dr. Engel. If the need for it is occasioned by physical illness, then a diet should only be prescribed by a physician. In any event, whenever possible, it should be planned by someone who understands food and knows the particular requirements of each person.

Surprising to many will be Dr. Engel's admonition not to leave milk, cream and butter out of a diet. Their absence is responsible many times for nervousness and irritability and sometimes even more serious disorders. Other recommendations include meat, eggs, green vegetables, of course, and yellow-pigmented vegetables. Toast and baked potatoes are permitted if chewed thoroughly but dieters are warned never to drink water with their meals as starch and water are the chemical equivalents of fat.

European physicians call nervous indigestion "the great American disease." Every class suffers from it and few recognize the simple fact that it is the result usually of improper food.

## Amaranths Plan All-Day Affair

Lomita Court, Order of the Amaranth, is holding a card party Monday, April 8, at 1 p. m. at Lomita hall. Dessert will be served and then tables set up for bridge, 500, pinochle and Chinese checkers. Mrs. Bertha Martin is chairman for the afternoon.

At 7 p. m. Assistant Grand Lecturer Isabel Culp will meet with the members at the hall for an hour of instruction and practice preceding the regular meeting.

## Beauty and You

by PATRICIA LINDSAY

This square-faced girl wears frames which are broader on top than bottom to minimize the width of her jaw line. The high, swept coiffure has a flattering back fullness.

### If You Wear Eye Glasses Heed This Advice

HOW to be attractive and still wear eye glasses, was the theme of a press party recently given by a leading Fifth Avenue beauty authority.

"Few women realize that with glasses chosen to harmonize with their face shape and skin tone, with a coiffure especially styled to detract from the glasses, and with proper make-up they can be far more attractive in appearance than women who do not wear glasses but should," stated this beautician. "For a woman who goes about straining her eyes, has a perpetually tired look, numerous little face lines and encourages a dowager's hump!"

At the party we were told that a square-face girl should wear glasses broader at the top than at the bottom to minimize the breadth of her face. The long faced girl looks better in round, large frames, as they help to fill out her face. The color of frames depends upon the individual skin tone and the only way to determine which is least conspicuous is to try on the various models.

Quite naturally care of the skin was emphasized for attention is drawn to the face if you wear glasses. Keep your skin smooth-textured through daily care and by all means use a foundation cream or lotion beneath your make-up. This helps to keep your powder and rouge intact as you put on and take off your specs!

Wear your rouge rather high on your cheek bones to counteract the shadows from your lenses. Blend it well and use a bit more than you would if you did not wear glasses.

According to this authority, eye make-up is supremely important. Shadow on your lids should intensify the color of your iris, mascara should emphasize the tips of your lashes (not the whole length) and a bit of tissue oil over your eyeshadow helps to make your eyes glisten behind the lenses.

**How to Dress Your Hair**

Two hair styles, in the modern manner, were shown as those most becoming to goggle eyes! By all means wear your hair softly and for most faces it should be drawn back from the temples slightly to throw your face features into prominence. Soft full curls, or deep waves are more becoming than the severe stylized coiffures.

One flattering coiffure had "front interest"—a bustle of soft full curls worn rather high on the forehead. The other hairdo had "back interest" and was called the snood coiffure. It had a clever arrangement of soft full, sculptured curls over the temples, with the back hair combed out in a fluff to balance the eye glasses on a thin face.

**Selecting Hats**

Even hats were considered and Sally Victor presented some very flattering models. A rust-colored antelope had a slight visor effect with a cascade of coq feathers falling softly down one side to the cheek. A casual hat of brown felt had a brim which swept up one side in a dashing line and was lined with turquoise suede which was flattering to the skin. For formal wear, she showed a cleverly draped turban of blue velvet which came down slantwise on the right side of the forehead while the left side was softened beautifully with gay fuchsia velvet flowers. The model wore flesh-colored framed glasses and they were hardly noticeable!

(Released by the Bell Syndicate, Inc.)

## Harbor City Aid Group Holds Meet

Members of the Woman's Aid of the Harbor City church met Tuesday in the Girl Reserve cabin on Belleporte. Methods of raising money to fulfill church pledges were considered. As it is not possible to hold large public gatherings now to raise funds it was decided to start a "traveling basket."

Steve Lanovic offered the Aid and the church the use of a vacant store building on Belleporte, an offer gratefully accepted, and church services will be held there Sunday.

Delegates to the Sub-Central district meeting of Federated Woman's Aid Societies will be Mrs. J. A. Boecker, Mrs. E. P. Howe, Mrs. M. Schatz, Mrs. J. M. Robinson and Mrs. Mary Nunes. The meeting will be held Friday in the new Methodist church at Santa Fe Springs.

General John J. Pershing's first military service was as a second lieutenant of cavalry in the Arizona Indian campaign in 1885 and 1886.

## Warm Winter, Lower Rates Cut S.C. Gas Bills

Mark Twain once said, "Everyone talks about the weather, but nobody ever does anything about it."

However, the weather and the California Railroad Commission certainly did something about Southern Californians' gas bills this last winter.

Customers served by the Southern California Gas Company and Southern Cities Gas Company saved more than $2,400,000 on their bills during November, December, January and February, as compared with the same four months in the previous winter, according to G. W. Carbee, Southern Division manager, Southern California Gas Company.

A large portion of this saving was attributable to the fact that these four consecutive months this winter were the warmest winter months ever recorded by the United States Weather Bureau here since it began reporting in 1877, and the demand for gas, almost universally used in Southern California for house heating, as well as for cooking and water heating, was substantially below the levels of the 1938-39 winter. Customer savings resulted from the warm weather accounted for approximately $1,800,000.

The additional saving of approximately $600,000 is the direct result of the lower gas rates ordered by the California regulatory body, which became effective during 1939. In a year of normal temperatures it is estimated that these savings would amount to more than $1,550,000.

## INTEND TO WED

Roy H. Bryan, 19, of Lomita, and Norma J. Carl, 16, of Wilmington, filed notice of intention to marry this week. Bryan resides at 2427 West 256th street.