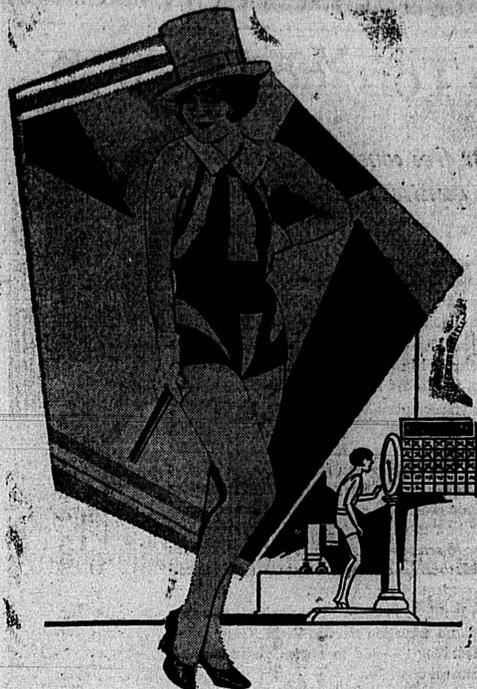


(Continued from Page 1)

KEEPING FIT with NANCY CARROLL

by NANCY CARROLL
Paramount Star



I WANT to talk to you to the women who have gotten the habit of being fat. Once you were nicely proportioned, and then somehow you let yourself go to a settled, middle aged accumulation of excess fat. You used to be alarmed about your growing waist line, and then after a bit you sort of accepted it as your fate, and now you're rather complacent about it, even though it means that no amount of dress-making seems to give you a smart, well-dressed look.

Of course, it takes will power to stick to a diet, even if it is a mild one. If you say "Oh, what's the use?" after a couple of days, or if you follow the diet every other day or so, you'll never recover your trim figure. What I do is put one of my slim pictures on my mirror and say firmly to myself, "Nancy, that's your model, get back to it."

Just think of the splash you will make when your diet is over and you join your friends minus fifteen pounds! You should lose three pounds, this week, you know.

I am going to give you a balanced exercise to add to the four you are already doing. Maybe your knees will crack a little bit at first, but don't let that discourage you. Do it slowly, and try to keep your balance. Start by standing at attention, holding your hands by the ends. At the count of one, bend the knees and lower on body until you are just about sitting on your heels. Then, at the count of two, raise your body to position. But be sure to find out if your doctor approves of your going on a diet. He knows your fitness better than you do. I think I'll include a little advice on how to stay young next time. Every woman is interested in that subject!

NANCY CARROLL NO. 6

NANCY CARROLL THIRTY-DAY DIET

14th DAY	20th DAY	21st DAY
Breakfast Juice medium orange 1 bran muffin Coffee or tea. Sugar if desired	Breakfast Vegetable salad 3 soda crackers 3 pieces candy Tea with lemon	Breakfast 3 prunes, stewed 1 poached egg on thin dry toast Coffee or tea. Sugar if desired
Lunch 1 slice cold roast beef, no fat, 3x4x 1 bran muffin Lettuce and pineapple salad	Dinner 1 small pear or apple Demi tasse "Curried" lamb with rice—have ready 1/2 cup of lean, cooked lamb cut in dice, and 1/2 cup cooked rice. In 1 tap, butter brown 1/2 onion lightly. Remove from fire and rub in 1 tap, flour, salt, pepper, and 1/2 tap, curry powder. Return to fire to brown. Remove again and add 1/2 cup heated bouillon (strained will do). Stir constantly over fire until is a smooth gravy. Add diced lamb. Serve in a "nest" of hot rice.	Dinner 1 cup vegetable soup, unstrained 1 lamb chop, trim off fat 1 baked potato 3 stalks celery 2 tap, fruit relatin with marsh-mallow whipped in Demi tasse

Pacific Coast Ignoring East at Style Show

By United Press
SAN FRANCISCO—The Pacific coast sets its own standards for women's modes and fashions and is no longer dependent upon European or eastern style centers, in the opinion of style experts who have just visited the San Francisco Spring Style Show.

Hundreds of merchants and retailers of women's wear concurred in this opinion after seeing the chic modes presented at the style show, held in connection with Market Week.

Clothes for the modern western woman are designed with an eye to the needs, desires and tastes of the customers in this region, and are designed by western creators and stylists.

The stunning evening gowns, gorgeously colored silks and satins, smart street dresses, vivid lounging pajamas and sport costumes exhibited at the style show all reflected an outlook and love of beauty that is a distinctive outgrowth of life in California, in the opinion of B. R. Funston, director of Manufacturers' and Wholesalers' Association.

of San Francisco.

"San Francisco has long been the chief center of western distribution for women's wear and women's fashions," said Funston, "but at the 1930 Fashion Show, manufacturers and designers of this city demonstrated that the west has become self-sufficient so far as the creation of styles, particularly adapted to the Pacific slope needs and requirements is concerned.

"Climatic conditions and conditions of life generally, differ so much on the west coast from those of eastern and European style centers," Funston continued, "that of necessity we have developed here a demand for distinctive modes of our own."

MAN, 80, SENT TO PEN
VIRGINIA CITY, Mont. (UP)—An errant impulse that impelled him to set fire to the county poor farm February 18 has sent an 80-year-old man to the state penitentiary where, if he lives that long, he must remain for two and one-half years. He is James Daly, inmate, who admitted he touched a match to the institution in a fit of anger.

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LICENSED EMBALMERS
TORRANCE

TORRANCE IS MOST ACTIVE IN TRANSFERS

Leads All Other Los Angeles County Cities in Increased Realty Activity

Torrance is leading all other cities in Los Angeles county in increased real estate activity over last year, it was announced by the California Title Insurance Company in a bulletin recently released. Real estate transfers last month affecting Torrance property were 200 percent more in number than in March, 1929, according to the title company. The complete bulletin follows:

"Real estate activity all over Los Angeles County is showing a steady, though slow increase, comparing the volume of March realty transfers with those for the corresponding month in 1929 and also in relation to transfers for February, 1930.

"Twelve cities showed exceptional activity last month in comparison with March, 1929, fourteen were fairly active while the realty market was slow in the remaining sixteen cities covered by the survey. Torrance was the most active city in the county using this basis of comparison. Transfers last month affecting Torrance property were 200% more in number than in March, 1929.

"Other cities showing exceptionally active markets last month were Avalon, with an increase of 80% in volume of March transfers over those for the corresponding month in 1929; Glendora with 75%; Monterey Park, 52%; Signal Hill, 60%; and Pomona, 43.5%. All four of the metropolitan cities of the county showed a decrease in last month's transfers over those for a year ago.

"Many Cities Show Gain
"A comparison of March real estate transfers with those for the preceding month shows that twenty-six cities in the county enjoyed a gain in March. Making allowance for the short month and the absence of the two holidays in February, a number of cities still showed a big increase in March activity compared with the preceding month.

Torrance, Vernon, Glendora, El Segundo and Montebello showed the greatest activity last month using this basis of comparison. Three of the metropolitan cities, Los Angeles, Long Beach and Pasadena, showed considerable increase in March activity. Glendale, however, suffered a slight decline.

Los Angeles County Road Department is working on Dolores street and Grace street here. The streets have been scarified and are being otherwise repaired.

Mrs. Charles A. Brazee of Main street visited her father, H. T. Williams in Long Beach on Monday. Mr. Williams is ill at his home there.

According to the president, Thomas A. Cowan, a real live, interesting business meeting of the Keystone Chamber of Commerce is being planned for the regular meeting which will be held on Saturday evening, April 26, at Boosters' Hall on Main street. The meeting will be opened promptly at 7:30 in order to take care of the many questions which will come before the body at that time among which are the crowded condition of the school here, the oil question, and the sewer question.

Mr. and Mrs. Charles H. LeBouef and son, Charles, of Carson street, motored to Lytle Creek on Sunday, where they visited Mr. and Mrs. E. Cohen at Glen's Ranch.

Mrs. George H. Koehler of Wilmington street, arrived home on Monday following a successful operation performed two weeks ago at the Jared Sidney Torrance Memorial Hospital in Torrance.

Mr. and Mrs. O. H. Dunkin of the home of Mr. and Mrs. C. E. Harshman on Figueroa street on Sunday.

Mr. and Mrs. Charles H. Pierce and family of Dolores street spent Sunday at Silverado Canyon.

Mr. and Mrs. Charles M. Forrest and family of Amelia street, spent several days last week in the San Gabriel Mountains.

Mr. and Mrs. M. W. Mark of Long Beach were Sunday guests of Mr. and Mrs. Walter Phillips and family on Carson street.

Sunday guests of Mr. and Mrs. George Nahmens and family of Carson street were Mr. and Mrs. Orton Paxton, who having spent the winter months in Redlands, are returning to their native State, Missouri; their son and daughter-in-law, Mr. and Mrs. Siegel Paxton, of Redlands, and their son-in-law and daughter, Mr. and Mrs. Carl Love, of Lynwood.

The Crochet Club meeting which was to be held last week at the home of Mrs. Barbara Berry on Dolores, was postponed to this week on Thursday. At that time a luncheon will be served at noon by the hostess and sewing and musical ability will reign during the afternoon hours.

Mr. and Mrs. Robert Lewis and family of North Long Beach, were entertained on Friday at the home of Mrs. Lewis' parents, Mr. and Mrs. John R. Hilpert, on Grace street. A birthday dinner was served by Mrs. Hilpert in honor of the birthday of Mrs. Lewis.

Mr. and Mrs. William Johnson of Grace street, were dinner guests on Easter Sunday at the home of their son-in-law and daughter, Mr. and Mrs. Roy J. Reynolds in Wilmington.

A group of friends of Miss Mabelle Cowan were entertained on

Expert Reveals Cost of Living in Los Angeles

By United Press
LOS ANGELES, April 24—The annual cost of maintaining a family of five in Los Angeles in the minimum standard of "comfort and decency" has been set at \$3004.66 by Dr. Earl Fiske Young, director of the sociological research laboratory of the University of Southern California.

The budget estimate compiled by the student is for the family of the skilled worker and was contained in a summary of social data on the Los Angeles area.

Dairy products form the largest item in the \$784 which Dr. Young set aside for food. This class cost \$169.37 at city prices. Dr. Young plotted \$119.20 for meat on the family diet.

Rent, set at \$612.64, and clothing at \$603.13 were the other major items on the budget. The remainder of the budget was divided between 11 items, including insurance, recreation and savings.

In another budget, estimating the living costs of a man working at ordinary labor and providing food, clothing and shelter for a family of four, Dr. Young estimated a monthly cost of food to be \$48.99 and the monthly total for all expenses, including a \$30 rent item, to be \$122.13.

COMPTON—(UP)—Even a broken leg didn't keep Florence L. Helberg from marrying Richard W. May. The justice of peace was summoned from his office late the other night and married the two in their automobile under the corner street light.

PAINFUL CORNS

Loosen—Lift Out

A little known Japanese herb, the discovery of an eminent German scientist (Dr. Stickle) instantly soothes the corn, callous or wart, then loosens it so that shortly you can lift it right out. This new discovery called "Corn Fly" excites the white blood corpuscles to action and granulates the corn at its root so that it drops out and leaves no trace of scar or soreness.

You will also find "Corn Fly Foot Bath Powder" a boon for sore, tired or perspiring feet.

"Corn Fly" for corns, 35c, "Corn Fly Foot Bath Powder" 25c, and "Corn Fly Bunion Remedy" 50c, (all three—\$1.10 value—for \$1.00), are sold under a positive money-back guarantee by Hi-Gene Co., Newark, N. J., or local druggist.

KEYSTONE NOTES

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Tuesday afternoon at the home of her parents, Mr. and Mrs. Thomas A. Cowan on Amelia street as a celebration of the sixteenth birthday of the hostess. The Easter motif was carried out in decorations throughout the house and at the table where covers were laid for the guests who were served a luncheon following the bunco games which served as diversion during the afternoon hours. Bunco prizes were awarded. Dale McAlary for high score, while June McCoy won the consolation. Covers were laid at the table where a dainty luncheon was served, for Lorene Cunningham, Allene Wisheart, Cleo Wright, Jewel Wright, Alma Bartlett, Marjorie Smith of Keystone, Genevieve French of Keystone, Bonnie Osterberg of Los Angeles, and June McCoy, Dale McAlary, Madeline Huddleston, Catherine McManus, Genevieve Williams, and Mrs. Monave Glenn of Wilmington.

Mr. and Mrs. Charles A. Brazee of Main street, spent Easter Sunday with friends in San Pedro.

Mrs. Anna Frankum and daughter, Mrs. H. S. Wells, Keystone, spent Easter in Whittier with Mrs. Frankum's son-in-law and daughter, Mr. and Mrs. Guy Wells.

Jamie Constable of Lamanda Park was the guest of Elwood Nahmens of Carson street for two days last week. Elwood returned with Jamie to Lamanda Park for a few days later in the week.

Charles H. Pierce of Dolores street here and scoutmaster of Troop No. 1, Boy Scouts of Keystone, attended the Boy Scout convention held in the Shrine Auditorium in Los Angeles last week. On Wednesday night he was one of the judges at a first aid contest among the troops. It was an inspiring sight to see the hundreds of Boy Scouts assembled for this convention with many presiding over booths in the large auditorium.

Mrs. V. Bailey of Long Beach is a visitor at the home of Mrs. Anna Frankum on Grace street.

Large vases of snapdragon, roses and other spring flowers were employed in adorning the long table where a Dutch supper was served to over forty of the invited guests following the evening's frolicosity, when Mr. and Mrs. Harry C. Roques of Grace street and Mr. and Mrs. George C. Nahmens of Carson street, arranged one of the most elaborate parties given here in many months. The event was in celebration of the fifteenth wedding anniversary of Mr. and Mrs. Roques and the twentieth anniversary of Mr. and Mrs. Nahmens, and was held on Saturday evening at Boosters' Hall. Floor lamps, rugs, cozy chairs, and large baskets of flowers emphasized a homey atmosphere. Five hundred was played by the guests and interspersed were the "hands" played were the following musical numbers, piano duet, "Country Dances" by Ethelbert Nevin played by Ruth Nahmens and Andre Roques; tap dance in Irish costume by Blossom Roques danced to the air of "When Irish Eyes Are Smiling;" dance, "The Broadway Melody," by Ruth Nahmens and Andre Roques; a vocal solo by Mrs. Roy Schureman of Midway City; and the waltz doted danced by Andre and Blossom Roques and Ruth Nah-

men with Mrs. Nahmens playing "Let Me Call You Sweetheart." Following the card games prizes were awarded to Mrs. Robert Hull and E. F. Everard for high scores; Mrs. Schroeder and Z. W. Jennings won second prizes; and Mrs. Schureman and S. S. Tannehill were given the consolation prizes. Sections of pictures were matched by the guests for partners and a prize waltz was danced with Mrs. Schroeder and Karl Vandingstee receiving the prize. Z. W. Jennings also won a box of chocolates during the evening. Yellow and lavender favors and nut baskets were used as table decorations with fortunes for each person in the nut baskets which caused considerable merriment.

Following the late supper, Robert Hull danced a Scotch dance and Mrs. Schroeder a toe dance and dancing was enjoyed by the group with Mrs. Nahmens at the piano.

The guest group included Mrs. Barbara Berry, Roy and Donald Berry; Mr. and Mrs. S. S. Tannehill, Mr. and Mrs. Charles H. Pierce, Mr. and Mrs. Robert Hull, Mr. and Mrs. Thomas A. Cowan, Mr. and Mrs. Z. W. Jennings, George Koehler, Mr. and Mrs. James B. Russell, and Mrs. Perina Piper of Keystone; Mr. and Mrs. Irwin P. Gates, and baby; Mrs. Lena Roques, Mrs. Nick Martin, Mr. and Mrs. Karl Vandingstee of Los Angeles; Mr. and Mrs. Ray Schureman of Midway City; Mr. and Mrs. Schroeder of Santa Ana; and Mr. and Mrs. C. C. Boyd and daughter, Wahneeta, of Long Beach.

Plans Prepared for Extension Vermont and Normandie Ave.

On recommendation of the county affairs committee, the city engineer of Los Angeles was instructed to prepare plans for the extension of Vermont and Normandie avenues to connect with Gaffey street at Anaheim street, as soon as proper agreements were secured.

TRUTH STRANGER THAN FICTION

An Indian Elephant wrecked a railroad!

The average man works less than eight years during his lifetime!

Fish that live on clams without troubling to open them!

Come in and ask for PROOF of every statement depicted here.

"BELIEVE IT OR NOT" we would appreciate knowing whether or not you enjoy these cartoons. They cost us good money to publish and are an experiment in advertising rather than the usual form "ads" . . .

Express Yourself.

DEBRA RADIO COMPANY
Every customer a friend
POST AT CRAVENS PHONE 370 W

Chamber Directors and City Council Will Get Together

Another three months has rolled along since the last quarterly Chamber of Commerce-City Council get-together meeting, and President Dolley of the Chamber of Commerce has invited the City Council to dine with the chamber directors next Monday, April 22, at Earl's Cafe. Much good has come out of previous get-together meetings and a number of important civic problems are on the program for discussion Monday evening.

Read Our Want Ads

Helen Webster - KFI Wednesdays, 10:50 a. m.

Clark Jewel Gas Ranges

Reduced Prices This Month Only

Clark Jewel gas ranges, with their constant improvements, have been accepted as standard for many years.

During April only, our entire line will be sold at substantial reductions.

Special Terms During April

Small down payment - Balance in twelve monthly installments, without interest - Liberal allowance for your old range.

Read Our Want Ads

From Youth to Age

There are three trying periods in a woman's life: when the girl matures to womanhood, when a woman gives birth to her first child, when a woman reaches middle age. At these times Lydia E. Pinkham's Vegetable Compound helps to restore normal health and vigor.

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

Southern California Gas Company

POST AT CRAVENS, Torrance, Calif.

Boy Scouts of America

The Franklin Motor Company and Marquette Motorcars

I am a Buick fan. I saw this in house last week and I was so impressed that I bought one. It has made my driving so much more enjoyable. I have never had a better car. I have never had a car that has so many features. I have never had a car that is so reliable. I have never had a car that is so comfortable. I have never had a car that is so stylish. I have never had a car that is so economical. I have never had a car that is so easy to drive. I have never had a car that is so safe. I have never had a car that is so fun to drive. I have never had a car that is so good. I have never had a car that is so great. I have never had a car that is so perfect. I have never had a car that is so amazing. I have never had a car that is so wonderful. I have never had a car that is so incredible. I have never had a car that is so unbelievable. I have never had a car that is so extraordinary. I have never had a car that is so remarkable. I have never had a car that is so outstanding. I have never had a car that is so exceptional. I have never had a car that is so unique. I have never had a car that is so special. I have never had a car that is so rare. I have never had a car that is so precious. I have never had a car that is so valuable. I have never had a car that is so priceless. I have never had a car that is so priceless. I have never had a car that is so priceless.

Good Words Everywhere

—because everyone knows it's an outstanding

VALUE

The deep and lasting value of great performance! Performance "built by Buick" — performance reflecting a quarter-century of experience in building 2,400,000 fine cars—performance which has inspired America to invest \$25,000,000 in Marquettes during the few months it has been on the market! Come drive—and prove Marquette superiority for yourself!

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Division of General Motors

Canadian Factories Corporation Builders of McLaughlin-Buick, Oshawa, Ont. Buick and Marquette Motor Cars

Marquette

Richard S. Flaherty

1316 Cabrillo Avenue, Torrance, Calif. Phone 65

WHEN BETTER AUTOMOBILES ARE BUILT... BUICK WILL BUILD THEM

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Fistula and all Other Rectal Diseases and Varicose Veins successfully treated in the office.

G. W. Fuller, M. D.
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