

CASE SIZE

Measure pillows before buying cases, especially the new foam ones. The ideal pillowcase is about two inches wider than the circumference of the pillow.

GO DAY
★
MARCH 20 1952

Lovey Bradstreet's Troth To Be Announced At Party

Romantic news will be revealed this afternoon when Miss Lovey Bradstreet of 1417 Cota Ave. tells of her engagement to George Winters of 1204 El Prado during a party for friends at the Pacific Telephone and Telegraph Co.

Members of her family and their friends will be apprised of the betrothal Sunday when Miss Bradstreet's sister, Mrs. Wilfred Tidland of 1434 W. 215th St., hostesses a second party.

The bride-elect, a Torrance telephone operator, was graduated from Petaluma High School and attended Wayne University in Detroit, Mich.

Her fiance, son of Mr. and Mrs. Roy Winters of El Prado, is a graduate of Torrance High School and Fresno State College where he received his degree in criminology. An employee of the Los Angeles Police Dept., the future bridegroom also attended Compton Jr. College.

Curriculum To Be Topic

The "3 Rs and More" will be the topic of Marie Elizabeth Smith, representative of the curriculum division of the Los Angeles Board of Education, when she addresses 186th St. PTA Thursday, March 13, at 2 p.m. in the teachers' room.

Persons who have not registered will be able to do so at the PTA meeting. The June 3 vote will include the Los Angeles school bond issue.

LADIES GUILD

Ladies Guild of Central Church will meet next Wednesday at the home of Mrs. Howard McDonald, 1626 Beech Ave., at 2 o'clock. Mrs. Marie Taylor is co-hostess.

Mrs. N. D. Smith, Guild president, urges all members to attend this meeting.



LOVEY BRADSTREET
... March Bride-Elect



WHERE LETTERS GO . . . Barbara Mondor, a senior at Torrance High School, next week will learn the whys and how-tos of the Post Office when she is a guest of Mrs. Clara Conner, postmistress of Torrance, during the BPW's National Girls Week. The annual event enables graduating students to gather intricate and inside pointers on fields in which they are interested. This year five girls from Torrance High will visit the places of business of five BPW members. (Herald photo).

Williamsons' Party Fetes Two Couples

A combination "welcome home" and "farewell" party was hosted recently by Mr. and Mrs. H. E. Williamson of 704 Madrid Ave., honoring their sons and daughters-in-law.

Feted by their many friends at the affair were Mr. and Mrs. Robert W. Thomas, married in early February in Pampa, Tex., and making their home in Torrance, and Lt. and Mrs. Jack C. Thomas. Lt. Thomas left for Camp Stoneman the day after the party and is awaiting orders for Korea.

The newlywed Thomases are making their home at 1014 Craevens Ave. They returned to the Pacific coast Feb. 17 with the bridegroom's father and step-mother Mr. and Mrs. J. D. Thomas of Torrance.

The new Mrs. Thomas (Martha Ann Maguire) was graduated from Pampa High School, attended Long Beach City College and is employed at Baash-Ross Tool Co. Her husband, an employee of Columbia Steel Co., was graduated from Torrance High School and served with the Navy for two years.

Cubs Stress Need For Den Mothers

The "Urgent Need of Den Mothers" was the theme of Cub Pack 241-C's meeting Friday evening in St. Andrew's Guild hall.

Pointing out that many boys ready for Cubs cannot join until additional den mothers are found, Cubmaster Luke Nickel announced the opening of a contest among pack members to enlist the aid of one or more women to serve as den mothers.

A 10-year plaque and honor ribbon were presented to the pack by Gilbert A. Kyllingstad, neighborhood committee chairman. Honored guests present for the occasion included Bud Green, Harbor District Boy Scout commissioner; Hal Laudeman, area commissioner and Kyllingstad.

Following pot-luck dinner, a program of singing and guitar playing was presented by Charles Slocum, Tommy Larsen, Nadine Nickel, Leo Robertson, Billy Sandusky and Larry Graham.

Howard McDonald, awards chairman, presented badges to Leo Robertson, Walter Cotton, Billy McDonald and Phillip Nickel.

WIG WARDROBE

Queen Elizabeth I set a merry pace with a wardrobe of 80 wigs. She never threw anything away, and on her death left a wardrobe of over 3000 gowns.

WORKING GALS

Around 1526, certain French women important at court were paid salaries, nominated to office and gowned according to the king's taste.



Health Chats

By DR. RAYMOND A. LARSON

Good Blood, Nerves, and Health

Without normal nerve function we cannot have normal health. Until this fact is realized by the masses, millions will be seeking health in vain. The nerve line is the health line. When anything goes wrong with that line, vitality is lowered and disease is invited.

In a previous article, the network of human nerves was shown to be like an electric grid system. Over the nerve lines flows a special kind of energy which activates and regulates every part of the body, just as electricity races over wires to "make the wheels go round." In the article mentioned above it was pointed out that pressure or tension at any point will disturb the normal work of the nerves and, therefore, mark the beginning of ill health. But freedom from pressure and tension is not enough to assure normal nerve function. Nerves are human tissue and therefore must be nourished. Their nourishment is supplied by the blood. Through a vast network of small arteries the blood stream feeds the nerves—just as it nourishes other parts of the body—with food materials picked up from the stomach and intestines and with oxygen taken from air cells in the lungs.

Endlessly this blood stream flows, for endlessly the nerves are at work. Day and night the nerve lines carry their load of vital energy, even to the most remote parts of the body. Even during sleep, although they are less active, the nerves carry

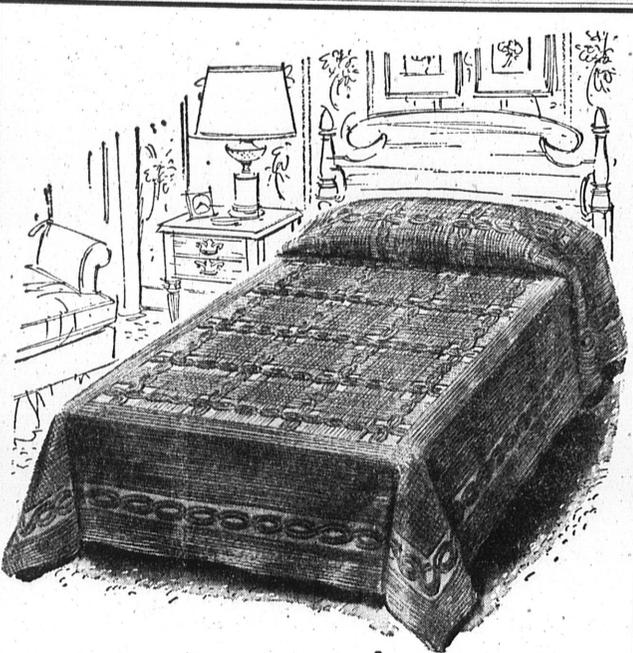
on. All through the night they regulate the heartbeat and keep the lungs and other vital organs working while the body refreshes itself with sleep. Never for a moment, during the whole span of life, does the heart cease to beat. The blood, with its cargo of life-giving food, flows ceaselessly to all body tissues and nerves.

But let us not think that merely a constant supply of blood is sufficient. Normal nerve function depends on the quality of the blood. If the blood is deficient in necessary vitamins and minerals, the nerves will be undernourished and therefore will be unable to do their normal work. The machinery of the body is run by the nervous system, but the nervous system can work efficiently only when it is supplied with good, rich blood.

Health is freedom from disease. It is the cherished possession of those whose vitality is high. And vitality is high only when the blood is rich and the nerves are free.

When the nerve system is working smoothly, unhampered either by mental or physical hazards, the answer is buoyant health.

Health Chats are sponsored by R. A. Larson, D.C., Ph. C., 1110 Sartori Avenue, Torrance, Phone 2130.



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CAREER INFORMATION

BPW Members to Sponsor Girls Week For THS Seniors

Women active in business and professional fields are always pleased to explain their activities to younger women still in school. For this reason the Business and Professional Women's Clubs each year sponsor a National Girls Week when club members take aspiring business women under their wing and explain the many facets of their fields.

Torrance BPW members will launch their Girls' Week March 9, under the sponsorship of Mrs. Clara Conner of the Post Office, Sabina Abramson of National Home Appliance, Virginia Beck of La Tienda Gift Shop, Anna Sandstrom of Torrance National Bank, and Janet Bollinger of North Torrance Elementary School.

Through Mrs. J. P. Garver, Girls League advisor at Torrance High School, the women have arranged for five senior students to visit their places of business. Selected from the graduating girls were Barbara Mondor, Eldora Brown, Sally Hayakawa, Georgia Turnage and Ann Stephens.

The girls will be honored guests at the next BPW dinner meeting, March 17 at 7 p.m. in the YWCA. During the evening the girls will report their observations and experiences.

Hostesses to the dinner meeting will be Mrs. Helene Scott, Margery King, Evelyn Lynch and Janet Bollinger. Reservations are to be made before March 14, and cancellations will not be accepted after this date. They may be made by calling 617 during the daytime or 3470-J in the evening.

Announcement has been made of the District 8 slate of candidates for office. Included are Myrl Cypher, president; Irene Burkett and Clarabelle Morrison, vice presidents; Helen Schivener, secretary; Undine Anderson and Catherine Henry, treasurer; Bertha Shaw, auditor.

PTA Board Meeting Set For March 12

Executive board of Torrance Elementary School PTA will meet at the home of Mrs. Eugene V. Rippstein, 2436 Gramercy Ave., at 9:45 a.m. March 12.

Mrs. Hartley Carr, president of the PTA unit, was hostess to an open house for 11 chairmen last Wednesday. Enjoying their annual reports were Mrs. Jack Davis, G. Crabtree, M. B. Millar, L. Levinson, Eugene Rippstein, R. E. Moffitt, L. Brown, W. Martin, M. A. Bauman and Loyd Davis.

Mrs. Carr reported that \$153 was obtained through the recent paper drive which netted approximately 20 tons. The money will be given to the Dental Clinic fund.

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CONVALESCING

Miss Rosa Ortman has returned to her home at 1729 Cabrillo Ave., following an illness of several weeks during which time she was in Torrance Memorial Hospital. She is now convalescing, and wishes to thank her many friends who sent her many flowers, cards and gifts.

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