



**LIGHTENING THE LOAD**

Residents along mail route 570 presented a mail cart to their postman, Tommy Nicholls. Gathered at the home of Mrs. Dwight W. Cunningham, 2625 Dalemead, where cake and coffee were served, are: (seated in the group at the left) Mrs. Cunningham, Nicholls, (standing behind them) Mrs. Bill Winther, Robert Sleeth, Walter Postmaster; and Mrs. John Schemp. In the group at the right are other residents of mail route 570. Mrs. Cunningham, Mrs. Winther, and Mrs. Schemp collected \$30 in three hours for the purchase of the cart. Press Photo.

**Spirit of Springtime Highlights Senior And Junior Festivity**

Spring was in the air when the Senior Woman's club entertained the Junior Woman's club at the annual Co-ordinator's party recently. Graceful multi-colored tulips decorated the tea table and an array of pastel tinted cakes, tea and coffee were served.

Mrs. John Melville and Mrs. F. P. Foley poured.

Junior president Mrs. Robert Mowry introduced senior president Mrs. H. L. Mitchell and president-elect Mrs. L. A. McCoy.

Mrs. G. C. Van Deventer, chairman of the co-ordinators and advisor, welcomed the Juniors and introduced the other two advisors, Mrs. John Melville and Mrs. J. D. Thomsen.

She then introduced the Senior club's prize winning play, "They're None of Them Perfect." It was under the

**Vote For All Three — BENSTEAD, JAHN & KING — ADV.**

**Finance and Legal Forum**

A legal and finance forum offered to Torrance YWCA, members will be held at the San Pedro YWCA, 437 West Ninth st., San Pedro on Wednesday, April 11, at 8 p.m.

For the opening session Ray Choate, public defender, will discuss, "Your Right and Responsibilities Under the Law."

Frank Lawrie, trust officer of the California Bank will consider "Wills and Estate Planning" on Wednesday, April 18.

Thursday, May 3, Garrett W. List, of the Social Security administration will discuss "What we should know about our Social Security law and Old Age Pension and Survivor's Insurance."

ing, it was announced. Door prize was won by Mrs. Douglas Baldwin.

Delegates for Junior District Convention April 20 and 21 are Mrs. Mowry and Mrs. James K. Lees, president-elect. Alternates elected were: Mrs. Lee Allen, Mrs. Russell Clawson, Mrs. Douglas Baldwin and Mrs. Robert Waddell.

**Prizes Given For Jardin Flower Fete**

Regular meeting of the Beau Jardin Garden club was held at the home of Mrs. William Cressy, 22414 Warmside ave.

The entire meeting was given to a flower show held by the members, who contributed arrangements for judging.

Judging was Mrs. Richard Maben, from the South Bay Garden club.

Winners in the show were Mrs. Kenneth Moe, who received a blue ribbon for first prize, Mrs. William Adkins, who received a red ribbon for second prize, and Mrs. Kenneth Moe, who also won the third prize ribbon.

After the judging, Mrs. Maben made arrangements from flowers she had brought, and gave pointers on how to arrange effectively for a flower show. All her arrangements were then given to the members to take home.

The next meeting will be held at the home of Mrs. Philip Rice, 22515 Warmside avenue, on Wednesday, April 11.

Refreshments were served from a table decorated in an Easter theme. An Easter basket filled with candy eggs and topped with a baby chick was the centerpiece. The basket handle was decorated with sweet peas, and the basket stood on a nest of grass.

An iris corsage was presented by Mrs. William Adkins, vice-president, in welcome to a new member, Mrs. William Singery.

Others present at the meeting were: Mesdames Philip Rice, Myron Langwell, John Regan, Leo Hayes, Kenneth Harmon, and Albert Yackle.

Guests were: Mesdames Walter Wudzke, Earl Welliver, William Cariveau, and John M. Beattie.

**The Barretts Present: Terry!**

Making her first appearance on the social scene March 10 was Theresa Marie (Terry) Barrett, who was born to Mr. and Mrs. Charles Barrett of 225 John st., Manhattan.

Her mother, Mrs. Mary Barrett, is the former society editor of the Torrance Press.

Terry, who weighed 6 lbs. at birth, is the second daughter for the Barretts. She joins an older sister, Kitty Jean.

The little girl, a fourth generation Californian, was born at St. Vincent hospital in Los Angeles.

Maternal grandmother is Mrs. Anna C. Roach.

**THE BEST** way to secure future happiness is to be as happy as is rightfully possible today.—Charles W. Elliot.

**Famed Opera Star Gives Training Tips for Beauty Women...**

**Club News Society News**  
NORALEE BENEDICT, Woman's Editor



**CLARAMAE TURNER . . .** The famous Metropolitan and San Francisco opera star, Claramae Turner, will be featured soloist at the Youth Band-Artist Concert to be held Tuesday night, April 10, at the Torrance civic auditorium. The Torrance Area Youth Band under the direction of James Van Dyke will present the first half of the program. Tickets will be available at the boxoffice on the night of the concert for those who do not hold season tickets.

**Guild Plans Food Sale**

A food sale will be held on Saturday, April 7, from 9 a.m. until noon, at the Central Market, 2214 Lomita boulevard, Lomita.

The sale is under the sponsorship of Santa Margarita's Guild of St. Margaret Mary's parish. Mrs. Donald Miller, prefect of the Guild, announced that there will be a variety of home cooked foods available.

**Democrats Plan Supper And Dancing**

A box supper and dance honoring State Senator Richard Richards will be held by the Torrance Democrats, Inc. on Saturday, April 14, 6:30 p.m., at the Oil Workers Hall, 2100 West Willow in Long Beach.

Music for the dancing will be western in style.

Door prizes, donated by Torrance merchants, will be given.

The public is welcome, Blanche Riggio announced. Tickets may be obtained by calling FA. 8-5627 or FA. 8-7806.

Guest speakers will be present.

Friends not wishing to partake of the box supper may come to hear the speakers and stay for the dance, Blanche Riggio said.

**TURNER CONCERT SET FOR TUESDAY NIGHT**

When a woman looks for hints on beauty she would not usually think of going to a top athlete for pointers. However top opera star, Claramae Turner, a recognized authority on beauty, lives on a training schedule that would make even an Olympics star feel a little weak.

Miss Turner, the distinguished young contralto star of opera and concert, will sing here in joint concert with the Torrance Area Youth Band on Tuesday night, April 10, at the Torrance civic auditorium.

An opera singer, she points out must have stamina. This season in San Francisco, she sang five operas in three days, three of them in one evening.

That meant that in a few hours, she handled all the makeup and costume changes required for three different Puccini heroines.

This was the first time on the operatic stage that one singer had sung all three contralto parts in one evening of Puccini's *Tryptych* which includes, "Il Tabarro," *Suor Angelica*, and "Gianni Schicchi."

**Proper Diet**

A performance like this reduces Miss Turner by five to seven pounds. Even a concert takes off three. To keep pace with such great demands on her strength, the glamorous singer must stick to a strict regime.

Simple food: steak, green vegetables, and salads, such as one finds on an athlete's training table are necessities. No smoking, except on stage is a rule. She consumes tall glasses of milk every day, except on performance days, when she avoids it because she has found that it tends to coat the tongue and throat.

Post-performance pick-me-ups of orange juice serve in place of milk.

Fried foods are taboo, she said, because they cause throat congestion.

**Exercise**

Exercise is another must. The svelte opera star does gym work twice a week. On tour she keeps up a daily routine of calisthenics.

She also does considerable swimming, which, she says, helps deep breathing, so important to a singer.

This rigid "training" pays in the healthy glow of beautiful skin, no amount of heavy make-up can mar, and a sparkling vitality no member of the opera or concert audience can overlook.

Bedtime is eleven, and earlier if there's a performance next day. The day of a concert or opera she has no visitors and talks to no one.

Only once was this rule broken when she was on a concert tour of the West Coast and returned to her hometown, Eureka, California, to give a concert.

"I stayed with my family," she says, "and all the neighbors and my old high school teachers and friends stopped in to wish me luck."

**Breaks Training**

Although he highly praised beauty is a well guarded asset during the concert season. Miss Turner admits that one of her first projects when the season is over is preparing a feast of rich, delicious Hungarian dishes she and her engineer-husband so greatly enjoy.

One of her favorite old family recipes is Hungarian "Stuffed Cabbage." Her special in-

novation is to take the following recipe for the stuffed cabbage mixture and use sauerkraut instead.

Mix into balls 2 1/2" in diameter:

- 1 1/2 lbs. chopped lean pork that has gone through the grinder only once.
- 1/2 cup uncooked rice.
- 1 egg
- 1 medium onion chopped, fine.
- Salt and pepper to taste
- 1/4 teaspoon paprika.

Into a large enamel pot put half of a large can of sauerkraut. Wrap the remainder around the meat balls pressing into meat. Put all into the pot with 2 skinned sliced fresh tomatoes or half cup of canned tomatoes.

Cover with hot meat stock (suggest broth made from meat bones) or boiling water (stock will give better flavor). Bring to a boil, turn heat down and simmer about 1 1/2 hours.

Remove balls carefully to hot plate and add a roux of 1 tablespoon of flour mixed to a paste with a little cold water. When blended, add 1 cup of sour cream (may be sweet cream). Heat through and return meat balls to sauce. Serve together. Boiled potatoes usually accompany this hearty dish.

Following many meals of this sort, Miss Turner warned that an even greater attention to exercise is necessary, but worth it, she added.

**Fireladies Attend Queen For a Day**

A group of the Torrance Fireladies attended the Queen for a Day television program at the Moulin Rouge in Hollywood, recently.

Following the program the adjourned to a Chuck Wagon dinner.

Fireladies participating were: Mesdames John Agapito, Gordon Clarke, Edwin Carter, Sam Dial, Teddy Drake, Ray Flagg, and Gilbert Hatfield.

Others were: Mesdames Vernon Langford, Milton Langum, Jerry Loy, Sam Martin, Bob Moffitt, Ed Polston, Bill Stoneker, Walter West, and Harlan Whitacre.

Guests were Mrs. Edith M. Dame and Mrs. Tom Flagg.

The Fire Department families attended an Easter egg hunt for the children at Torrance Park. A picnic lunch was held after the hunt. The affair was held by the auxiliary.

The last meeting was held Monday at the home of Mrs. Teddy Drake, 5016 Macat road.

**Mrs. Turner Will Head Madrona PTA**

Mrs. A. U. Turner was elected president of the Madrona PTA for 1956-57. Other officers include: Mrs. R. L. Hagenbaugh, first vice-president; Mrs. J. Brooks, second vice-president; Mrs. J. W. Cassidy, third vice-president; Mrs. J. G. D'Ornellas, recording secretary; Mrs. H. A. Campbell, corresponding secretary; Mrs. H. McCormick, treasurer; Mrs. D. Harding, historian.

AND AS ye would that men should do to you, do ye also to them likewise. — Christ Jesus.

**You'll be Trimmed in Comfort in this wisp of control!**

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Center—Cool sheer nylon PowerNet and latex girdle No. 49 with easy ribbed top. White...\$8.95. Matching pantie girdle No. 48...\$8.95. Both styles have latex panels front and back.

Right—Vassar-nette pantie girdle No. 18 of cool nylon PowerNet with crocheted knitted crotch. White...\$5.95. Matching girdle No. 19...\$5.95. All styles in sizes Small—Medium—Large.

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