

College of Agriculture as demonstrator. All other demonstrations are in charge of the farm advisor, R. W. Hodgson, and Assistant Farm Advisor Blanchard.

BURBANK OPPOSES ANNEXATION TO LOS ANGELES

The city of Burbank is opposed to being included in the Los Angeles city limits and judging from the election returns it will not be annexed for some time to come. The vote on the proposal to annex Burbank to Los Angeles stands 847 against to 92 for. Between 1300 and 1400 were registered.

TENNIS CLUB

Mr. and Mrs. R. R. Smith entertained the Tennis Club at their home Monday evening. Delicious refreshments were served, after which five hundred was played. First prizes were won by Mrs. Harry McManus and Mr. Walter Von Hagen; consolation, Dr. W. J. Neelands and Mrs. George

\$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages and that is catarrh. Catarrh being greatly influenced by constitutional conditions requires constitutional treatment. Hall's Catarrh Medicine is taken internally and acts thru the Blood on the Mucous Surfaces of the System thereby destroying the foundation of the disease, giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in the curative power of Hall's Catarrh Medicine that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address F. J. CEBENY & CO., Toledo, Ohio. Sold by all Druggists, Etc.

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useful things to keep the little folks
busy.
HERALD STATIONERY SHOP

Green. The December meeting will be abandoned on account of the holiday season. The members of the club will be notified when and where the January meeting will be held.

ENGLAND'S SECRETARY OF WAR DRIVES FORD

When Winston Churchill, England's Secretary of War, became interested in the British "Campaign for Economy," he indorsed it with true sincerity, and because of that sincerity, he decided his Rolls Royce automobile must be replaced by a smaller and more economical car. So he cast his eye about in search of one that would be low in purchase price and low in upkeep. The makes of cars bearing those virtues were few. Lord Churchill found just one; he bought it—a Ford.

A best seller for three hundred years, "Robinson Crusoe," the oldest adventure story in the English language—and still the greatest adventure story in any language. Robinson Crusoe and many other children's books for Xmas or birthday gifts at

OLD TIMES AGAIN

"It is like old time; just exactly," Mr. J. C. Vaughn said to Mr. Robert Vaughn. "Bob, get a sack of beans and present it to the Herald man." The sack was forthcoming at once and we shall have a further opportunity of thanking the Torrance Warehouse, one of the big business establishments of Torrance.

BEGIN HOT WATER DRINKING IF YOU DON'T FEEL RIGHT

Says glass of hot water with phosphate before breakfast washes out poisons.

If you wake up with a bad taste, bad breath and tongue is coated; if your head is dull or aching; if what you eat sours and forms gas and acid in stomach, or you are bilious, constipated, nervous, sallow and can't get feeling just right, begin inside bathing. Drink before breakfast, a glass of real hot water with a teaspoonful of limestone phosphate in it. This will flush the poisons and toxins from stomach, liver, kidneys and bowels and cleanse, sweeten and purify the entire alimentary tract. Do your inside bathing immediately upon arising in the morning to wash out of the system all the previous day's poisonous waste, gases and sour bile before putting more food into the stomach.

To feel like young folks feel: like you felt before your blood, nerves and muscles became loaded with body impurities, get from your pharmacist a quarter pound of limestone phosphate which is inexpensive and almost tasteless, except for a sourish twinge which is not unpleasant.

Just as soap and hot water act on the skin, cleansing, sweetening and freshening, so hot water and limestone phosphate act on the stomach, liver, kidneys and bowels. Men and women who are usually constipated, bilious, headachy or have any stomach disorder should begin this inside bathing before breakfast. They are assured they will become real cranks on the subject shortly.

DR. J. S. LANCASTER

Physician and Surgeon
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THE AMERICAN RED CROSS IN PEACE TIME
Health Promotion



Health is at the foundation of human happiness. Through its Rural Service, Public Health Nursing Service and Health Center Service, the American Red Cross aims greatly to strengthen this foundation and to draw more closely than ever the neighborly ties that bind the American people together. Here is shown a Red Cross Public Health nurse attending a young mother with a brand new baby, seeing that both receive scientific care.

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