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# Women....

Club News Society News  
NORALEE BENEDICT, Woman's Editor

## Club Studies Speech and Preparation

Mrs. Joseph Williams presented a workshop in speech preparation at the Southwest Toastmistress club recently at 3425 West Manchester, Inglewood.

There was an autobiography by Mary Frances Dolan, and induction of Letha Boyce.

Southwest Toastmistress club is conducting a membership

## Local Girl at Santa Barbara

Among the new students admitted to Santa Barbara college of the University of California is Miss Jacqueline Hummel, daughter of Mr. and Mrs. Cecil Hummel, 251 East 215th st., Torrance. Miss Hummel is a graduate of Phinias Banning high school in Wilmington and is planning to major in art at the college.

drive for all who are interested in improving speech content and methods of presentation.

## CONSTIPATION FAST PROVEN METHOD RELIEF IN 20 MINUTES

Learn the true facts of disease. Many people constantly complain of stomach disorders such as gas, bloating, burning of the stomach, abdominal cramps, nausea and vomiting, when in reality, the lower part of the bowel is to blame. It is a well known fact that most distress in the abdominal region is self diagnosed as stomach trouble. This misconception is a natural one. Constipation results in the formation of large quantities of poisons that gain entrance into all parts of the body by means of the blood stream and lymph channels. The effect is the same as it would be if you were to swallow a dose of poison every day. The first and last thought in the mind of most people when they become constipated is to take a physic, yet no physic was ever made that would cure constipation. Continued use of physic leads to definite ailments of the colon itself. Stop fooling yourself. Know the true facts of disease. Life or death can be due to neglect of your physical condition.

## HEART GALL BLADDER

Over half of the deaths in the country are due to Heart and Blood Vascular disorders.

The Gall Bladder is of interest clinically only when it becomes infected or otherwise is injured. Under such circumstances it no longer concentrates bile in the normal manner but pours out a fluid which differs greatly in composition from the normal bile; or it harbors a stone which causes trouble or perhaps when it is the site of a malignant growth. Fully one half of the patients who come to me believing they have stomach Ulcer or gastritis are really affected with some form of Gall Bladder disorder.

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ALTAR SOCIETY... New officers of the Nativity Altar society include (standing l-r) Mrs. Andrew Rabel, secretary; Mrs. Corwin G. Dean, vice-president; Mrs. Thelma Graham, treasurer; and (seated) Mrs. Donald R. Franklin, president. Press Photo.

## New 1956 Officers Elected For Nativity Altar Society

At their recent meeting, the Nativity Altar society elected the following new officers for the year of 1956: Mrs. Donald R. Franklin, president; Mrs. Corwin G. Dean, vice-president; Mrs. Andrew Rabel, secretary; and Mrs. Thelma Graham, treasurer.

During the course of the meeting, it was decided that all guilds would work together at the rummage sales to be held in May and October of this year.

A drive will be held in the near future to build up the membership of the Altar Society.

Also appointed as guild chairmen for the decoration of the altars are the following: January, Mrs. Donald R. Franklin; February, Mrs. Tom Moore; March, Mrs. Thomas Fichter; April, Mrs. Corwin G. Dean; May, Mrs. Delbert White; June, Mrs. Robert Moffitt; July, Mrs. Frank Gately; August, Mrs. William McDonald; September, Mrs. John Tweedy; October, Mrs. Edward Bernardin; November, Mrs. Regina Cunningham; December, Mrs. Elles Cook.

Refreshments were served by Mrs. John Tweedy, Mrs. Clayton Bowen and Mrs. Edward Bernardin.

The next meeting will be held on Thursday, February 2.



MRS. MARION STOCKTON  
Garden Club Tea

Although the busy homemaker finds time to gather flowers from her garden, she finds that the supply of flowers is scarce in the month of January.

Ingenuity and taste in design can overcome this scarcity with arrangements done with all green foliage or just a few flowers in combination with driftwoods, rocks, and other interesting materials.

Mrs. Marion Stockton, nationally known ceramic artist, lecturer, and teacher of flower arrangement, will present a host of imaginative design suggestions at the Torrance Terrace and Garden club "Flower Arrangement Tea" at the YWCA, 2320 Carson, on Wednesday, January 25, at 1:30 p.m.

Tickets may be secured by calling Mrs. Dewey Quigley, FA. 8-3372, and Mrs. John Thuss, DA. 6-077. There will be tickets available at the door on the day of the tea.

A door prize will be given.

## Garden Films

Films of interest to both experienced and beginning gardeners will be shown by Mark Christian of Long Beach, at the meeting of the Torrance Terrace and Garden club, Friday, January 17, at the American Legion hall, 24702 Narbonne avenue, at 8 p.m.

Mrs. C. O. Eipper, president, announced that the meeting will be open to the public. New arrivals to the southland will get tips on Southern California planting, she said.

## JANUARY SPECIAL!

Custom draperies, cornices and valances made to exact window treatment. Kirsch Traverse Hardware exclusively. NO CARRYING CHARGE! ONLY 10% DOWN. First Payment 45 days... 3 months to pay. Phone for appointment, no obligation.  
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## Delphians to View British Affairs Today

"The British Empire in World Affairs" will be the topic of discussion at the meeting of the Torrance Delphian society this morning, January 12, at the Public Library, Cravens and Post avenues at 10 a.m.

Discussion leader will be Mrs. R. E. Beecher; and the discussion will be opened by Mrs. Warren Hamilton, Mrs. M. A. Bauman, Mrs. J. N. Hawkins, Mrs. L. G. Jones, and Mrs. F. A. Sullivan.

Dr. J. Victor Monke will be the speaker at the next Delphian District Assembly meeting to be held at the Statler Hotel on Thursday, January 19. His subject will be "Ways In Which the Mind Responds to Stress."

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## Parish Plans Card Party

The Holy Name society of St. Margaret Mary's church will hold a card party at the parish hall, 255th and Eshelman, Lomita, tonight, January 12, at 8 p.m.

Games to be played are bridge, 500, pinochle, and canasta. There will be prizes and refreshments.

The affair is open to the public.

**M-M-M... DELICIOUS JAYS!!!**

## JANUARY SPECIALS!

<b>COTTON FELT</b> Reg. 98c yd. Sale Price..... <b>69¢</b> yd.	<b>ASSORTED COTTONS</b> Reg. 69c & 79c yd. Sale Price..... <b>2 yds. \$1.00</b>
<b>FINE WHALE CORDUROY</b> Reg. \$1.29 yd. Sale Price..... <b>98¢</b> yd.	<b>TAFFETAS</b> Reg. \$1.49 yd. <b>GREATLY REDUCED</b>
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