

CAR LIFETIME
Average lifetime mileage of a U. S. passenger automobile has increased from 25,750 in 1925 to about 120,500.

NEW YORK LEADS
New York is the leading buyer of new cars, according to 1950 statistics. Texas buys the most trucks.



Health Chats

By DR. RAYMOND A. LARSON

Headache—What to Do for It

When your head begins to thump with pain, do you send down to the corner drug store for some pills? Do you try to snip back with something that splutters in a glass of water? Do you rely on a mysterious power in fizz and foam?

If you do, your headache probably will disappear, for a time at least. But you have not cured your ailment. For headache is not a disease. It is only a symptom, an indication that something has gone wrong in the body. It is an effect of disease, and by relieving your headache you have only killed the pain without removing its cause.

In other words, when you take pain-killing drugs, you tear down nature's warning signal that dis-ease is at work in your body. Pain is nature's way of telling you that all is not well with you. It is really a friendly warning to beware. It should cause you to try to find out what the trouble is. Merely tearing down the warning sign does not remove the danger; if only tends to make you forget that danger exists.

So, if you are subject to headaches, the reasonable thing to do is to try to discover what ailment is causing your head to ache, instead of taking a pain-killer and letting the matter go at that. If the cause of your distress can be found and removed, your headache will disappear. When the danger no longer exists, nature takes down the sign.

The causes of chronic headache are many and varied. Some of the more common ones will be briefly discussed.

One of the more frequent causes of headache is poor elimination. Because some organ is not working properly, poisons which normally are thrown off, accumulate in the blood and affect the brain cells, causing in-

most causes a dull headache. The organs most likely to be involved are the kidneys, the liver, or the bowels.

A frequent cause of headache is digestive disturbance, due to bad food or wrong food combinations, or disorders of the stomach, liver, or bowels.

A constant throbbing ache in the top of the head is often the result of high blood pressure, which in turn is caused by disease of the heart, kidneys, or arteries, or by nervousness.

A type of headache that seems to be getting more common is due to nerve exhaustion. Overwork, worry, loss of sleep, and the fast pace of modern living use up nerve energy faster than it can be restored. In this way nerve exhaustion comes on gradually, and one of its symptoms is headache, usually felt in the back of the head where the skull joins the neck.

A most severe headache is sometimes the result of sinus trouble. Infection of the frontal sinuses causes pain in the forehead, just above the eyes, and sometimes over the entire front of the head.

Of all types of headache one of the most common is due to nerve pressure at the spine. An ache from this cause may be felt in any part of the head and is sometimes accompanied by a feeling of tightness or drawing at the base of the skull.

Now you will understand why headache pills, powders, and the like, cannot cure you. All that they can do is to depress the brain cells and keep your head from telling you that you are not well. If you suffer from chronic headache, wouldn't it be wise to have a physical examination?

HEALTH CHATS sponsored by R. A. Larson, D.C., Ph.C., 1110 Sartori Ave., Torrance, Phone 2130.



GOOD CELERY YEAR . . . Henry Sohanso packs away stalks of Utah celery grown on the local Weston Ranch. More than 45 men and women cut, cleaned and packed the

35 acres of celery which were harvested last week on the ranch. Rains made it a top year, growers said. (Herald Photo)

Best Crop In Years, Celery Cutters Say

Crews were busy last week cutting stalks of crunchy celery from some of the many fields in and around the Torrance area on ground which many claim is the finest in the west for producing long, stringless celery stalks.

On the Weston Ranch 48 men and women cut, cleaned and crated 35 acres of green Utah celery grown by Jack Sakioka. Rains helped considerably to

Realty Official Plans Address Before Board

A nationally-known real estate authority, Barbara Moss, will address the members of the Torrance-Lomita Realty Board Friday evening, March 28. It was announced yesterday by C. J. "Paddy" Ryan, president of the board.

Clean . . .
Intelligent . . .
City Government . . .



Re-Elect
EDWIN S. KARLOW
Incumbent
CITY COUNCILMAN
TORRANCE

ELECTION TUESDAY
APRIL 8, 1952
STAY AHEAD WITH "ED"

"Ed" Karlow Incumbent



CUTS STALKS . . . Kama Horikawa slices off part of the root formation on the bottom of a freshly cut stalk of Utah celery. The Weston Ranch stalks were cut for market Tuesday and Wednesday. (Herald Photo)

Leathercraft Class Opens

A free class in leathercraft, open to all adults regardless of residence, is held each Monday night at 7 o'clock at the Seaside School (Seaside Ranchos, off Highway 101 in Torrance). Students can learn to make pocketbooks, belts, watchbands, purses. Both beginning and advanced students are welcomed. Instructor Jack Cavanagh will suggest ways to get work tools and materials. Those planning to attend should register at the next regular meeting of the class on Monday night at 7 o'clock.

Did You Say Charleys?

Yes, I Said Charleys!

FOR FINE FOODS!

Join the throngs who enjoy Fine Foods and relaxation, every Sunday, when they dine with . . . CHARLEY.

Don't Forget to Visit Our Rumpus Room for a "BEFORE DINNER COCKTAIL"

Eat With Charley
DANIELS CAFE

1625 CABRILLO—TORRANCE



1327 El Prado, Torrance

SUNDAY thru TUESDAY
SPECIALS!

SALE MARCH 23, 24, 25—LIMIT RIGHTS RESERVED

GIANT SIZE BOX



TIDE

SOAP POWDER

69¢

45c TUBES LISTERINE
TOOTH PASTE 2 FOR 59¢

DOUBLE EDGE—BLUE STEEL
RAZOR BLADES 97¢

15c MEN'S LARGE WHITE
HANDKERCHIEFS 9¢

39c PAIR, ASSORTED COLORS
BOBBY SOX 17¢ Pr.

25c OUNCE TUBE
TOILET LANOLIN 9¢

29c BOTTLE OF 100
ASPIRIN TABLETS 13¢

SAVE 20c EACH
ON THESE 20x40



CANNON Bath Towels

Large selection of heavy Turkish Cannon Bath Towels in assorted colors. Sold formerly for 59c.

39¢ ca.

25-FT. RUBBER, BRASS COUPLINGS
GARDEN HOSE 1.98

PACK OF 80 DINNER
PAPER NAPKINS 11¢

WHITE KING
WATER SOFTENER 19¢

69c HEAVY DUTY
PLASTIC APRONS 39¢

2-95 B-CUP HEATPROOF GLASS
Silex Coffeemaker 1.97

89c 2-QUART RUBBER
Hot Water Bottle 49¢

Jumbo 100-lb. Size
FLOUR SACKS

Bleached white . . . no stains . . . no holes . . . make excellent dish towels because they are absorbent . . . save 6c each.



23¢

enter our great DIAMOND CONTEST!

TRY YOUR SKILL!
WIN
one of these
NATIONALLY
ADVERTISED
DASON DIAMOND RINGS
or BRIDAL PAIR
worth

\$150.00
YOU MAY WIN THE GRAND PRIZE!
COUNT THESE DIAMONDS!
Nothing to Buy! Nothing Else to Do!



The man or woman whose entry shows the correct count will win a diamond ring or bridal pair worth \$150.00. FREE of charge. If more than one correct answer is received, promptness and neatness will count. No strings attached. No judging will be done until contest closed. Be very careful. Make your entry as legible as possible. We cannot award duplicate first prizes. Winner's name will be posted in our windows. Our employees are not eligible. Judges' decision is final.

This is not a "NATIONAL" CONTEST. Someone in this area will win the prize! BRING THIS ENTRY BLANK OR MAIL IT IN!

Entries must be postmarked no later than midnight April 1, 1952.
If this particular newspaper is not clearly printed, we'll gladly furnish clearly printed entries. If you'll come in, contest open to anyone 18 years old or over.

ALLEN JEWELERS
1321 SARTORI AVE., TORRANCE
Phone Torrance 87

I have entered in the box (at right) the number of diamonds I have counted. I agree to accept the decision of the Judges as final.

NAME _____
ADDRESS _____
CITY _____

FILL IN NUMBER