



MISS BEVERLY JOAN BABB
—Photo by CroTTY

October Wedding Date Revealed

Mr. and Mrs. Jimmie T. Babb of 20924 La Salle Ave., announce the engagement of their daughter Beverly Joan Babb to Ronald L. Burpo, son of Mr. and Mrs. Marvin Burpo, 1564 West 210 St.

The wedding date is set for October 18. Beverly and Ronald attended Gardena High School. Beverly is presently employed by Pacific Telephone Co. and Ronald at Woody's Smorgasburger in Redondo Beach.

Riviera PTA Announces Its Year's Theme

"Avenues of Understanding" will be the theme for the coming year of Riviera PTA. Program plans were made at the home of Mrs. Leo Bereda, 5209 Calle de Arboles.

Other committee meetings recently held were ways and means at the home of Mrs. Gene Voorhees, 5310 Paseo de Pablo, and finance at the home of Mrs. Charles John, 5413 Via del Valle.

In attendance at these different meetings were Donald K. Duncan, principal; Mrs. Jay Madden, president; and Mmes. F. M. Griffin, G. F. Tanza, Lester Oswald, Charles John, Edward L. Davis, Allen Crosby, G. D. Shipway and Gene Voorhees.

Attending the Torrance Educational Advisory luncheon in July were Donald K. Duncan, Mmes. Jay Madden, Edward L. Davis and Charles Pearce.

Play Poses Questions for Sermon Today

Questions brought to mind by the play "J. B. Archibald" will be examined in today's sermon at Seaside Community Church, 230th and Ocean Ave.

Child care is provided during the 10:45 p.m. service and church school held from 9:20 to 10:50 p.m.

The churchmen's fellowship will meet at 7:30 p.m. Tuesday, as part of its program of learning to be better Christians in the community.

The group will observe forces of law and order at work by visiting the Torrance police station and jail. The tour will be followed by a discussion and refreshments period at the church.



BENEFIT SUCCESS is proven the sure way as (from left) Celia M. Hopper, treasurer, presents a \$625 check from the "Blackie Benefit Dance" held June 27 at the American Legion Hall to Mrs. Fern I. Nash, sponsor of the affair. The check will be turned over to Seaside Hospital, where it will be applied to bills incurred when Harold "Blackie" Francis was stricken with a cerebral hemorrhage. Mrs. Francis, whose husband is now a patient at Long Beach Veterans Hospital, thanked the public for the dance contributions and many donations sent to her personally.

Wizard of Oz Production at Magnolia Theater

"The Wizard of Oz" will be the first production of the Magnolia Children's Theater Repertory Company, announces Pat Brown, managing director of the Long Beach theater.

The play, which opened yesterday at 2400 Magnolia Ave., Long Beach, will include Pat Morehouse as Dorothy; Ric Larson, the lion; Lois Wright, the scarecrow; Sue Laubengair, tin man, and Vicki Todd as Glinda.

Two performances will be given each Saturday afternoon at 1 and 2:30 p. m., reports Ridge Walker, director.

Special admission rates will be given to groups of 25 or more. Regular prices are: adults, 75 cents, and children, 50 cents.

Reservations may be obtained by calling GA 4-1475.

Woman's Society Receives Gold Certificate

A "Gold Certificate" of merit at least 10 of the 12 goals set up by the Southern California-Arizona Conference Woman's Society of Christian Service was received by the Woman's Society of Christian Service of Alondra Park Methodist Church.

The announcement was made at the general meeting of the Society by Mrs. Walter Klasse, president, on her return from annual session of the Southern California-Arizona Conference of the Methodist Church. From nearly 50 churches in the Los Angeles District this group received one of the 25 awards given out.

Mrs. Klasse's thanks to the entire society and to Mrs. Bill Tetric, past vice president and program chairman, were expressed for their part in helping to attain this goal.

Plans for the annual Rummage

Sale to be held on Aug. 14 in Los Angeles and the pre-sale to be held Aug. 12 at the church, 3153 W. Compton Blvd., Gardena, were reported by Mrs. Charles Cope, chairman, along with the announcement by President Klasse that the Society's paper drive would be held on Aug. 27.

Members of the community are invited to share in both these projects by donating items for the rummage sale or paper drive. Items will be picked up by calling OS 6-6400. Proceeds from the

rummage sale will go to further the Society's work at home and in other countries of the world. Proceeds from the paper drive have been designated for the Arcadia Methodist Hospital.

Wellman on Panel
Charles Wellman, executive vice president, Glendale Federal Savings and Loan Association, will participate as a panelist at the 18th annual Stanford Business Conference starting tomorrow at Stanford University.

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WHAT'S HAPPENING TO YOUR DIET?

Can it be true that 2 out of 5 people, possibly some very near and dear to you are unsuspectingly suffering from malnutrition!

Important information for every Homemaker

It's true. Dr. Thomas Parrow, Surgeon General of the U. S. Public Health Service reported, "40% of the people of the United States are not getting an ADEQUATE diet... they lack essential vitamins A, B, C and calcium." In a survey conducted at Pennsylvania State College, nutrition experts selected those individuals who in all appearances were "hale and hearty," yet they made an astounding discovery. 72% of these "red blooded" Americans were NOT eating sufficient food, and were actually below par in health. The study brought out two important facts: (1) Many Americans are jeopardizing their present and future health by improper eating habits. (2) A definite improvement in physical health of whole families can be brought about by proper menu planning, food selection, food storage and food preparation.

NUTRITION INSURES GOOD HEALTH
When you and your family eat the right food it does more than just keep you alive and going. The right food helps you to be at your BEST IN HEALTH AND VITALITY. It can even help you to stay young longer, postpone old age. This is why you owe it to yourself and family to be sure you get all the vitamins, minerals and elements so essential for today's fast pace. It's relatively easy to improve our eating habits, menus and food selection, yet too few of us take into consideration how important food is prepared or kept. We can have in all intents and purposes a well rounded diet, one that from all appearances would supply us with everything we need to sustain a healthy, active life, but somehow in its preparation food loses its vitamin content—those wonderful minerals that give us energy and zip.

PUBLIC ENEMY NO. 1 IS HEAT
It is a scientific fact that food values are affected when subject to high heats. Boiling for instance at 212 degrees destroys 7 out of 12 basic minerals found in foods. Calcium, phosphorus, magnesium, sulphur, chlorine, fluorine and iodine all fall victim to heat. A deficiency in these vital minerals effect our bones, teeth, lungs, brains, intestines, liver and glands. Then too, Vitamins A, B, C, D and G are also destroyed or are injured by high temperatures. This is why pressure-cooked and canned foods may not have the high food value we need for good health.

WATER DEVITALIZES FOOD.
It may throw out the chemical balance making it more difficult to digest. By watering down or neutralizing the food values to be de-

rived from spinach, asparagus, etc., you simply do not get all the true food value from these desirable vegetables. Food values are also dissipated by oxidation. Ever smell foods cooking? Researchers tell us that minerals such as calcium, sulphur iodine and iron simply oxidize and become a gas. Thus the food value in some of your favorite dishes is often virtually blown to the winds.

Fortunately there is a way to retain these precious food values. If you can't eat fresh vegetables get them frozen. Your taste will confirm it is the next best to fruit or vegetables picked off the vine. Even meat and poultry retain flavor and improve with freezing. This is why so many nutritionally-minded homemakers are insisting upon frozen food and meat. Frozen foods are more nutritious, tastier, and far easier to cook and serve.

ARE FROZEN FOODS MORE ECONOMICAL?
Yes. In addition to being nutritious, there is less waste. But of even greater importance is the fact that you can buy "name" brand frozen foods, and meat at discount prices and make tremendous savings on your food purchases. How? It's the Kunin Freezer Food Plan.

Oh, yes, you've probably heard a lot said pro and con about food freezer plans, yet here is an old time firm whose reputation is beyond reproach. In fact, for your information, Kunin has been in business for over 30 years and the only way they are still in business today is because they "deliver" what they say. From a modest beginning they weathered the depression and 2 World Wars to emerge as one of the leading meat processors here on the West Coast.

WHAT IS THE KUNIN FOOD PLAN?
Kunin has been serving the finest restaurants and hotels for over 30 years and have built up their business to such an extent that they can handle orders from individual homemakers.

Kunin offers you the same quality meat and name brand frozen food items accorded the trade and AT FABULOUS DISCOUNT SAVINGS! Plus the big advantage of being able to buy canned goods, sundries, etc. from their staple warehouse facilities at discount savings, too! Taking these discount savings into consideration, you'll discover that you will save several hundred dollars a year while eating better than ever. Think how wonderful it would be to always have a complete selection of delicious, nutritious food available for any occasion. Plus frozen food deliveries are made direct to your door, so

you have the added convenience of not having to lug groceries home or waste your valuable time shopping. Here's why homemakers are choosing Kunin & Sons Food Freezer Plan.

1. ANYONE CAN PARTICIPATE. No clubs to join, no dues, no membership fees required. You can order as much or as little as you like.
2. PURCHASE OF A FREEZER IS NOT REQUIRED! If you do not have a freezer, you can rent one from Kunin & Sons and apply the rental against the purchase price if you like.
3. CHOICE U.S.D.A. INSPECTED MEAT! All beef carries the U.S. Dept. of Agriculture Stamp. It is properly aged in large coolers and processed by experienced personnel in inspected plants. The processing plant, located at 115 W. Santa Barbara Avenue, Los Angeles, is open for your inspection Monday through Friday from 9 a.m. to 5 p.m. except Saturday and Sunday.
4. MEAT CUT TO YOUR ORDER! With Kunin & Sons you can get your meat cut exactly as you like it and to your complete satisfaction.
5. HOME DELIVERY! All meat and frozen foods are delivered right to your door in refrigerated trucks.
6. TREMENDOUS SAVINGS. By buying at Kunin & Sons' restaurant discount prices you can save money, eat better than you ever dreamed.
7. ARMCHAIR SHOPPER PRIVILEGE. To order simply pick up your phone and we do the rest. You'll be amazed how much time you save in not having to go to the market so often. Plus you won't have to carry those heavy boxes or bags of groceries home.
8. JUST SAY CHARGE IT! Yes, it is as simple as that. Easy credit and bank terms are available if you wish. All credit cards honored.
9. FREE COUNSELING SERVICE. Skilled food counselors help you plan your food orders and show you how to get the most from your meat purchases.
10. FREE DISCOUNT CARD. With Kunin & Sons, you not only save money on meats but on poultry, canned goods, household items and sundries. Just display your discount card at one of their Staple Warehouses and make your selection from a complete stock of market items.

11. MONTHLY SPECIALS. Each month Kunin & Sons is able to make special purchases at considerable savings on you on meats, name brand frozen vegetables, fruit, juices, etc.
12. FREEZER SERVICE! Kunin & Sons maintains their service department so that you can rely on them to give prompt service.
13. GUARANTEED CUSTOMER SATISFACTION! Kunin & Sons will do everything possible to insure your complete satisfaction. Everything is weighed, measured and processed under the most rigid inspection.

Your order is given special attention and all prices are quoted clearly so that you are not in for any surprises or subject to any disappointment.

A WORD TO THOSE CONSIDERING PURCHASING A FREEZER?
If you wish, Kunin & Sons can offer you a complete line of freezers at prices competitive to or below those currently advertised on the market.
We have our own service department and back up each freezer purchase with a written LIFETIME WARRANTY. There are no gimmicks, no surprises. Everything must be to your complete understanding and satisfaction.

It's for these reasons that Kunin & Sons Meat Co. is fast becoming one of the largest food service organizations on the West Coast. Thousands of Kunin customers attest to this new concept in food savings, so why not phone us today and learn the full facts for yourself.

Please phone collect, Ludlow 8-5195 and ask for Barbara Newell, or send her a post card for illustrated brochure and complete information. Barbara will be more than happy to answer any of your questions.

FOR COMPLETE FACTS
Kunin & Sons has eight offices to serve you and is a member of the Chamber of Commerce. Home office: Kunin & Sons Meat Co., 115 W. Santa Barbara Ave., Los Angeles, Calif. Phone: Collect, Ludlow 8-5195, or phone the office nearest you.

South Bay Office:
16919 Hawthorne Blvd., Lawndale
Phone FRontier 6-7965