



FOR YOUTH BAND . . . Fred Hansen (right) presents a check for the Torrance Area Youth Bands to Mrs. Leo M. Smith (center) while Mrs. Frances X. Caulfield holds a poster reminding citizens of the forthcoming concert by the Los Angeles Philharmonic Orchestra at the Mira Costa High School auditorium. The proceeds from the March 14 concert will be used to finance the band's trip to Washington and New York this summer. (Herald Photo)

That Flu Bug's Everywhere County Health Chief Says

By K. H. SUTHERLAND, M.D., County Health Officer

Outbreaks of an influenza-like illness was recently reported from several areas in the Orient, and more recently still in the State of Washington and Vancouver Island in British Columbia. And, in a boys' camp near the City of San Fernando in Los Angeles County last week, 47 of 86 resident boys were stricken with a similar illness.

Unofficial reports also indicate that upper respiratory infections seem to be more common locally than is usual for this season of the year, although school attendance thus far seems to be unaffected.

As yet, the type of flu virus

involved in the outbreaks in Washington and British Columbia has not been definitely identified, but there is preliminary laboratory data which implicates the influenza A-2 virus.

AT ANY RATE, it is well-known that influenza A virus types periodically became widespread and often cause severe illness. Since the appearance of this type of influenza generally runs in two- to three-year cycles, it would not be surprising to local public health authorities if some form of influenza A shortly appeared in epidemic proportions. Previous epidemics occurred in 1957-58 and 1960-61, and 1964 falls within the three-

year cycle.

It is questionable if the administration of flu vaccine (2 injections 2 months apart) would now do much good in an individual who has never previously been vaccinated against the disease. If an epidemic does arrive, chances are that it will be well under way before both doses can be given and a good immunity established.

IT SHOULD BE pointed out, however, that some protection is afforded in about two weeks after the first flu "shot" is received, and this may lessen the severity of an attack. Also, though it is too late to initiate vaccination procedures for most individuals, those persons who were immunized within the past year are advised to obtain an additional (booster) dose of vaccine in order to maintain a high level of immunity.

Influenza is usually a self-terminating illness which appears suddenly and is accompanied by fever, headache, aching muscles, sore throat, a dry cough, and eye pain. With the exception of muscular soreness conspicuous by its absence, these are the symptoms observed among the boys in the San Fernando Valley camp.

BRONCHITIS and bronchopneumonia are frequent complications that may have serious consequences among older persons, pregnant women, and the chronically ill.

In most cases an attack of flu is not too severe, although it may leave the patient in a debilitated condition for a week or two. The disease is self-terminating in the community as well as the individual, and tends to die out after enough victims develop a personal immunity.

It is of course possible that the present outbreak in Washington and other places will never reach Los Angeles County, at least in epidemic proportions. But in these days of rapid air transportation and an extensive all-season tourist trade, this hoped for possibility is not as likely to occur as might have been the case in earlier days.

PUBLIC HEALTH officials indicate that it is wise to obtain the services of a physician in severe cases of any respiratory disease, particularly if the illness persists more than 72 hours or the patient is in a high-risk group.

A pamphlet giving additional information on influenza will be mailed to anyone sending a card of request to the Division of Health Education, Los Angeles County Health Department, 241 N. Figueroa St., Los Angeles 90012.

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MARY WISE Menu Planners AND SHOPPING SUGGESTIONS



CLIMAXING a tour of Wonder Bread bakery in Beverly Hills are Mr. William J. Thompson, sales manager and Mary Wise, food editor of Los Angeles Suburban Newspapers. The finished loaves approach the slicing and wrapping machines where the process is completed at the rate of 55 per minute.

SOFT-WHIRLED BREAD

Electronic Brain Is Baking Mastermind

The ingredients go 'round and 'round and come out here!—as a wrapped loaf of bread. The combination of yeast to the liquids in large holding vats to the finished loaf of this staff of life is a continuous process which is fascinating to follow. And follow it we did last week at the Continental Baking Company in Beverly Hills.

Here the new "Soft-Whirled" Wonder Bread is made.

Continental Baking Company, makers of Soft-Whirled Wonder Bread has 85 plants throughout the United States, and this bakery in Beverly Hills is the largest single complexity of their entire operation.

Here, more than one and one-quarter million loaves of bread are baked every week. Their oven, reputed to be the largest in the world, bakes bread at the rate of 140 loaves per minute.

The new process which produces this revolutionary new bread is precision at its finest.

Automatically, the mixing, whirling, developing and dividing into loaves are controlled from a single master panel which insures complete uniformity and loaf-after-loaf constant quality.

One of the startlingly different parts of the process is the beginning. The yeast is added to the liquids in huge holding vats and allowed to brew until the exact degree of flavor is developed.

The flour is added in a continuous flow and after complete mixing, the exact amount of dough is automatically dropped into previously prepared pans.

From panned dough forward, the baking process follows conventional procedure. It is proofed (allowed to rise),

which takes 72 minutes; baked, which takes 22 minutes; cooled for 55 minutes; sliced and wrapped for delivery.

Homemakers like this new bread. They like the compact structure of each slice which means the absence of holes.

They like the texture which is soft and even grained and they like the flavor.

Wonder Bread, which is fortified with all the goodness of the wheat which milling has destroyed, helps build strong bodies 12 ways.

Most of all, homemakers like Wonder Bread because members of their families like to eat it. Serve it for your family.

Vegetable Combinations Make Meatless Entrees

This simple-to-do vegetable dish may double as a meatless entree for the family.

Green beans are topped with sliced tomatoes and are drizzled with an herb-butter blend. Mozzarella cheese crowns the casserole before it goes to the oven.

Boss coming to dinner? Accompany Green Beans Romano with a pork roast, lamb chops or fillet of sole.

Add a molded fruit salad and lemon glazed chiffon cake topped with toasted slivered almonds and your reputation as a hostess is made.

Other recipes for meatless entrees are included, too.

GREEN BEANS ROMANO
1 can (1 lb.) green beans
2 large tomatoes
2 tbs. melted butter
1 tbs. instant minced onion
¼ tbs. salt
¼ tsp. oregano
¼ lb. sliced Mozzarella cheese

Drain green beans; arrange in bottom of 9-inch round bakin. dish. Slice tomatoes over top.

Drizzle with butter and sprinkle with onion, salt and oregano. Top with cheese slices.

Bake at 350 degrees for 30 minutes. Makes 4 servings.

EGGPLANT CASSEROLE
1 large eggplant, peeled, cut in ¼-inch slices
1 small onion, chopped
Shortening or salad oil
1 env. (2¼-oz.) tomato soup mix
1¼ cups water
3 cups milk
4 eggs
1½ tsp. salt
¼ tsp. pepper
2 tbs. soft bread crumbs

Saute eggplant and onions in small amount heated shortening until golden brown, adding more shortening if needed.

Meanwhile, empty tomato soup mix into saucepan and gradually stir in water. Bring to boil and simmer 4 minutes, uncovered, stirring occasionally.

Combine milk, eggs, salt, and pepper. Beat well. Layer ½ of the eggplant and onion in 2-quart casserole. Cover with ¼ of tomato sauce and sprinkle with ¼ of bread crumbs.

Repeat layers. Gently pour milk-egg mixture over top. Bake at 350 degrees for 25 to 30 minutes or until knife inserted in center comes out clean.

BAKED ONIONS
32 small silver skinned onions
¼ cup butter
¼ cup flour
1 tsp. salt
2 cups milk
1 cup shredded American cheese
½ cup buttered bread crumbs

Cook peeled onions in boiling, salted water only until tender—about 25 minutes. Drain thoroughly and transfer to 1½ quart baking dish.

Melt butter in saucepan. Add flour and salt and blend. Add milk, stirring constantly and cook until smooth and thickened.

Add cheese and stir over low heat until melted. Pour over onions and top with buttered crumbs. Bake at 350 degrees about 25 minutes or until thoroughly heated and crumbs are lightly browned.

AMONG MY SOUVENIRS

Today's recipe is good at any time but especially timely for those who observe Lent with the omission of meat from the diet.

It's an easy-to-do dish and long on good flavor.

STUFFED EGGS
8 eggs
½ lb. fresh mushrooms
1 can (10½-oz.) cream of mushroom soup
1 can (10½-oz.) cream of chicken soup

Hard cook the eggs. Cool them rapidly to avoid dark ring around yolk. Cut eggs in half lengthwise. Mash yolks. Saute mushrooms in small amount of butter and chop them fine. Mix mushrooms, yolks of eggs, and enough of one of the undiluted soups to the ingredients together.

Pile into egg white halves. Place them in casserole and pour over them the soups, undiluted but blended. Season to taste.

Cover with bread crumbs and bake at 350 degrees for 15 to 20 minutes or until bubbly and brown.

MORNING ITEM

Brown 'n' Serve Topsy-Turvy are extra good for Sunday morning breakfast. Combine 1 cup apple sauce with 1 tablespoon grated orange rind, 2 tablespoons orange juice, ¼ cup butter and ¼ cup brown sugar.

Heat and spread out in buttered pan. Press brown 'n' serve rolls firmly into mixture and bake at 450 degrees for 15 minutes. This is enough for 12 rolls.

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