

PAGE  
"Is Zat In"  
Armstrong Roles Thrills  
"Oh Yeah!"  
Evening Post by A. W. S. gather two made such success of Armstrong's The product booked for W. day, Sept. 10. Then "The Great Yeah!" are Caron and Z. humor, has a ment values est motion film history.  
FORE  
FRI. SAT.  
Sunday, Continu Sun., 1-11  
Wednes A 4 ST \$2.20  
"PIL 1000 AT OUR

Before prices go up . . .  
a great week-end selling of  
**HOLEPROOF HOSIERY**  
FOR WOMEN

89c Next Week, \$1  
\$1 Next week, \$1.25  
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These prices will positively be advanced Monday, September 11.

**Back-To-School Needs**

- Boys' Grey Gym Shorts . . . . . 40c  
Boys' Grey Gym Shirts . . . . . 35c  
FREE!—T. H. S. Emblem Shield—Sewed On!  
Girls' Middies . . . . . \$1.19  
Girls' Bloomers . . . . . 59c and 69c  
Girls' Gym Middies . . . . . 59 and 69c

**Boy's Cords - - - - \$1.59**  
SUSPENDER BACK CORDS, \$1.15  
Sizes 3 to 10.

**Boy's Sport Oxfords**  
Black or Two-tone Brown  
Sizes 8½ to 11 . . . . . \$1.45  
Sizes 11½ to 2 . . . . . \$1.95

**Phoenix Half-Hose 25c**  
For Children  
FREE BALLOONS!—New Fall Patterns

**Children's Dresses**  
New Fall Patterns, Materials, Styles!  
Sizes 2 to 14 . . . . . \$1.29  
This Quality of Children's Dresses Will Never Be Sold Again Under \$1.95

**Misses' and Girls' Sport Oxfords**  
Brown, Black, Black Suede, Brown Suede  
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**C. S. Examination For Auto Mechanic**

The United States civil service commission calls attention to an open competitive examination for the position of foreman automobile mechanic. Existing and future vacancies in this position in the various national forests and other branches of the federal service in the state of California may be filled from this examination. The entrance salary for this position ranges from \$1800 to \$1980 a year, less a deduction of 15% as a measure of economy, and 3¼% toward a retirement annuity. Application forms and further information as to requirements may be obtained from the Secretary, Local Board of U. S. Civil Service Examiners, Los Angeles, California, or from the Manager, 12th U. S. Civil Service District, Room 241 Post Office Building, San Francisco, California. Applications must be filed in complete form in the office of the district manager at San Francisco, California, not later than the hour of closing business on September 15, 1933. An examination for senior forest and field clerk and forest and field clerk in the various national forests will be held to fill vacancies existing and future. Applications must be filed at the above office not later than September 18. Salaries for these positions range from \$2000 to \$2500 for senior, and from \$1800 to \$2100 for junior field clerk, with the usual deductions. Applications for examination for the position of aviation engine mechanic for duty in the 12th civil service district, must be filed not later than September 22. Entrance salary for this position is \$1920 per year less than the usual deductions.

**Mrs. D. McDonald Taken By Death**

Mrs. Mary M. McDonald, age 72, passed away at the family residence, 1035 210th street, Saturday, September 2. Mrs. McDonald was born in Belmont, Wisconsin, and had resided in California 19 years, for the past 12 years in Torrance. She is survived by her husband, Donald McDonald. Christian Science services were held Tuesday morning at 10:30 at Stone & Myers chapel, followed by cremation at Pacific Crest.

**Calculate Calories At Start Of Reducing Diet—Here's How**

**Dr. Shirley W. Wynne in First Article on Safe Reducing, Discusses Food Needs**  
This is the first of a series of articles on weight control by Dr. Wynne.

By Dr. Shirley W. Wynne  
Commissioner of Health,  
New York City

There is no royal road to weight control, but the proper and healthful way to reduce is, nevertheless, not difficult. All that is required is a little perseverance and self-control, and a desire to understand the fundamental causes of overweight. In about 99 cases out of 100, the chief cause is overeating—especially eating too much of the wrong kind of food.

**Why We Get Fat**  
The food we take into our bodies is fuel. If we eat more food than is required to produce the amount of energy our daily activities call for, it is transformed into fat and stored until there is a demand for it. This demand is created only when the body needs more energy than is supplied by the daily intake. Then a call is sent out to change the fat back into energy-releasing substances, and the body consumes them to meet its needs. The energy requirements of the body are measured by scientific units called calories. Here is the way to calculate the calories you require.

**Calculating Your Calories**  
Consult a table of heights and weights to determine what your normal weight should be. You can get such tables from insurance companies. Most pay scales in drug stores, stations, etc., also have a height-weight table attached. Multiply your normal weight by 15 if you take no exercise, 17 if you take light exercise, 19 if you take moderate exercise. 22 if you do muscular labor, 25 if you do severe labor. You then have the number of

**FARM PRICES UP**  
LOGAN, Utah, (U.P.)—Utah farm prices have increased 22 per cent in the last six months. W. P. Thomas, department of agricultural economics, Utah State Agricultural College, announced. Wheat and wool led the list. Thomas said, while butter fat, lamb and fruit showed marked improvement.

**SLIMMING DIET**

Here is the first of a series of suggested weight reducing diets prepared for this paper by Dr. Wynne. Each diet provides about 1200 calories daily. Calculate your calories as shown in the accompanying article, and adjust the diet to your needs by taking smaller or larger portions of the food indicated in plain type. Do not change the quantities of the foods in bold-face type. These are the protective foods, and must be taken as indicated.

BREAKFAST		Calories
Juice of 1 1/2 oranges	100	
1 soft boiled egg	75	
1 slice bread or toast	50	
1 teaspoon jelly	50	
1 small pat butter	35	
Coffee (milk instead of cream, no sugar)	25	
LUNCH		
1 Salad of sliced tomatoes and lettuce	25	
2 Soda crackers or 3 saltines	50	
1 glass milk or buttermilk	150	
1 apple, banana, orange or other fruit in season	100	
DINNER		
1 cup bouillon	25	
2 lean lamb chops	200	
Salad (1 tomato sliced, 1/4 of a cucumber, lettuce, no dressing)	50	
1/2 cup peas (cooked, no butter)	25	
Medium serving broccoli	25	
1 glass milk	150	
1 slice fresh or canned pineapple	50	

To reduce too fast is dangerous. A quarter of a pound a day is enough.

**Elks Convention Held At Long Beach**

The California Elks Association will hold its annual convention at Long Beach, September 21, 22 and 23. All business sessions will be held at the new municipal auditorium. The convention entertainment program will include a ball game at Recreation park on the afternoon of the opening day, followed by a barbecue. Ritzallistic contest and grand ball will be held in the Masonic temple in the evening. Friday, September 22, will be ladies day at Catalina Island. Band, drill team and drum and bugle corps contest takes place on Saturday.

**Gets Reward**



Ardeth Schuelder of Long Beach, selected as "California's Finest Outdoor Girl" at the recent Salinas rodeo, sails for Central America aboard the Santa Lucia, to return overland from New York through Washington, where she will meet the President. The trip was part of the queen's award.

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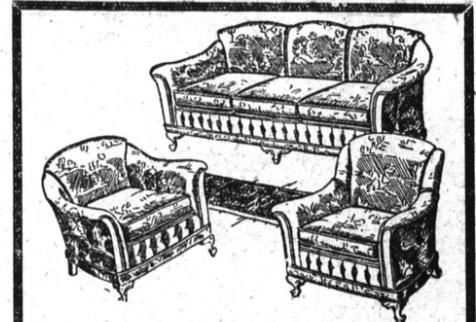
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**Holders of Gold Must Make Return to Revenue Office**

Collector of Internal Revenue John P. Carter stated today that all persons possessing gold coin, gold bullion or gold certificates must make a return of such holdings to his office on or before September 18, 1933, or be subject to a fine of \$10,000.00 or 10 years imprisonment, or both. This return is required pursuant to an executive order by President Roosevelt, dated August 28, 1932. Collector Carter stated that this return must be made, by every one owning gold coin, gold bullion or gold certificates or holding such articles for some one else, and whether person is liable to the penalties.

**PETITE EMBALMER**

OGDEN, Utah, (U.P.)—The life of a mortician is the great ambition of petite Miss Chloe Shaw. Miss Shaw took the examination to become a licensed embalmer, because, she said, her family is "in the business." Her father is president of the Idaho Embalmers' Association.

**Lomita Schools Are Ready For Opening On Monday, Sept. 11**

LOMITA.—All Lomita schools, Orange street, Lomita elementary and Narbonne high school, will reopen after the summer vacation on September 11, with, it is expected, an increased registration. Although practically no repairs to buildings damaged by the earthquake of March 10, have been completed beyond putting the premises in safe condition for use, it is believed that there will be accommodations for all pupils. At the Lomita elementary, the bungalows will be used, as they were during the last spring semester. Repairs to the Narbonne high

**UNCONTROLLED ELBOWS**

MODESTO, Calif. (U.P.)—Walter Johnson, Negro janitor who served five days in jail for allegedly beating his wife, told the judge he didn't believe a man should strike a woman. He denied striking Mrs. Johnson. He explained he was merely swinging his arms and his "big, projecting elbows" struck her. school auditorium, practically the only room injured in the quake, were completed last spring prior to commencement. Very little damage was done at the Orange street school, but this plant will be lacking the services of two or three rooms which were swept by fire several weeks after the quake. Very few changes in teaching personnel are expected at the three schools.