

Sewing Circles

Nothing is more basic to sewing than materials, except perhaps your sewing machine, so from time to time I like to report to you on what is new and interesting. This fall, it happens to be the double-knit cottons.

BECKY

Available now almost everywhere, they come in lovely woven patterns usable for your late summer and fall wardrobe. Some are reversible, both sides equally beautiful.

There are certain patterns

Dianas To Join In Fair

The Redondo Beach Dianas, California Federation of Women's Clubs, Marina District, Junior Membership, are anticipating three days of active participation in the annual "South Bay Fair" which will be held at the South Bay Shopping Center on July 26, 27, and 28.

Mrs. Eric Lindgren, second vice-president of the club, has announced they have been assigned the "jingle board" and that the Dianas will be there in force at the fair.

The proceeds from the Fair are donated to the South Bay Charities by the Center. The Dianas share of profit from their individual concession will be used for their philanthropic activities which include support to the Las Palmas School for Emotionally Disturbed Girls, Garden Valley Association for Mentally Retarded Children, Harbor General Hospital, Redondo Toy Loan and Health Center, etc.

Civitan Club Sets Ladies' Night

At their first "Ladies Night" of the season, the Torrance Civitan Club will host their ladies at the Jump'n Jack Restaurant today at 7:30 p.m., according to President Fred Hansen.

Program director is president-elect Phillip Lisman.

Instructors from the Torrance Fred Astaire Dancing Studio will present a program of new and old dances and give a review of their origin and background.

CLUB NOTES

Joe Littlefield, garden lecturer, writer and consultant, showed slides of "Plants and Flowers for the Torrance Area" at a meeting of the Ladies of the Elks of Torrance last evening at the Elks lodge, 1820 Abalone Ave.

which are recommended for the knits because they are simple or take advantage of certain special qualities. Ask for these at your pattern counter. No extra material is required, and it is not necessary to line the garment unless you wish to. The non-woven interlinings are recommended for places where firmness is desired.

When cutting your double-knit cotton material, be sure the table is smooth, and follow the knit grain as you would any other goods, keeping pieces on the "straight of the material." Seams must be finished, either with rayon tape or with your zigzag stitch. Pinking is not sufficient to prevent ravelling. Nylon thread is preferable, and it is wise to use a small needle.

I have received many questions about stretch materials, since many women feel sure they could save by making their own Capris. The reason that stretch materials are not readily available is the price. The least expensive are five dollars per yard and range upward to fifteen. Comparing the quality of workmanship, it would be possible to save, but I would recommend this only to the experienced seamstress. There is the possibility that some of the less expensive stretch materials may become available in limited quantities and colors later this fall.

Laminates (foam backed materials) are going to be popular and available, but may frighten some seamstresses. They are usually single knit cottons. The rules are simple: bind or zigzag all seams; cut with foam together, sew with a small needle and nylon thread; don't forget to loosen the pressure on your sewing foot to accommodate the heaviness of the fabric.

Use tissue paper where necessary (cash register tape is an idea substitute) to prevent slippage. About ten stitches to the inch will make seams firm but flexible.

When the garment has a set-in sleeve, it is best to use the factory method to put it in. That is, the shoulder seam is sewed, the top of the sleeve set on, then the sleeve and underarm seam sewn as one. This helps in handling the bulk and avoiding bunchiness in the shoulder.

It should not be necessary to press the garment when finished, but if it is, take it to your cleaner. Do not attempt to dryclean the garment yourself, and if the material is advertised as washable, ask for laundering instructions.

HINT FOR TODAY: For the girl with a changeable waistline, a piece of one-inch elastic sewn inside the belt of your skirt will give both firmness and flexibility, and do worlds for fit. It also keeps your blouse in better!

Women

RONNIE SAUNDERS, Society Editor



TELEPHONING NEW MEMBERS and prospective members of the Torrance Jaycettes to invite them to tea are: (l-r) Mmes. Thomas Stade, recording secretary; William Burbank, corre-

sponding secretary; and Ronald Davis, decorating chairman. The get-acquainted event is slated for 2 to 4 p.m. Sunday at the home of Mrs. Stade. —PRESS photo

Decency Film to Be Discussed by Doctor

The public has been invited to attend an open social sponsored by Court Our Lady of Victory, Catholic Daughters of America, at 8 p.m. tomorrow in the Knights of Columbus Hall, 214 Avenue I, Redondo Beach, according to Mrs. Laura M. Dupont, grand regent.

Don Cortum, M.D., California state chairman for Citizens for Decent Literature, Inc., will be the principal speaker. Showing of the "newest and most potent weapon" in the fight against obscene literature, the movie "Perversion for Profit," will highlight the program, Mrs. Dupont said.

"Dr. Cortum of Torrance is well known locally for his efforts in this field," Mrs. Dupont stated.

Mrs. Anna Owens of San Fernando, Catholic Daughter state chairman, will speak briefly on the newest and tenth, though undeveloped, phase of the CDA national program, Women for

Decency. She is a member of Court St. Anthony of Burbank.

Miss Jeanette Ludescher, recently appointed Los Angeles area chairman, will accompany Mrs. Owens.

Also scheduled on the program, an officer of the Torrance Police Detective Squad will outline some of the legal technicalities and relative juvenile delinquent problems.

Arrangements for the evening have been made through the coordinated efforts of Mrs. Wesley Muzik,

program chairman, and Mrs. Raymond Russell, court chairman of "women for decency."

Refreshments will be served by Mrs. Teresa Fajen and committee: Mmes. Joseph Baune, John Baytosh, William Bergeron, Margaret Breidenbach, William Brunner, Charles Buckley, Ralph Butterworth, Edmund Chandlee, Kenneth Clark, Carmel Clune, Norman Dupont, and James Ries.

Men and women will be welcome. There will be no admission charge.

PTA News

SPECIAL MEETING

A special meeting of the Lincoln Elementary PTA executive board was called by Mrs. Andrew Foster, president, at her home, to consider special legislation as endorsed by the California Congress of Parents and Teachers. A special report

was given by the legislative chairman, Mrs. Ralph Garland, and further explanation made by the school principal, Ernest Thom.

Ratification of the new student welfare chairman was made and introduction of chairmen by the president followed. It was announced that there would be a special program planning meeting Thursday evening. Other committees meeting this month will be: budget and finance, ways and means, bylaws and standing rules. The board will meet August 15 at the home of Mrs. Harold Erickson. Each member is to bring a sack lunch and Mrs. Erickson will serve desert and coffee.

Attending the special meeting were Mmes. A. C.

WOMAN IN WHITE

By ETHELYN BATTLES, LVN

TO IMPROVE A BED CRADLE

for over the legs and feet; cut openings in sides of cardboard box large enough to allow for freedom of movement. The purpose of a bed cradle is to keep the top bedding off of a particular area. If the condition permits, a lightweight covering may be used over patient to prevent chilling.

A FOOT BOARD is a simple device to keep the weight of the top bedding off the feet. Drill holes in a plain smooth board large enough to keep the bedding off the feet. Slip it between the mattress and end of bed frame, tying to bed posts with a rope. Pad it and place top bedding over it. Fold the corners and tuck them neatly under mattress. This helps to prevent foot drop in paralyzed patients. If a board is not available or the bed is a Hollywood style, use two or three straight chairs in same manner, padding the backs well

with a blanket.

AN EMERGENCY BED-PAN can be made very simply for temporary use in the home or on a camping trip — with newspapers, a plastic cleaning bag, two large bath towels, and a piece of heavy plastic. An old plastic tablecloth, a 51" square is a good size. With one corner facing you, arrange six or eight double sheets of newspapers across corner of plastic the length of bath towel. Leave corner extended a little. Fold bath towels lengthwise and place on newspapers even with edge towards you. Turn corner of plastic over and roll all pieces together firmly to center. Bring ends of roll together forming an oval. Overlap plastic and push under roll securely. Gather remaining corner as you pull it over and under roll. For extra protection lay plastic cleaning bag over the bedpan, tucking around the roll.

TO SCREEN PATIENT use a movable screen or tie a heavy cord across room and place a sheet over it. Respect patient's need for privacy and also prevent chilling by draping or covering. To give a bedpan to a person who is very weak, turn patient on side away from you (should be by wall to prevent rolling out of bed); lay a small pad on bed, and hold bedpan against buttocks, leaving on hand free to roll patient back, on "pan."

Jaycettes Entertain Sunday

A get-acquainted tea for new and prospective members of the Torrance Jaycettes will be held from 2 to 4 p.m. Sunday at the home of Mrs. Thomas Stade, 4601 Deelane St.

Floral centerpieces will carry out the blue and gold colors of the Junior Chamber of Commerce. Mrs. Ronald Davis will be decorations chairman and Mrs. Robert Morris will bake a cake.

Active members invited include: Mmes. Douglas Hedde, president, Harold Smith, vice president; Thomas Stade, recording secretary; William Burbank, corresponding secretary; Gerald Russell, treasurer; Robert Vroman, director and ways and means chairman; George Brewster, director; Ronald Davis, decorations chairman; Douglas Nelson, publicity chairman; William Walters, historian and parliamentarian; Gerald Dunn, William Faulds, Harold Lindborg, Milo Lystne, James Morgan, Robert Morris and James Ackroyd.

Prospective members invited include Mmes. Ivar Lundeen, William Davenport, Richard Long, Ralph Gnasemer, Blaine Parkening, Bruce Ashwill, Arthur Reid, William Smith, Thomas Sutherland, Lon Uhis, James Peterson, Phillip Cogbill, Gordon Phillips, Lyle DeCuir, Richard Gill, Donald Salk, Al Scotton, Owen Silverman, Clarence Pederson, and Kenneth White.

Husbands are members or prospective members of the Torrance Junior Chamber of Commerce.

Bongiorno, Earl Pitts, Malcolm Rhodes, Salvador Paladino, Richard Anderson, John Richardson, Rupert de Leon, Ralph Gring, Harold Erickson, K. Yuge, Harold Caswell, Ira Cox, Ralph Garland and Mr. Ernest Thom.

Calendar Set by Sorority

The program meeting for July, for the Xi Zeta Lambda Chapter, Beta Sigma Phi, was held at the Lawdale home of Mrs. Ruth Mueller. In keeping with the program for the year, "Written in Our Hearts," Mrs. Ray Millhouse gave a message on "Prayer, Meditation and Priase."

The calendar for the coming year was determined. Members voted on a donation to pay for one year's subscription to the Braille Institute magazine "Light," for one of their students. A check for \$35, proceeds of a lingerie party held at the Gardena home of Mrs. Bert Whited, will be presented to the Gardena Valley School for the Mentally Retarded.

Six members planned to attend the Southern California Council, Beta Sigma Phi, brunch to be held Sunday at Santa Monica, at the Miramar Hotel.

Social event for July will be a night at the Pink Pusycat in Los Angeles Saturday.

Refreshments were enjoyed by Mmes: Don Dawson, Bert Whited, Les Mayfield, Ray Millhouse, Angus Mitchell, Richard Musto, William Guthormsen, Fran Nichols, Helen O'Neil, Miss Dorothy Gorham and guest, Mrs. Helen Klamm.

DIET SEASONAL

Some foods may be seasonal but well-balanced meals should not be. Proper nutrition is important summer and winter too. Eat a variety of foods in just the amounts you need, the Los Angeles County Heart Association urges.

Mothers of Twins Let Their Hair Down

A chance to "let their hair down" was given five mothers who modeled hair styles and fashion wigs, when the South Bay Mothers of Twins Club held their regular monthly meeting July 15 at Chia's Chinese Gardens, Lomita.

After a delectable cantonese dinner, members were introduced to Stewart Brown, proud owner of La Contessa Couiffuers, located in the Peninsula Center, Palos Verdes. Mr. Brown presented original comb-out styles, designed for the individual facial contours of the mothers.

Modeling were Mrs. John Adams, Mrs. Cleve Kimmel, Mrs. Bob Jackson, and Mrs. William Bradley. Brown was formerly with Gene Shocove

of Beverly Hills, and employs a staff of artistic hairdressers. It's worth noting that one of his hairdressers is a father of twins and the salon is understanding of the demands the average mother expects of her coiffure.

The wig styling was next, with a demonstration on how to choose, properly wear, and take care of the wigs. All of La Contessa's wigs are made of 100 percent human hair. Questions were then asked by the club members on present trends of hair styling and care.

Following the show, Mrs. Andy Meier, newly elected president, conducted her first business meeting of the new term. Future activities this summer will be the

club's participation in the Charity Carnival at the South Bay Shopping Center held from July 26 through 28.

The Twins Club will work the "Tic-Tac-Toe" booth. "All proceeds from the game will be put into the club's philanthropic fund," stated Mrs. Tom Prevo, chairman of ways and means.

Fun will be in store for the mothers and their husbands at the summer swim party at Adli Swim Park, Aug. 17. Couples will enjoy a gala evening of swimming in one of three pools, playing ping-pong, and dancing.

Any mother of twins, living in the South Bay area, is invited to contact Mrs. Ed Ewards of Redondo Beach for membership information.



AT SUN VALLEY, IDAHO, attending the annual Shoshone Indian Trapshoot are Mrs. Arthur Fritzen, 154 E. Genevieve, Torrance. The shoot was held July 16-20.