

Nobody Can Love a Fat Woman

Fat women are fun to be around but they are lousy lovers. While everybody may love a fat man, few men ever love a fat woman unless they feel the urge to meet a great challenge.

A fat woman is rarely an intelligent individual. Not only are you unattractive, but you encourage all sorts of troubles including hardening of the arteries, heart trouble, arthritis, diabetes, kidney diseases and varicose veins.

Fatness is akin to laziness. They go hand-in-hand down the road to discard.

Psychological studies show that you are ashamed of something in your past, which you hide beneath layers of flab. You hope the world won't notice—but I do. The bigger the spread, the more shame on you.

Pills and other diet aids do

not make a thin woman.

Often you read about women who with the help of pills lose tremendous amounts of weight. What is overlooked is that those who succeed do so only because they sincerely want to.

Nothing can help you lose weight but your very own self.

Plan ahead, and don't give up. First, you must have a sincere desire to lose weight and establish new eating habits.

A dull diet of cottage cheese and/or some other so-called dietary food or fad is merely a way of starving yourself.

The menu should be interesting, and if you furnish your stomach with enough bulk it satisfies itself. Leafy vegetables are excellent.

Salad with lemon juice dressing can serve as a snack. Other nibbles between meals can be

carrot sticks with a salt substitute.

During the first few days of dieting, depression will set in, and your nerves will be on edge because your body not only craves sugar, it needs it. Fruits such as oranges, tangerines and apples will provide this.

I insist that you start the day off with a good breakfast, and don't skip lunch so that you may double up on dinner.

Three meals a day will keep your stomach happy, and if it is happy so are you.

You are allowed absolutely no alcohol. It increases your caloric intake and loosens, among other things, your will power. You'll have to avoid parties, my dear, until you regain your figure.

As one doctor put it, "fatness is a crime, not a medical problem."

A Penny



for your Thoughts

During Junior Citizens Day Tuesday, the Pennies photographer asked several students, "What have you gained personally from your participation today?"

Jill Toler, South High:

"I think I have a much better idea about what is happening behind the scenes. I was almost completely ignorant of the processes and functions of city government and now I have been enlightened. I think everyone should know a little about their government, especially here in Torrance."

Charlene Sanwo, North High:

"I believe that coming to Junior Citizens Day helps broaden my knowledge of how our city is run and the procedures followed during council meetings. By observing these proceedings, I gained a better understanding of the necessity for unity and cooperation among city officials."

Pat Thompson, South High:

"I feel I have gained an insight into the operation and philosophy of local government, which is a highly misunderstood institution. The people I have come in contact with have been friendly, courteous, and helpful in helping me to understand our city government."

Cynthia Somerset, West High:

"Basically, I gained a better insight into government on the local level. Everyone hears so much about the functions of state and national government that sometimes your local government is not considered very important. A person can really get involved with local government because it concerns him."

Tom De Floria, Montgomery High:

"I feel that I have gained a vast amount of valuable experience in regard to financial and municipal government. This experience may be very valuable later in life. Even if I had gained nothing, the day would have been a worthwhile investment as an entertaining experience!"

Ann Landers Says

You've Done Well Without My Help!



Dear Ann Landers: If this had happened to me only once I would overlook it, but since it seems to be a recurring problem, I need some advice.

What does one do when he is a guest in a home and is served food which contains some foreign and inedible body?

Several months ago a beautifully arranged salad was placed before me. Under one of the lettuce leaves was a dead bug. I almost gagged when I saw it but managed to control myself.

A few weeks later I was served a fly in the soup. This occurred in a restaurant so I simply sent the soup back. (The waiter apologized.)

Last night it happened again—at a dinner party in the home of a friend. The dessert was peaches and ice cream. I was half way through the dessert when I spotted two little worms on a peach section. I was talking with the hostess at the time and heroically ate around the little creatures.

What shall I do if this sort of thing occurs again?—NOT HUNGRY

Dear Not: Just keep on doing what you're doing. So far you've fielded the emergencies with admirable aplomb. Anyone who can eat around worms and carry on a conversation with the hostess doesn't need advice from me.

Dear Ann Landers: How do I break the news to a woman that it's all over? I'm a divorced man who has been going with a 42-year-old woman for almost four years. She has never been married, owns her own home, plus other inherited property. I'm afraid

she's too comfortable for her own good. I asked her two years ago to set the date but she never got around to it.

Three months ago I ran into a woman I used to know back in Montana. Her husband died last year and she moved to this city to live with her widowed sister. The second time I took her out I knew she'd be a wonderful wife for me. She said "yes" on our fourth date.

Now how do I tell the other woman without hurting her feelings? After all, I took up four years of her time.—ALEX

Dear Alex: Your solicitude is unwarranted. A 42-year-old maiden lady who has been dragging her feet on the way to the altar isn't going to take the news very hard. She may even be relieved.

Dear Ann Landers: My three married daughters are always having trouble with their husbands. They all have children, which, in my eyes, is reason enough to keep a home together even if it isn't all honey and roses.

For the past six years one daughter or another has been at home with me at least half the time. They just show up at the door with their children and say, "I've left him for good this time."

In a few days the husband appears and they sit down and talk things over for half an hour. They leave together—happy.

If they can talk it over in MY living room, why can't they talk it over in their own living room? I've told them repeatedly I don't want to be involved in their family troubles and not to come running home. They come any-

way. At the moment two girls are here with their five children. I can't lock them out. What's the solution? — UNWITTING ACCOMPLICE.

Dear Unwitting: Prove you mean business by saying, "Come in, I will phone a hotel or a motel for you because you can't stay here."

When they have to shell out money for room and board they won't run away from their husbands so fast.

To solve some of the frustrations, disappointments and disillusionments of married life, send for ANN LANDERS' booklet, "What To Expect From Marriage," enclosing with your request 20 cents in coin and a long, self-addressed, stamped envelope.

Ann Landers will be glad to help you with your problems. Send them to her in care of this newspaper enclosing a stamped, self-addressed envelope.

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Cub Scout Pack 730-c Adds Three

The monthly meeting of Cub Scout Pack 730-C was held in Casimir Cafetorium with Cecilia Hatrup and cubs of Den 3 opening with the flag salute.

Frank Prentiss, cubmaster, presented awards for the following cubs: Robert Elliott, John Prentiss, Ricky Terrill, Dan Hatrup, Donald Bayles, Tim Gugliotta, Raymond Carpenter, Donald Harrison, Mike setting, Lester Baker, Steve Beckbe, Greg Lutz and Ricky Whittaker.

Three members of the pack, Steve Beckbe, Greg Lutz and Ricky Whittaker, were inducted into Scout Troop 730.

Press-Herald Sunday Crossword

(Answer on Page A-9)

- ACROSS
- 1—Weighting machine
- 6—Nine excavation
- 11—Kind of fabric
- 16—Darts
- 21—Ardent
- 22—Silkworms
- 23—Egg cooked every 10
- 24—Open to view
- 25—Ancient mold- ing device
- 26—Star post
- 28—Writing tablet
- 30—Ponder
- 32—Artificial language
- 33—Symbol for aluminum
- 34—Meadow
- 35—Possessive
- 36—Distance measure
- 37—Cut
- 38—Offspring
- 40—Analyze, as sentence
- 42—Pedal digit
- 43—Departed
- 44—Evergreen trees
- 45—Be ill
- 47—Heavy with moisture
- 49—Wan
- 50—Scottish cap
- 51—Failings in duty
- 54—Approach
- 55—Safate
- 56—Vast herds
- 59—Deavour
- 60—Dutch measure
- 62—Highest Buddhist religious state
- 64—Escape
- 65—Exclamation
- 66—Prefix with 100,000 rupes
- 69—Floats in air
- 70—Part of violin
- 71—Music: as written
- 72—Abstract being
- 74—Artist's stand
- 76—Edge
- 77—Merriment
- 78—Hurred
- 79—Destruction of one in every 10
- 82—Sea nymph
- 84—Place in line
- 85—Genus of herbs
- 88—Booty
- 89—Place for two
- 90—Tapestry
- 92—Relative
- 94—Evaluating
- 98—Hold on property
- 99—Rational
- 100—Negative
- 102—Ward
- 103—Rocky hill
- 104—Youngster
- 105—Waste metal
- 106—Worship
- 108—Fish eggs
- 109—Faroe islands
- 110—Near
- 111—Journey
- 112—Sowing
- 114—Compass point
- 116—Peer Gynt's mother
- 117—Metallic element
- 119—Young salmon
- 120—The sweetest
- 122—Poem
- 124—Pronoun
- 125—Game at cards
- 126—Folds in skirt
- 128—Poem
- 129—Indigent
- 131—The pineapple
- 132—Roman bronze
- 133—Swift
- 135—Hindu cymbals
- 138—Ordinance
- 139—Eat
- 140—Arabian tree
- 141—Ancient
- 142—Gulf mound
- 143—Note of scale
- 144—Unspirated
- 145—Crown
- 147—Festivals
- 149—Fruit drink
- 150—Genus of man
- 152—Propels oneself through water
- 154—Ghost (slang)
- 156—Wearies
- 158—Chemical compound
- 159—Taut
- 160—Omens
- 161—Periods of time
- 27—Guido's high note
- 29—King of beasts
- 31—Cautchouc tree
- 36—Girl (slang)
- 37—Girl's name
- 39—Back of neck
- 40—Entreaty
- 41—Paradise
- 42—Fright
- 43—Festive
- 44—Renew
- 46—Evisc
- 48—Platform
- 49—Transfixes
- 50—Allowance for waste
- 51—Intertwined
- 52—Male amends
- 53—Oriental salutation
- 55—Cultivated soil
- 56—Toward the sheltered side
- 57—Dine
- 58—Tint
- 61—Spar
- 62—Fruitless
- 64—Man's name
- 66—Top of room
- 68—One who darts about
- 71—Enthusiasm
- 73—Frightened
- 74—Large birds
- 75—Slack
- 77—Web-footed birds
- 78—Narrow, flat board
- 80—Country of Asia
- 81—Negative
- 83—Regret
- 84—Wings
- 87—Railroad coal car
- 89—City in France
- 90—Place for worship
- 91—Lasso
- 92—District in Germany
- 93—Sheet of glass
- 101—Tests
- 105—Acid
- 106—Danish island
- 107—Vegetable grafted
- 111—Row
- 112—Girls' name
- 113—Outfit
- 115—Forest
- 116—Diletted
- 118—Oriental vessel
- 119—Sheet of glass
- 121—Post
- 123—A state (abbr.)
- 125—Nicest
- 126—Fruit
- 127—Talks
- 129—Piece of dinnerware
- 130—Fertile spot
- 131—Metal fastener
- 132—Lower
- 134—Comparative ending
- 136—Snake
- 137—Clayey earth
- 139—Beloved one
- 140—Goals
- 144—Confederate general
- 145—Metal
- 146—Beast of burden
- 147—Piece of cut
- 148—Pigeon
- 149—Macaw
- 151—Symbol for niton
- 153—Pronoun
- 155—Greek letter (abbr.)

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JEFF COBB

By Pete Hoffman

ACCORDING TO STYLES, THE MERCHANDISE DESTROYED IN HIS WAREHOUSE CONSISTED OF MEN'S CLOTHING!

CORRECT, COBB! NOW TELL ME...

WHAT'S GOT TO DO WITH YOUR RESEARCH ON BUTTONS?

CHIEF, THE FIRE LEFT ONLY A PILE OF ASHES! ...NOTHING ELSE!

BUT, ACCORDING TO THIS, BUTTONS DON'T BURN!

ARSON CLUES

IT IS MORNING... AND IN THE DEBRIS OF A FIRE-RAVAGED WAREHOUSE...

HMM...

IF RODNEY STYLES HAD CLOTHING STORED HERE... AND IF BUTTONS DON'T BURN... WHERE ARE... OH, OH?

NO SIGN OF ANY BUTTONS LYING AROUND! BUT THIS PIECE OF WIRE...

WHILE, ELSEWHERE...

OF COURSE I'M ALONE, RODNEY! ...WHAT'S ON YOUR MIND?

WHILE, ELSEWHERE...

YOU SOUND EXCITED RODNEY! IS SOMETHING BOTHERING YOU?

DOLLFACE, IT'S ABOUT BERT VULCAN... THE FELLOW YOU MET LAST NIGHT!

BUT WHAT I HAVE TO TELL YOU IS JUST BETWEEN US!

VAINLY SEARCHING FOR CLOTHING BUTTONS IN THE DEBRIS OF RODNEY STYLES' WAREHOUSE, JEFF MAKES A BIZZLING DISCOVERY.

YOU SOUND EXCITED RODNEY! IS SOMETHING BOTHERING YOU?

DOLLFACE, IT'S ABOUT BERT VULCAN... THE FELLOW YOU MET LAST NIGHT!

BELIEVE ME... HE'S A STRICTLY NO GOOD HOODLUM! ALWAYS MIXED UP IN SHADY DEALS OR WORSE!

RODNEY, IF WHAT YOU SAY IS TRUE, WHY ISN'T BERT BEHIND BARS?

HE WILL BE SOON, DOLL! YOU CAN COUNT ON THAT!

HEH, HEH... TELLING DOLL WHAT A HEEL VULCAN IS OUGHT TO WASH HIM UP WITH HER!

THEN YOU DON'T BELIEVE I'M SO BAD, DOLL?

NO, BERT!... NOW, WHAT ARE YOU GOING TO DO ABOUT RODNEY?

UH... I HAVE TO BE LEAVING NOW... GOT SOME BUSINESS TO TAKE CARE OF!

BERT, WHAT ARE YOU PLANNING TO DO ABOUT RODNEY... AFTER HEARING HIM WARN ME AGAINST YOU?

DOLL, YOUR BOY FRIEND IS SO INSANELY JEALOUS, HE WILL DO HIMSELF IN!... WAIT AND SEE!

MEANWHILE...

THE PIECES OF WIRE MATCH!... AND THAT WIND... HMM-M

Two Youths Honored by Area Club

Pamela Arndt, daughter of Mr. and Mrs. Donald Arndt of 348 Paseo de Gracia, and Barry Ratihm, son of Mr. and Mrs. Sam Ratihm of 4611 Avenue C, received special "Youth Appreciation Week" awards from the South Bay Optimist Club of Torrance last week.

The awards, presented annually to a senior boy and girl at the school, are made on the basis of character, leadership, school service, and academic achievement.

"This is our way of giving the youth in the community a 'pat on the back,'" Jack Bryggare, president of the club, said.

The parents of both students, and Dr. and Mrs. John A. Lucas were special guests at the dinner. Dr. Lucas is principal of South High.