

KEEPING FIT with NANCY CARROLL



So many people who write to me say, "Please, Miss Carroll, tell me how you keep your lovely figure. I wish I could get mine down to your proportions."

NANCY CARROLL THIRTY-DAY DIET. Table with 4 columns: Day, Breakfast, Lunch, Dinner. Days 1-4.

HI SCHOOL HI LIGHTS.

By MURIEL BELL. John Young is again declared winner of the Constitution Orations.

After some selections by our weat-appearing band in aud. call, some outsiders wondered who suffered the most—the band or the audience.

Charles Klasinger and Joe Tavan have such enormous appetites that they always eat a full dinner at home, when they are going to the girl friend's house for dinner.

Jack Shinn is back at school again, and his sickness hasn't affected his pep around school or elsewhere.

Homer Kirkpatrick, in time, will be able to give Bill Tilden some competition in tennis.

Spaniards, Italians, athletic girls, scientific boys and what-nots were wandering around the school on Monday.

The county jail had about twenty students from Torrance yesterday in its portals.

Norma Harppart, Betty Ripple, Bill Barnes, and Rudy Huber are going into the traveling salesman business for the Annual.

FIVE YEARS AGO IN TORRANCE

As Told by the Files of This Paper

First steps toward the creation of assessment districts for the paving of Redondo boulevard, from Madrid avenue to the west city limits, and the installation of a street lighting system throughout the business and residence districts of Torrance were taken up last night by the board of trustees.

Robert J. Deininger, first city clerk of the City of Torrance, was unanimously elected mayor by the board of trustees last night.

Sixty bowlers on twelve teams got away to a flying start at the new American Recreation Center on Carson street.

Dr. Geo. P. Shidler is in San Francisco taking special work in surgery.

Glider Leaves On Trip To New York In Texaco "Eaglet"

Captain Frank M. Hawks world-famous aviator, left San Diego for New York Sunday in a glider towed by an airplane on the first transcontinental and the longest glider flight ever attempted.

In The Texas Company's cabin glider, "Eaglet," the most unique craft of its kind ever built, Hawks will traverse a 2800-mile coast-to-coast route in eight days, passing through 12 states and over 60 cities.

NOMINEES FOR PUBLIC OFFICE

Notice is hereby given that the following persons have been nominated for the offices hereinafter mentioned to be filled at the General Municipal Election to be held in the City of Torrance on Monday, April 14, 1930.

For the office of City Trustee for full term, (two to be elected): Edward C. Nelson, Gustave A. R. Steiner, William E. Klumman. For the office of City Treasurer, unexpired term of Charles E. Raymond: Carlton B. Bell. For the office of City Clerk of the City of Torrance: Albert H. Bartlett, Richard F. Hogue. For the office of City Treasurer of the City of Torrance: Harry H. Doley. Dated at Torrance, California, March 26, 1930. A. H. BARTLETT, City Clerk of the City of Torrance, Mar 27-Apr. 3-10

KEEPING FIT with NANCY CARROLL



I suppose a lot of women who are joining me in the Nancy Carroll Thirty Day Diet are wondering just what to expect.

During the second week you should lose four pounds more. You see, after the first two weeks of the diet which have the most drastic cut in calories, I gradually build up the caloric content so that the weight reduction can come more normally.

The third week of the diet you should lose only three pounds, and the fourth week you should lose only two pounds.

So "all-in" during and after the diet period that I really felt sorry for them. And no diet should be taken without a doctor's approval.

NANCY CARROLL NO. 2

NANCY CARROLL THIRTY-DAY DIET

NANCY CARROLL THIRTY-DAY DIET. Table with 4 columns: Day, Breakfast, Lunch, Dinner. Days 5-8.

NEWS AND NONSENSE IN THE P. E. SHOPS

Edited by Carleton B. Bell

It is reasonable to suppose that Johnnie Van Vleet will not soon again brag about having such a fine auto. "The kind that starts when you are ready to go."

John Watson is back at work after almost two months off on account of sickness. Aside from a deep dimple back of his left ear, which the doctor made, he looks good as new.

I just cannot help noticing Bud Butler whenever he is around. This morning (Tuesday) for instance, no one could help noticing that he had a wonderfully studied out color scheme about him.

Jake Groskopf is a changed man these days. He has a happy twinkle in his eye, although he is very short of sleep. It looks like Jake

enter if his last name was Rockefeller or Vanderbilt.

Martin Monson had the misfortune to be bitten severely by his own dog last Thursday. Tests made by the Health Department showed that the dog had rabies and it was necessary for Monson to take the Pasteur treatment for his own protection.

Dale Merritt is well on the road to complete recovery. He was a visitor at the office Monday evening. He showed very plainly that he had been ill and was not ready to come back to work for a few days yet.

Zonite For Cuts and Wounds. Prevent infection! Treat every cut, wound or scratch with this powerful non-poisonous antiseptic. Zonite actually kills germs. Helps to heal, too.

SAFeway STORES DISTRIBUTION WITHOUT WASTE

Canned Foods Sale

At harvest time when the fresh crops are being canned and prices are low, Safeway contracts for the season's supply. Canned foods are purchased by the trainload at prices that only an organization of the magnitude of Safeway can obtain.

Prices Effective April 3rd to 8th, Inclusive

Pineapple, Spinach, Shrimp. Safeway "Packed by Dole" BRAND. No. 2 1/2 Cans 5 for \$1.00. MAX-I-MUM BRAND. No. 2 1/2 Cans 2 for 25c. DUNBAR DRY PACK. 3 for 49c.

Peaches, Ice Cream, Berries. Safeway Cloria. No. 2 1/2 Cans 3 for 65c. LUCERNE DE LUX Ice Cream. A new and better Ice Cream. Try it today and you will have no other. Highest quality obtainable. Each 29c. Blueberries Raymond Brand. Each 29c. Blackberries Safeway Brand. 2 for 35c.

Corn, Peas, Asparagus. Highway Extra Standard Pack. No. 2 Cans 5 for 49c. Highway Sweet and Tender. No. 2 Cans 4 for 49c. Pioneer Mince. No. 1/2 Cans 3 for 50c. Safeway, tall or square tips. Each 28c. Oak Glen, Country Gentleman. No. 2 Cans 3 for 50c. B. & M. Maine Corn. No. 2 Cans 4 for 59c.

Fruits and Vegetables. Asparagus. Fancy green, young, tender. per lb. 10c. Onions. White Globe. 4 lbs. for 15c. Tomatoes. Medium size, firm. 2 lbs. for 25c. Apples. Winesaps, Extra Fancy. 3 lbs. for 25c.

Safeway Meats

Prices Effective at Safeway Operated Meat Markets, Friday and Saturday, April 4 and 5, Only

Shoulder Lamb. Genuine Spring Lamb. Lb. 20c. Sliced Boiled Ham. Hormel's Flavor Sealed, delicious flavor. Lb. 59c. Legs Pork. Whole or half, choice Eastern Pig Pork. Lb. 24c. Lamb Chops. Shoulder and Rib, genuine Spring Lamb. Lb. 29c.

FRESH FISH Fresh Sea Bass. From the boats to our Markets, for baking or frying. 1 lb. 25c.

SPECIAL— FOR THE MONTH OF APRIL WE WILL SIMONIZE Your Car. COUPES and TWO-DOOR SEDANS \$4.50. GENERAL AUTOMOBILE REPAIRING (No Job Too Small Or Too Big). WASHINGTON POLISHING. ARLINGTON AT CARSON STREETS.

SUBSCRIBE FOR THE HERALD-NEWS

Political Advertising

To The Voters of Torrance

There will be an election for Trustees on April 14th. Also a vote for the payment of a small salary to the trustees. If your home is assessed at \$1500 it will cost you less than 3 cents per month for the 5 men. Go to the polls and express your wishes.

Respectfully Yours G. A. R. STEINER Candidate For Trustee For The 4 Year Term

STONE & MYERS. AMBULANCE SERVICE. LOMITA. LICENSED EMBALMERS. TORRANCE. Cravens at Engracia, Phone 195 1204 Narbonne. Phone 347