



Gradual Reductions in Weight Most Satisfactory in Long Run

ROY O. GILBERT, M.D. Los Angeles County Health Officer

Rapid-reducing diets which last only a short period simply change fat people into potentially fat people...

There is no doubt that gaining weight back after having lost it is a blow to morale and will power...

Of course, there are times when rapid weight reduction is a life and death matter...

Provided a person is patient and conscientious, there is no need to be discouraged about past failures to take off weight...

Color A Must For Outdoor Living Rooms

A painted fence, tinted concrete, contrasting plants in patterns, a colorful vine against an artistic color wall—all these artistic touches will bring color to your outdoor living room...

Each bid shall be made out on the form as furnished by the engineer and accompanied by a certified or cashier's check or bid bond...

The average person must accept weight control as a lifetime problem. The earlier one faces this fact, the easier the control becomes.

PITT BUSTS BORDER'S BY 22-6 MARGIN MONDAY

Pittsburgh Pains continued to drive for the top spot in the Recreation Dept.'s City League with a booming 22-6 win over Border's Market.

The second match was another slugger's contest with Fire Dept. A taking top honors from the National Blues 15-7.

Public Notice TORRANCE HERALD - 706

NOTICE OF HEARING OF PETITION FOR PROBATE OF WILL. In the Superior Court of the State of California...

NOTICE TO CREDITORS. In the Superior Court of the State of California, in and for the County of Los Angeles...

NOTICE TO BIDDERS. Notice is hereby given that the Board of Education, Torrance Unified School District...

Public Notice TORRANCE HERALD - 684

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The Torrance Herald NOW REACHES APPROXIMATELY 144,000 READERS

CALL AT OFFICE, 1619 Gramercy, Torrance or Phone Your Ad to FAiFax 8-4000

Closing time for acceptance of Classified Ads is Friday and Tuesday at 5 p.m. Ads received after this time will be held over to the following issue...

CEMETERIES GREEN HILLS MEMORIAL PARK

As Endowment Care Cemetery Serving the Harbor District For Information, Call TE 3-442, 27601 S. WESTERN

LOST AND FOUND

LOST—Cat, Siamese, black and white, white feet. Lost near Palms Drive, near Farm 7/1/56, Frontier 7-1733.

PERSONALS

NOT RESPONSIBLE for debts other than my own after July 12th, Thomas M. Morris, Jr.

HOUSE PAINTING

Interior - Exterior Free Estimates All Work Guaranteed FA 8-1516 DA 6-4446

Painting

EXPERIENCED AND LICENSED FA 8-6236 OS 5-3682

TORRANCE HOME IMPROVEMENT

REMODELING PROBLEMS No down payment, 3 years to pay JOE A. MARRAY TORRANCE FA 8-7784 1116 MAPLE AVE.

CEMENT WORK

Path Sidewalks Driveways DONALD E. DITTMAN Licensed and Insured FA 8-5336 PL 5-4257

REPAIR SERVICES

ANY TYPE OF HAND AND POWER LAWN MOWER SHARPENED THE FACTORY WAY

BUILDING 15

Remodeling FOR ALL OF YOUR BUILDING NEEDS CALL GREAT WESTERN CONSTRUCTION COMPANY

Additions New Construction Remodeling FA 8-6475

PAINTING AND SANDBLASTING Any 2 or 3 bedroom home painted two coats of vinyl plastic paint.

E. A. KING CONSTRUCTION CO. GENERAL CONTRACTOR Remodeling - New Residential and Commercial

HOUSE PAINTING Interior - Exterior Free Estimates All Work Guaranteed FA 8-1516 DA 6-4446

Painting EXPERIENCED AND LICENSED FA 8-6236 OS 5-3682

TORRANCE HOME IMPROVEMENT REMODELING PROBLEMS No down payment, 3 years to pay JOE A. MARRAY TORRANCE FA 8-7784 1116 MAPLE AVE.

CEMENT WORK ALL KINDS Path Sidewalks Driveways DONALD E. DITTMAN

REPAIR SERVICES ANY TYPE OF HAND AND POWER LAWN MOWER SHARPENED THE FACTORY WAY

GARDENING Landscaping A-1 GUARANTEED job on new lawn. Clean-up, landscaping, Japanese plants, etc. Estimates FAiFax 8-4000.

LAWNS mowed and edged. General clean-up or what. General maintenance. FAiFax 8-5337.

YARD clean-up and light hauling. General maintenance. FAiFax 8-5337.

CLEAN-UP grounds, 110 w x 7 beds, etc. New lawn - 100 sq. ft. old. Maintenance. Reasonable. Japanese plants, etc. Estimates. FAiFax 8-4000.

LAWN RENOVATING Grass seed and fertilizer. Good work. Free estimate. FAiFax 8-5337.

TOP SOIL - Excellent sandy loam. Will fill. Anytime. OSBORNE 8-4211.

TRANSPORTATION 25 LADY wants ride Monday through Friday. Los Angeles. Spring at Fifth. 7:15 to 3:45. Frontier 6-1419. Urgent.

INSTRUCTION, 27 Music, Dancing, etc. BALLEW classes \$1.00. Beginner, advanced. Teacher from School of American Ballet, New York. DAVIS 4-7110. Free Talent Finder Course. For information call BETTY THOMAS STUDIO FAiFax 8-8113

CHILD CARE 30 Happy Home Day Nursery Licensed and Insured. For Parents Who Care. CHILD CARE BY HOME DAY by FRONTIER 8-2829

RELIABLE, mature woman will sit afternoon, 100 w x 7 night. Davenport 4-1855. CHILD CARE 2 to 5 years. My home. FAiFax 8-5219. WILL care for babies or small children in my home. Day or night. Davenport 4-1855.

EMPLOYMENT 28

Offered Men Aircraft WORK CLOSE TO HOME IN COMPTON Autonetics

A Division of North American Aviation Has Immediate Openings for: DRILL PRESS OPERATORS ENGINE LATHE OPERATORS GRINDERS MILLING MACHINE MACHINISTS JIG BORER MACHINISTS DR. WILHELM LINDER PRATT & WHITNEY BORING MACHINE OPERATOR (Semi-Automatic) HEAD BORE-MATIC EXCLO BORE-MATIC COMPANY BENEFITS INCLUDE: PAID VACATION PAID VACATION GROUP INSURANCE EXCELLENT WORKING CONDITIONS Apply in Person or Phone MR. O. D. TUCKER Newmark 2-5792, Ext. 28 200 E. Stanley Compton, California (S.W. Corner of Artesia and Main)

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INTERVIEW HOURS 8:30 a.m. to 6:00 p.m. Daily 8:30 a.m. to 12:00 Noon Sat.

General Petroleum Corporation NEEDS Piping Draftsmen With petroleum refinery experience are desired, but we will consider draftsmen who have had work experience similar to refinery construction. These positions offer excellent advancement opportunities to individuals interested in permanent employment, excellent working conditions, regular salary reviews, 40-hour week, and a complete benefits program providing for future security. APPLY Industrial Relations Department 3700 W. 190th St. TORRANCE 3 a.m. to 4 p.m. MONDAY thru FRIDAY

Maintenance Machinist Production Factory Background Necessary Apply VIRCO Mfg. Corp. 15134 So. Vermont GARDENA

Apply SALESMAN ESTIMATOR Experienced in calling on local building contractors. Able to read plans, type, use adding machine and good at figures. Reply-commission. MR. WHITE-AX 4-0789

PROFILE and MILLING MACHINIST GOOD PAY - VACATION Apply Southwestern Precision 1841 1/2 144th, Gardena DA 4-5213 FA 4-5248

Apply Young Married Man to 35 Years with approximately 5 years experience VIRCO Mfg. Corp. 15134 So. Vermont GARDENA

WANTED-Nursing Best of references. Day care. Frontier 8-0527