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MORTGAGE BURNING... Members of the building committee of the First Baptist Church conduct a mortgage burning ceremony at the church. Left to right are Gilbert Long, who lighted the match; Chairman Harry Hillier; Richard Hocott, Rod Farquhar, Claude Pickett and Henry Revelle.

Baptist Church Burns Mortgage For \$140,000

While members of the congregation watched, the mortgage representing payment in full of \$140,000 was burned at services last Sunday at the First Baptist Church.

After Church Treasurer Gilbert Long touched a match to the valuable document, Rev. C. M. Northrup, who has led the congregation for 17 years, offered a prayer of thanksgiving. Singing of the Doxology by the congregation followed.

The church—consisting of 900 members—is already laying plans for a new educational building to meet the needs of the fast-growing congregation, Rev. Northrup reported.

The present edifice was completed under a building committee composed of Chairman Harry Hillier, Richard Hocott, Rod Farquhar, Claude Pickett and Henry Revelle.

Tartar Teen Talk
By MARIAN McDONALD

Friday was a happy day for students at THS, as it was the last day of school before Easter vacation. Some students are planning to work, but everyone who can is going to the beach.

Friday night the Job's Daughters of Torrance, Wilmington, San Pedro and Lomita, sponsored a formal dance at the Hermosa Billmore. Many couples from Torrance attended. Some of these were Harold Phillips and Peggy Wood, Janice Brimley and Bob Kulp, Babs Whiteley and Tom Long, Mote Darling and Yo Goldsmith, Connie Stout and Don Forth, Babe Hazzard and Jack Beeman, Ann Bishop and Don Collinsworth, Betty Martinez and Jerry Farrar, Betty Davis and Richard Ugland, Sandy Ginn and Jimmy Farrar, Ann Steinbaugh and Greg Jenkins, Connie Erickson and Gene Davis, Sally Hickman and Don Mann.

The Fellowship Club put on a very outstanding and well known Tartar Choir and a movie. The choir members were attired in their new grey robes with maroon ties.

A new exclamation word was devised in one of the life science classes by Richard Knappenberger, in the studying of diseases of the bladder. It came out "holy bladder."

May 23 is the date for the El Camino Drama Festival. Most of the high schools in this area are entering a one-act play. Torrance's will be "Common Clay."

The freshman class is planning a dance called "Little J's Jamboree" on April 25 in the YWCA.

Seen eating one of those big delicious dinners at Chinatown last night were several Torrance couples, Beverly Rodgers and Jack Hood, Beth Jenkins and Bob Vioin, Marian McDonald and Bud Smith.

April 17 is the date for the Occidental Shakespearean Festival. Many students from Torrance are entering the events with monologues and scenes.

The Manholeas, school's Spanish club, is having a tostada sale on April 17. These are tortillas with tomato sauce, beans and lettuce. Really sounds good, doesn't it?

Good news for all the poor Tartars who have been having to stand in line all lunch hour to get something to eat. The cafe-

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Metropolitan Assigns New Man

Charles D. Ryan has been assigned as area Metropolitan Life Insurance Co. representative, it was revealed this week. Ryan, who has been in the Torrance area for nearly four years, will make his headquarters in San Pedro.

A family man, Ryan and his wife have six children, five boys and a 5-month-old daughter. They reside at 1342 W. 160th St. His territory includes most of the City of Torrance, including the Torrance and Sepulveda Gardens districts.

He can be contacted at his home by phoning ME 4-4154, Metropolitan reports.

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Health Chats
By DR. RAYMOND A. LARSON

THE "ACID" BUGABOO

MANY people who make a self-diagnosis are worried about acid. They are certain that they have "too much acid," or "acid stomach," or "an acid condition of the blood," or simply "an acid condition." Such a diagnosis is usually followed by self-treatment with this or that kind of medicine or diet.

In most of these cases both the diagnosis and the treatment are wrong. There is no such ailment as "acid stomach." The normal condition of the stomach is acid and must be so in order to digest certain kinds of food. Hydrochloric acid is always present in a normal stomach to aid in the digestion of protein foods, such as meats, fish, and eggs. Hydrochloric acid is stronger than the food acids, and there is nothing to worry about if one gets an "acid" taste after belching.

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Aladdin
CINECOLOR
MEDINA SANDS

Acids are constantly being formed in the body and are constantly being neutralized by the alkaline reserve of the blood. This reserve is maintained by the intake of alkaline foods and keeps the condition of the body from becoming too acid.

It is a dietetic fact that both acid and alkaline foods are needed by the body. In cases of ill health a doctor's advice should be sought as to how much of each should be consumed. But those people who wish to maintain good health will go wrong by making two-thirds or even three-fourths of the daily diet consist of alkaline foods. Some authorities say that eighty per cent of the food intake should be alkaline in order to maintain the acid-alkali balance of the body.

I have found it to be of great help to furnish specific information to my patients who are interested in the classification of foods on an acid-alkaline basis.

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



LLOYD DENNEE SAYS...
"ROCKETING..."

... prices and astronomical taxes are a major problem in every household today. There just isn't enough money in the average family budget to meet expenses and still have enough left to eat on. The obvious answer to this problem is to retrench... cut down on money spent for non-essentials, and try to save on everything you buy. Since the grocery bill is one of the major items in today's budget, it's usually the first place you start to economize. But how can you cut down your grocery bill when food prices are spiralling sky-high, without reducing the quantity and quality of the food you buy and eat to the point where health of the family may be endangered? After viewing this situation with alarm, I had my staff work night and day for several months searching for a practical solution to this problem and they have come up with a 'dilly'. The result is the 'LLOYD DENNEE'S CERTIFIED FOOD PLAN' whereby every family can eat better, have better health from a better diet, the housewife can enjoy more leisure, and also save HUNDREDS OF DOLLARS EACH YEAR on food costs, YEAR AFTER YEAR, AFTER YEAR!

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