



Once  
Over  
Lightly  
by  
dorothy downing

**Sausage, Saucisson, or Salami... It's Fattening!**

Hawthorne once wrote that life has few pleasanter prospects than a neatly arranged and well-provisioned breakfast table.

Well, if a neat arrangement, alone, could provide this rhapsody for Mr. Hawthorne, he would have gone giddy-headed over mine this morning, for a tidier table could not have been sighted in all of Los Angeles.

This, I accomplished by eliminating the items that tend to clutter... like buttered eggs, homemade buns and boysenberry jelly. To avoid the "busy" look, I substituted with a sunny arrangement of South Carolina daisies and a tempting cuisine of jet black coffee and melba toast.

And so this is September... a month, to me, that is synonymous with starvation. What there is in the supernatural that causes my bathroom scales to race five digits past normal, come the end of August, I'll never know, but it always happens.

To those of you who have never had reason to assume that calories were anything other than a part of the cow, the table d'hote just mentioned is only one of the joys of dieting that you have missed.

The consensus of opinion, you know, is that it's all mental, this desire for weight-provoking food. You are not really hungry, you just think you are!!

Not much to quibble with a string of Ph.D., or M.D. initials, I decided to experiment with this mind-over-matter theory. Yesterday, for example, my menu consisted of two poached eggs, lamb chops and a fresh fruit salad. The math was held at a microscopic 1000 by an inimitable will of iron, and a cooperative neighbor who removed all other contents from my refrigerator, hid my bill fold, and disengaged the motor of my car to thwart my thoughts of dashing out to the nearest delicatessen!

As a Daughter of the Confederacy who learned to say "sweet potato" before "mama or papa," I admit that I don't find much contentment in a cottage cheese salad. But, by keeping an open mind, and a sharp vigil for those silver-linings everybody's always raving about, I have discovered a certain degree of merit to dieting.

For instance, it's grand for the morale! If you are suffering a slack social season (one of those gals who sits at home by the telephone type of things) just have it noised around town that you are on an eight-day fast. Within 24-hours you'll have more invitations to steak fries, clam bakes and barbecues than you've received in the past 12 months.

As a precautionary measure, if you are one of those women who expects your friends to come through with a cooperative comment or a word of encouragement, forget it! They'll never pass the test; not if they are anything like my pals!... Thirty seconds after you announce your forthcoming program, they'll break every hurdle record for the past 20 years getting to the kitchen to produce an apple pandowdy or hot plum pudding.

Now, if you should happen to have the strength of Antaeus and can refuse these delicacies, they'll start bombarding you with the "new recipe" routine, even if you've never cooked a meal in your life. You might notice a heavy play on verbs like fried and fricasseed.

By this time, when you have about as much strength as a rained-on bee, you'll get the psychological approach with a running dialogue of: "I don't know why you're on a diet, you've never looked better," or, "Awww, c'mon... you can start tomorrow."

After six days of this, I'm convinced the mind-over-matter theory is just a lot of hokum. And, really, I've done everything they suggested... I've turned my back on T.V. when Betty Furness would open a well-stocked Westinghouse... I've gone miles out of the way to reach my office when passing a bakery. I've refused to sing, hum, or even whistle the Hunt's Tomato Sauce Song, just to avoid temptation... but it hasn't worked.

Well, at least I've lost three of the five, and besides I think my friends were right. I do look better with a few extra pounds.

**Soroptimists Hear Reports**

The Torrance-Garde Soroptimist International Club met at the Western Club for luncheon last Tuesday with 17 members and guests present.

Catherine Henry gave a report on the Public Affairs Council meeting at the Mayfair Hotel in Los Angeles. The speaker was Georgia Davis, Governor of Pacific Region of Soroptimist International, who is a member of the board of education and is widely traveled. Her topic was on "The Methods of Teaching in Various Countries."

Mrs. Edith Ennis gave her report on the President's Council telling of ways and means for better public relations within the clubs. Dr. Virginia Tyler told the members what to expect on their future programs.

**Southern U.S. Visit Claims Dean Family**

Relatives in Southern United States got a visit from three generations of the Carl Dean family of 2554 Torrance Blvd. this month.

Traveling by plane, Mr. and Mrs. Dean arrived in Birmingham, Ala. Sept. 4. The following day they were joined in the southern city by their daughter and son-in-law, the John V. Agapitos and children, Debra and Vince, of 22330 Marjorie Ave.; their son and daughter-in-law, Mr. and Mrs. Leland Dean of Washington D. C.; and another son and daughter-in-law, Mr. and Mrs. Jack Dean and daughter, Jill, of Kingsville, Tex.

From Birmingham the travelers went on to visit relatives in Fort Payne, Alabama; Rising Fawn, Georgia; and Chattanooga, Tenn.

**The Social World ...for and About Women**

Agnes Bolter, Editor



MISS JANET WILLIAMSON ... Betrothed to Thomas Pryor

**Williamson Miss, Pryor Reveal Troth**

Tentatively planning a summer, 1955 wedding following the benedict-elect's graduation from the University of California in June are Miss Janet Williamson and Thomas Pryor.

The daughter of Mr. and Mrs. N. A. Williamson of 1904 Arlington, the attractive bride-to-be is a '53 graduate of Torrance High School, where she was active in Tartar Ladies, Tri-Hi Y, dramatics, and GAA. At El Camino College she was affiliated with Gamma Phi Delta sorority and continued work in dramatics, appearing in the fall play.

She is currently employed at Northrop Aircraft.

Pryor, also of Torrance, graduated from THS in 1950. A football and tennis star, he was active in the Varsity Club and Tartar Knights. He continued participating in the two sports at El Camino College and is now majoring in engineering at UC.

**Council PTA Slates School Of Information**

To further the original concept of PTA, Los Angeles Tenth District officers and chairmen have prepared annual schools of information, to serve as a procedural guide for council and local association members. The Harbor Area will convene Thursday, Sept. 23, at the First Methodist Church, Sixth and Grand in San Pedro from 9:30 a.m. until noon.

Mrs. L. S. Baca, Tenth District president will be presiding officer. A special guest will be Mrs. Joseph Hook, editor of the California Congress Parent-Teacher magazine.

Mrs. A. C. Akerson, Harbor regional director, is in charge of arrangements.

The pledge of allegiance to the flag will be led by Mrs. Michael Foxhoven, president of Gardena - Wilmington Council, with Mrs. D. W. Ten Eyck, president of Gateway Council giving the inspirational message. Mrs. C. L. Wilson, Lomita-San Pedro Council president is chairman of hospitality, with four representatives from the three Harbor councils.

Child care will be provided. The ladies of the First Methodist Church are serving luncheon to approximately 60 District officers and chairman. Council members of the Harbor Area will also be served.

**Seaside PTA 186th St. PTA Gives Luncheon Helps Register**

The Seaside PTA executive board were hostesses at a teachers luncheon, Monday, Sept. 13, in the homemaking room at Seaside School.

The tables were spread with white cloths and attractively decorated with honeysuckle branches and geranium blossoms.

Forty teachers and guests enjoyed the luncheon, after which numerous introductions were made. Lloyd Jones, principal, introduced Mr. Allen, new assistant principal, Mrs. Caldwell, school nurse, and eight new teachers. Mrs. E. C. Welliver, president of Seaside PTA, introduced the board members who also served as the luncheon committee. They were Mrs. E. R. Walker, chairman and Mesdames W. L. Steinwacks, H. R. Burt, A. J. Yackie, L. C. Livingston, L. D. Rolfe, Walter Daniels, P. L. McMichael and R. D. Myers.

Members of the 186th St. PTA helped in the registration of the children at the 186th St. school on opening day. Those helping in this capacity were Mesdames: Claude Hill, Ronald Powell, Robert Palmer, W. A. S. Douglas, Earl Beck, J. T. Evans Jr., James McMillen, Ben Cothran, Raymond Stith and Ernest Tanner. Bill Rose and Cecil Schuell were among those helping.

Coffee and breakfast rolls were served to over 100 parents and children being registered. Members of the hospitality committee were Mesdames Carl J. Smith, Harold Sprankle, LeRoy Shore, and A. B. Pond. A delicious luncheon, which had been prepared by the new principal Mrs. Mildred Fletcher, was served at noon to the teachers and helpers who were able to stay, making this a most enjoyable day.



(Herald Photo)

**NATIONAL NOTE**... Mrs. Joseph (Charlotte) Lukes, seated, checks over the Torrance Branch, YWCA program with Miss Elizabeth H. Payne, left, correlator for the National Board of the YWCA, Western Region, and Miss Nell Colburn, branch chairman. Miss Payne visited here this week to work with the Harbor YWCA and its branches on program plans, with reference to future development here. She is affiliated with the San Francisco office.



(Herald Photo)

**LEADING THE PARADE**... of fall fashions next Thursday, Sept. 23, when Court St. Catholic, Catholic Daughters of America, holds its annual garden party at the 1010 Beech Ave. home of Mrs. Laura Felker will be Mrs. William (Kay) Garrity in a sheath costume complete home of Mrs. Laura Felker will be Mrs. William (Kay) Garrity in a sheath costume complete in finest worsted boucle. Jacket is lavishly accented with cuffs of black-dyed lunx and imported Austrian-cut jewelled pin. Costume was fashioned by Lilli Ann, who also created center en-Austrian-cut jewelled pin. Costume was fashioned by Lilli Ann, who also created center en-Austrian-cut jewelled pin. Costume was fashioned by Lilli Ann, who also created center en-

**Mrs. Sexton Named El Nido PTA Fashion, Fair Queen**

Mrs. Harold Sexton, first prize winner in last Friday's fashion show featuring home sewing, will preside over the country store when El Nido PTA holds its fair next month, Mrs. Russell Norton, press chairman, reported.

The "queen for a day" captured the top award for her afternoon pink and white striped cotton trimmed in white and accented with a white fiberwood corsage. She also received a rhinestone choker and evening set.

Runners-up in the contest, Mrs. Jerry Westmoreland and Miss Violet Watkins, received lapel pins. Mrs. Westmoreland modeled her own creation, a blue print sundress, while Miss Watkins displayed a striped blue taffeta bathing suit fashioned by her mother.

Also featured in the style parade were a blue sweater and brown gabardine slacks shown by Mrs. Thomas Parsons; a yellow cotton skirt teamed with blue slipover sweater by Miss Sally Robinson; a gray cotton print modeled by Mrs. Jack Kelley; black cotton taredor trousers displayed by Miss Betty Copeland; and a "work" outfit of blue jeans and plaid blouse shown by Mrs. Russel Edwards. Mes. Vernon Burch, Ross Fair, and Philo Mellor acted as judges at the event, held at the 18313 Regina Ave. home of Mrs. Parsons. Admission was 50 cents worth of canned goods, and the Association received everything "from soup to nuts to stock its country store," Mrs. Norton reported.

**Wood Speaks To Auxiliary**

Dr. Howard Wood spoke to the Torrance Memorial Hospital Auxiliary on the progress of the building committee for the hospital annex at their meeting last Tuesday. This proved to be very interesting, being followed by the showing of artist's sketches of the annex.

Mrs. Eugene Cook, who is the chairman of the Dental Photo committee gave her report on the activities of the summer months.

Two new members were introduced, Mrs. George Post and Mrs. Jim Post.



Photo Arts Photo

**MRS. G. M. EASTHAM**... Conducts First Auxiliary Meet

**Coordinating Group to Meet**

An open discussion on the forthcoming bond election for a swimming pool and a new Civic Center will occupy the high point on the agenda when Torrance Coordinating Council holds its regular meeting on Tuesday evening at 7:30 in Room 10 of Greenwood School.

Also scheduled is a study on Halloween "tricks or treats" in an effort to channel such activities along more constructive lines, according to Mrs. Patricia Elliott, president of the group. It is hoped that representatives from all youth welfare organizations and interested citizens will be present at the meeting.