

## **Gradual Reductions in Weight** Most Satisfactory in Long Run

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are overweight should face up to one fact: long-lived individ-anls are most often thin. Life and Death Of course, there are times when rapid weight reduction i. - Ifie and death matter. Doc-fors sometimes preseribe diets for the purpose of taking off weight as fast as possible in case: where certain serious physical conditions exist. But this is not the best method for the overweight person who is still in normal health and would like to get himself in shape for the long pull. For him, it has no lasting value. R is best for the overweight person to plan a reducing pro-gram that will last sev er al nonths or even a year. Th is gradual reducing method has the advantage of permitting padoual tool of regaining the poinds lost. Best af all, the low eliming the face and wrinkles that as often occur. Discoust Failures Provided a person is platent after too rapid reducing. Discoust failures Provide a person is platent and conscientions, there is no any contentions, there is no any to ut developing the start and conscientions, there is no any contentions of the start and conscientions, there is no any to ut down on foods, not any to ut down on foods, not and them out. No spartan re-time devoid of person is platent.

out. No spartan re-bid of potatoes, bread is necessary. avy, that is fattening. The calories that grow into re the "extra" ones. How-all foods, including fruit

MONDAY Pittsburgh Paints continued to drive for the top spot in the Recreation Dept's City League with a booming 22-6 win over Border's Market. <sup>1</sup> The Painters were led to their avecome total on home runs by Bob Spellman a n d Larry Riena, a triple and dou-ble by Bob Moon, a triple by Bob Cruippi, and another dou-ble by Deb Reeder. Potter's 218 lost their sec

ble by Deb Reeder. Potter's 218 lost their sec-one straight, both on forfeits due to the play of ineligible men. Gladding McBean tool men. Gladding McBean the forfeit win to move tie with Potter's for spot in league standing

Apot in tengue standings. FRIDAY Local 1135 fell before the t bats of Torrance Gardens' Bill Clary, Koland Petrat, Bour Bel-tar, Rocky Janasik, Dave Bel-tar, Rocky Janasik, Dave Bel-tar, Rocky Janasik, Dave Bel-tar, Bocky Janasik, Dave Bel-tar, Batter Bel-Batter Bel-Batter Bel-tar, Batter Bel-Batter Bel-Batt

A it keeps, such as butter calories that grow into re the "extra" ones. How the peak of the sector of the sector morning appetites an d to nurritional re-ch on the subject of aver-the the sector of the sector the peak of nurritional re-the the sector of the sector the peak of the sector the sector of the sector of the sector of the sector of the sector the sector of the as bottom of the seventh for the ind final National rally.

**Color A Must** For Outdoor

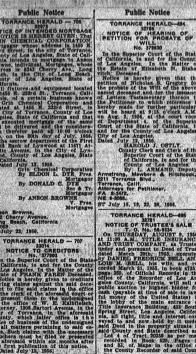
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## Births

OWBRY-Mr. and Mrs. William L. 22511 Denker Ave., daughter, Deb ra Jo., 7 lbs., 1 oz., 9:35 a.m. July 13.

Wenley, 7 lbs. 12% osz., 8:23 a.m. Mr. and Mrs. John, 4504 to Blvd., daughter, Marline , 8 lbs., 5 ozs., 13:03 a.m.

July 14 REY—Mirs. Jo Ellen, 219 S. Fran-Cinca Ave, Redondo Heach, daugh-ter. Las Joan, 7 Nos., 15 Oss., 9:30 a.m. July 14 Ar. and Mrs. David. ARPENTER-Mr. and Mrs. David. 1474 W 15406 St., Gardena, daugh-ter, Susanne Lee, 7 Ibs., 7 Oss., 8 a.m. July 15. uly 14 ann. July IS. Dialaitas W Carson Mrs. Lyle Nicho-Cherl Res. 7 Ibs., 14 oza, 7355 July 17. Cherl Res. 7 Ibs., 14 oza, 7355 Bard County and Cherl Res. 7 Ibs., 14 oza, 7355 Bard County and Cherl Res. 7 Ibs., 14 oza, 7355 Bard County and Cherl Res. 7 Ibs., 14 oza, 7355 Bard County and Cherl Res. 7 Ibs., 14 oza, 7355 Bard County and Cherl Res. 7 Ibs., 14 oza, 7355 Bard County and County and County and Cherl Res. 7 Ibs., 14 oza, 7355 Bard County and Co



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## lication of the 18, 1956: MARY C. FAREN Administratrix of the Estate of said decedent. rtori Avenue e, California

ce Elementary School, in Torrance, California, bid" will be in acco drawings, Specification ordance s a n d by J. E. Byers, Consulting Engine 8810 Melrose Avenue, Los Angeles

and operitorio and at of the single set and copies obtained at of the Single set and also trict Offices at 2355 Plana Torrance, California Said II be returned within five the bids have been opened. Each hid shall be made out on the forms as furnished by the Engineer, and must be accompanied by a cer-tified or cashier's check or bid bond for not less than the per cent (6%) of the industrict bid, made payable of the mount of bid, made payable of The above mentioned check or bond

has be given as a grant or old the bidder will once this contain if avaided the work or any part thereof and will be decired orfoliced if the successful bidder retures to suter into contract affer being re-quested to de ao by the District. Bach bit shall be seeded and floe or before the time and date shown above. Bide will be with the Assistant Superintendent of r before the time and date shown above. Bids will be opened and read n public at 3:00 P.M. August 3 (956, at 2335 Plaza dei Amo, Torrance Jalfornie California. In secondance with the Labor Code of the State of California, the Dia-trict has accritative the general pre-valing rate of wages for such craft or type of workman needed to us-ecute the contract which will be awarded the successful bidder contain-as fol-



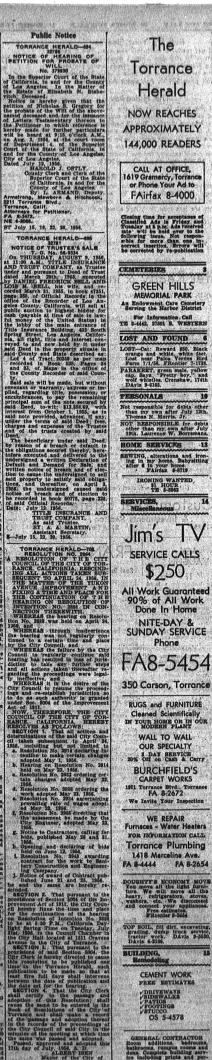
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22, 29, 1956

e fictitious firm CLEANERS and composed of the those name and n firm is composed of the person, whose name and is as follows, towit: Louise Wede, 1853 South Ave., Gardens, California. ESS my hand this ist day of

July, 1865. BILLEE LOUISE WADE. STATS OF CALIFORNIA COUNTY OF LOS ANGELSS ) as ON THIS lat day of July A.D. 1965. Before me Ethel G. Fhiling A Notes Prables in and for set Course-missioned and swort, personally ap-peared Billies Louise Wede known to me to be the person whose name ted the same. NESS WHEREOF. I have set my hand and affired I seal the day and year writificate first above wri-strificate first above wri-strificate first a box wri-strificate first a box state of the set of the set of the set of the print set of the set of the



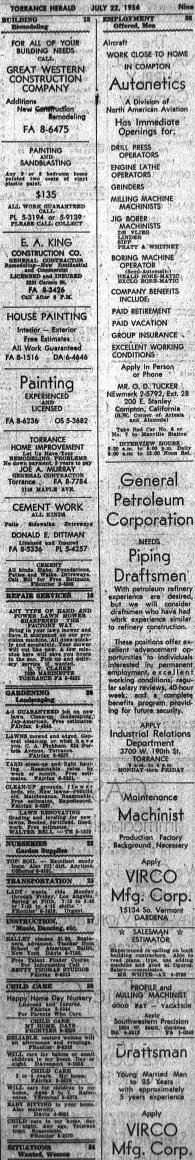
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