

### Botulism, Severe Food Poisoning

The effect of botulism on the human body is more severe than in any other type of food poisoning. It attacks the central nervous system rather than the gastrointestinal tract, and is fatal in about two-thirds of the cases that occur.

The spore-producing botulinus bacilli are found in the soil nearly everywhere, and are quite harmless if eaten on fresh or freshly cooked fruits or vegetables. When food is sealed off from the air, however, the tiny spores, (seed-like structures with hard, heat-resistant coverings) will grow and produce a lethal toxin unless all the organisms are destroyed during the canning process.

After eating food containing the toxin, symptoms of illness usually appear in 18 hours or more depending on the amount of food consumed in relation to body weight. Headache, weakness, constipation, a disturbance in vision and eye motion, and difficulty in talking, swallowing, and breathing are usually evident.

No diarrhea or pain occur in this type of food poisoning. Cardiac or respiratory paralysis may cause death in from 3 to 7 days after the first signs of illness.

The hazard of botulism is potentially present whenever home canning of nonacid foods is attempted. In truth, so great is this hazard that a single error made in the canning procedure may permit the survival of the bacteria.

In this country practically all cases of botulism are caused by eating nonacid foods that are improperly preserved or canned at home. These foods include most



**SCHOOL LEADERS**—Featured in the Los Angeles Herald Express' high school page Saturday, Oct. 8, saluting Torrance, are these young Torrance High leaders, heading the student activities program. (Left to right) the teenagers include Judie Sherwood, student body president; Gerald Goins, associated student body vice president; Joanne Isbell, girls' league president; and Bob Mullen, boys' league president.

### Busy Day Meal Calls for Easy Casserole Dish

On busy days an oven dish, which is almost a meal in itself, which is easy to put together and which needs little watching during cooking is an asset.

A casserole dish using a luncheon meat falls in this category. Home Economists suggest a combination of luncheon meat and cream style corn.

A salad of cucumbers and tomatoes on lettuce with a dessert of fruit would make this a satisfying meal.

Here is a recipe for such an easy on the cook and budget dish.

**Midwest Casserole**  
 1 12-ounce can luncheon meat, cut in 1/2-inch cubes  
 1 cup coarsely crushed cracker crumbs  
 1/2 cup milk  
 2 eggs, slightly beaten  
 2 cans (6-ounces each) cream-style corn  
 1/4 cup minced onion  
 3/4 teaspoon salt  
 1/4 teaspoon pepper

1 teaspoon dry mustard  
 Combine crushed cracker crumbs and milk. Add beaten eggs, cream-style corn, minced onion, salt, pepper and dry mustard. Mix well and fold in cubed luncheon meat. Pour into a 2-quart casserole. Bake, uncovered, in a moderate oven (350 degrees F.) 1 hour. Yield: 6 to 8 servings.

### MONEY BACK GUARANTEE

If you buy furniture from Alpert's and find it for less elsewhere within 30 days, we will refund the difference in cash.

1. Merchandise must be tagged with lower price.
2. Merchandise must be within 20 mile area.
3. Our Comparison Shopper must verify all claims.

Open Monday, Thursday, Friday Nights

## ALPERT'S

20502 HAWTHORNE BLVD. — FR 1-1513  
 (3 Blocks North of Torrance Blvd.)

### Fall Touches

For a sure touch of fall, we'd consider at least two of the deciduous fruit trees. In northern gardens our choice would be the Flowering Japanese Cherries; in the warmer south, we'd try Persimmon. Either will color up nicely before dropping its leaves.

## 3 ARTS DANCE STUDIO

### FALL TERM BEGINS OCT. 12th

CLASSES NOW FORMING FOR ALL AGES

- BALLET
- TAP
- BALLROOM



SEE US NOW . . .

## 3 ARTS DANCE STUDIO

2252 W. Carson Torrance  
 FA 8-4774

vegetables, olives, figs, mushrooms, fish, poultry, and meats. In Europe most cases of botulism are due to sausage, or other smoked or preserved meats.

Most fruits, tomatoes, pickles and the like have a high acid content that inhibits the growth of botulinus spores. When mold forms after these foods are canned, however, the acid content is decreased and the food becomes unsafe to eat.

Unlike the toxin produced in food by staphylococcus, the poison liberated by botulinus spores can be killed by heat. Nonacid home canned foods should therefore be

boiled vigorously for about 20 minutes before tasting, as even a touch of the poison on the tongue may cause a fatal illness.

Due to the high heat techniques used by commercial canners, not a single case of botulism resulting from foods commercially canned in the United States has been reported for many years.

### 25TH ANNIVERSARY

The 25th anniversary of the dedication of Cabrillo Beach Marine Museum, 3720 Stephen White Dr., San Pedro, will be observed Friday.

Use classified. Call DA 5-1515

### Civic Luncheon Honors Old and New Gas Leaders

Mayor Albert Isen of Torrance will meet with area civic and business leaders at the Palms Restaurant here this week to bid farewell to J. P. Becker of the Southern California Gas Co., and to welcome E. J. Gregory Jr., who has been appointed to succeed Becker as local manager.

Georg M. Babbe, gas company division manager, was host at the luncheon.

Active in civic affairs, Becker has been a director of the Torrance and Lomita Chamber of Commerce, a member of the board of directors of the Executive Dinner Club of the Torrance area, and president of the Torrance Dental Health Association.



**WARD-RICHARDS**  
 EVERYTHING MAPLE

### HOURS:

Daily 11:30-9:30  
 Saturdays 10 'til 6  
 Sundays 12 'til 6

## 9' x 12' SIZE BRAIDED OVAL RUG

150 only in stock

Fully Reversible



**FULLY REVERSIBLE**

**\$25<sup>ea</sup>**

We have only 150 of these rugs and each is a different color. Included are the popular brown, beige, green and red tones. These rugs run approximately 5% under size.

**OUR GUARANTEE**  
 • If you buy furniture from us and find it priced for less elsewhere within 10 days—we will refund the difference in cash.

1. Merchandise must be tagged with a lower price.
2. Merchandise must be within a 20-mile area.
3. Our Comparison Shopper must verify all claims.

**NOTE:** You may return any merchandise for a cash refund within 3 days—except special orders and cuts.

Come as you are. Best that you hurry for first choice.

Free Coffee or Tea

OPEN A REVOLVING CHARGE ACCOUNT  
 2318 REDONDO BEACH BLVD.

REDONDO BEACH

# 27,000 Reasons to Say "YES" ON OCTOBER 11

The Chamber of Commerce and Industry in TORRANCE Have Examined the Financial Program Budget of the Torrance Schools

## We Find a Reasonable Operating Cost Per Pupil

We considered the Board's proposal of a 50-cent override tax beginning in the 1961-62 school year to be a reasonable, sound, and necessary solution to the problem of securing adequate operating funds for the increasing Torrance school population, which this year includes 27,000 children.

These Funds Will Be Used to;

1. Pay more teachers;
2. Pay other employees;
3. Buy supplies and books;
4. Pay light and utility bills; and
5. Keep up with the increasing cost of educating more and more high school students.

The Chamber of Commerce and Industry are financing this advertisement to let you know that we think it is important to vote "yes" on October 11.



"ONE OF THE 27,000 REASONS"

**TORRANCE CHAMBER OF COMMERCE  
 TORRANCE INDUSTRIES TAX COMMITTEE**