

# WOMAN IN WHITE

By ETHELYN BATTLES, LVN

## THE CARDIAC (HEART) PATIENT

There are various kinds of heart conditions. Some are due to the heart itself or the blood vessels. Infections, and other conditions in the body may also affect the heart.

One hears about the coronary heart attack, coronary thrombosis. With this condition one of the coronary arteries which carries the blood to the heart is blocked by thrombosis. A clot, has developed which interferes with the proper nourishment of the heart.

In general the home care of the heart patient is based rest, medications, diet, personal hygiene, safety, environmental atmosphere, and rehabilitation.

In addition you will have instructions as to when and how often to take the temperature, pulse, and respiration, and sometimes the intake and output of fluid has to be measured and recorded. Oxygen can be administered in the home if necessary.

The key to the care of the heart patient is to provide the kind and amount of rest prescribed. The degree of activity will vary according to the individual case.

**REST:** May consist of complete bed rest; the armchair treatment with partial bed rest; self-help activities and ambulation are permitted according to patients progress. Supportive devices are important to avoid strain.

When in a sitting position in bed, provide a suitable back rest, arm supports (pillows or rolled blankets) under the arm; a small pillow under the knees; and a foot rest. Doctors orders will include the kind of diversion, and whether visitors are permitted.

**MEDICATIONS:** Give right medicine, right amount, right time. Be able to count the pulse accurately. You may be asked to count it before giving a medication. Report unfavorable reactions of medicine to the doctor.

**DIET:** Since this type of patient often has a strict diet, prepare food well, use garnishes, and decorative touches. Hand feeding may be necessary for some pa-

**PERSONAL HYGIENE:** If the patient is to have complete bed rest, it will be necessary for you to give a bed bath, care for the teeth and mouth, and comb the hair. The daily bed bath will help to improve the circulation and is a measure to help prevent bed sores. See that the elimination needs are met. The use of a bedside commode is sometimes permitted.

**SAFETY:** It may be advisable to rent a hospital bed with bed rails for protection from falling out of bed. Be conscious of the safety factor at all times, and eliminate hazards. When oxygen is in use don't forget to remove matches, lighters, and cigarettes from the bedside, and room of patient, and be sure to hang a "no smoking" sign on the door to the patient's room.

Never have a lubricant on the hands when handling any part of oxygen equipment.

Avoid use of electrical heating apparatus, and never place oxygen tanks near an outlet for heat.

**BE ALERT** and observing. Learn to count the pulse and respiration and be able to recognize characteristics of each, as discussed in a previous column. Report any change that seems unfavorable, or colds to the doctor.

**ENVIRONMENTAL ATMOSPHERE:** This should be quiet and restful, but not depressing. Create an atmosphere that is uplifting, and reassure patient as needed.

**REHABILITATION:** This is the phase of nursing which helps the patient return as much as possible to the normal pattern of living within the limits of his ability, physically, mentally, emotionally. The family should help the patient make the necessary adjustments.

Many persons have developed latent abilities when they had to direct their efforts into new channels. Some patients, however, have been able to resume a normal life and return to their former jobs.

President Eisenhower's remarkable recovery from a heart attack, and his ability to resume his great responsibilities as president is an inspiration to everyone. It is a magnificent story of the doctors and patient working together, victoriously.

## Bizarre Attire Sparks Breakfast

Scene was Virginia Tracy's home and patio.

Time was 8:30 a.m. Date was Thursday, Oct. 3.

Surrounded by 150 children munching doughnuts and viewing cartoons, sixty women dressed in robes, dusters, mu-mus, pajamas, house-dresses, slippers, thongs and curlers, chatted as they sipped coffee.

Reason for the bizarre attire? The occasion was a kidnap breakfast. Victims of the kidnapping were members of the St. Philomena Women's Council.

Caught in their curlers were: Mmes. Ann Margis, Chris Cannistraci, Eve Tallion, Marie Roberto, Marilyn

Davis, Shirley Verkerke, Beatrix Dixon, Darlene Fitzer, Ann Navanes, Janet Gerbode, Edette Livesay, Angeles Cruz, Carol Bareette, Mary Lou Long, Jane Moldgaard, Betty Geerer, Shirley McPherson, Kathy Souza, Joyce Archambeau.

Also Helen Ewals, Ronnie Clowac, Patty Carter, Hope Beeson, Helen DeLeon, Irene LeCalir, Theresa Germany, Gerry Hopkins, Joan Marsin, Agnes Kolano, Carrie Hoffman, Stella Bowman, Jeanne Trudell, Shelley Petrosin, Mary Ann Quirate, Margaret Kato, Dorothy Fowler, Gladys Pfadt, Bernice Kollmeyer, Mary Lou Ramey, Blanca Figueroa, Toni Silvas.

Other guests included: Pat Rogers, Helen Davis, Mamie Furiaci, Mary Green, Charlotte Donovan, Pat Gese, Pat Guzowsky, Colleen Cook, Johnnie Kozial, Ann Magnan, Mary Gagne, Ronnie Elftman, Barbara Rubio, Rita McCormick, Annette Looney, Pat Mead, Donna Thompson, Yvonne Bernardin and Dolores Marinovich, president of the Women's Council.

## Trio Rebeccas Honor District Deputies

Past district deputies were guests of district 84 of Trio Rebecca Lodge No. 240 at a meeting conducted Tuesday night by Vera Johnson, noble grand.

Fall leaves carried out the decorative theme. Chairman was Bertha Ferm, assisted by Goldia Schwartz, Pansy Coil, Mary Smith and Rena Mote.

Guests included: Elvira Nobbs, Isabel Pringle, Alice Erickson, Gussie Ross, Carl Ross, Edith Bench, Margie Russell, Romana Ware and Gertrude Kastrup.

# Women

RONNIE SAUNDERS, Society Editor ☆



**BOBBING FOR APPLES** at a Sloppy Dress Dance to be held Saturday night will be members of the Torrance American Little League Women's Auxiliary. The event will take place from 9 p.m. to 1 a.m. at the WALTER Businessmen's Club, 248th and Madison Sts. Music will be provided by the Surf Riders. Dance chairman is Mrs. Robert Schaeffer, FR 5-3187. Pictured are, from left, Mmes. Merle McPherson, John Agapita, and Edward Adams. —PRESS photo

## Sewing Circles

By BECKY SCHAEFFER

Probably one of the most important things about sewing is the pressing of the garment during the course of putting it together. Because I have a toddler, I can't simply leave the iron plugged in as I work in such a way that I will have to heat the iron only once or twice.

When I have assembled bodice, skirt, sleeves and collar (each of these a separate unit and not combined as yet), I press them, as well as their lining counterparts. Using this method, I can then assemble the entire garment, even if it is fully lined, before I will have to give it a final pressing.

What are some of the things you can do to make your sewing better by pressing? Well, for one, seams that are pressed open don't accidentally get sewed with both seam edges going the same way, to create bulk. The same is true of darts if they are in heavy material

and must be slit open. Another benefit of pressing is in the collar. When made, the underside can be pulled gently so that no seam shows on the top, and by a little pressing, and a pin marker placed on the topside, you will know exactly which way to put it on the bodice.

All darts, unless slit, are pressed toward the center of the garment. Bound armholes should be pressed so that the binding is turned into the sleeve, not back into the bodice. This serves almost like a tiny shoulder pad.

When ironing lining material, for goodness sake be careful. You can iron sheath lining at the same steam temperature as wool, but if you should unknowingly run out of steam or if your iron is clogged, you can ruin the material. Check the steaming behavior of your iron.

For those of you brave ones who line jackets, and apply the sleeve lining to the armhole by hand, you'll find it's a great help to press in your seam allowance. Even if you use a gathering threat to help, you'll find that pressing helps keep that seam allowance tucked in.

Another help in sewing is pressing in your hem before sewing. This takes little additional time, and will lessen the need for pinning and remove the need for basting entirely. The same is true of your zipper. A pressed seam allowance where the zipper is to go is a real boon. I don't even pin mine in more than one or two places.

A new member of the Seamstresses, another professional who has joined our ranks, promises us a demonstration of her pressing aids, some of her own invention in the near future. We are very anxious to see them, and will report to you. Let me know if you have any helpful hints in pressing, or in any department of sewing, for that matter.

### TODAY'S TANT:

When buttons are placed on a single thickness of material, such as for a man's button-down collar, they should have something behind them. A suggestion or two would be, a bit of cotton or lamb's wool, some iron interfacing or decorative material in a matching color, or just a tiny hunk of material.

## Senior Citizens Club Chartered

Hollywood Riviera Senior Citizens received their club charter from the Torrance Park and Recreation Commission Wednesday. Mrs. Norma Price, past president, accepted the charter on behalf of the group.

Present for the presentation were: Mmes. William Sloan, president; Caesar Arcque, vice president; Marjorie White, and Ruth Byrne and Thomas White.

Guest speaker at a meeting to be held at 12:30 p.m. Friday at the El Retiro Park Building will be Mr. N. I. King of the California Employment office, life master at bridge, who will discuss bridge.

Persons interested in attending the meeting are ask-Byrne, membership chairman, at FR 5-4487.

Club members were presented with 10 bridge tables by the Sportsman's Lodge of Hollywood Riviera.

## PTA News

### FALL REGATTA

Flavian PTA will stage its fall regatta 10:30 a.m. to 6 p.m. Saturday at the Flavian school grounds, 5038 Halison Street.

Added attraction will be Tom Hatten who will perform at 11 a.m. and 11:45 a.m. Tickets are fifty cents each.

Activities will include; shuffle board, beauty parlor, sponge toss, live fish, ring toss, cake walk, ball toss, silhouettes (by the Flavian teachers), and the P.X.

The P.X. will feature Ken and Barbie doll clothes for early Christmas shoppers.

Clowns from North High Clown Club will also appear.

The Playboy Combo will provide music for dancing in the cafeteria during the afternoon.

Baby-sitting will be available and food will be sold.

The next board meeting will be held Thursday, Nov. 7 at 7:30 p.m. in the school home economics room.

### THE MAGIC TOUCH

Chuck Jones, magician, who stars in the "courageous CAT" television series will present "The Magic Touch," Friday, Nov. 1, in the Van Deene Avenue School auditorium, at 2 p.m. and 3 p.m. Tickets will be 25 cents.

This will be in conjunction with the Van Deene Avenue PTA Fall festival, which features a Western theme. The festival will start at 3 p.m. Games will include "Shoe the Horse," "Choose your Brand," "Lasso the Pistol," "Bull's eye," and several others. There will be food, bake sale, and general store booths.

### AFTER HIGH SCHOOL, WHAT?

"After High School, What?" is theme for the Torrance High School Parent-Teacher Association meeting to be held Wednesday, Nov. 6 at 7:30 p.m. in the Torrance High School Cafeteria.

A panel of three speakers will include: Merle F. Sloan, dean of students at El Camino College; Chief Roth, representing the Armed Forces; and Mrs. Rita Baglio, of the State Employment office.

Question and answers will follow the presentation.

### SPOOKS SKEDADDLE

As fine an array of spooks as one would want to see paraded the playground of the 223rd Street School Saturday as they attended the annual Halloween Festival sponsored by the PTA.

John Higgins, a member of the faculty, with his wife and eight children won the family award for ensemble costume.

First, second and third prizes for the scariest costumes went to Jay Dossey as a scary man, Nancy Short as a scary woman, and Teri Millard as witch.

First, second and third prizes for the funniest costumes went to Donald Cole-

man as upside down man. David Bergen as Tarzan's Jane and Shelly Raynor as Happy Halloween.

Prizes for the most original costumes were won by Bandy Ide, first place as Touche Turtle; Michael Gils, second place as a robot; and Linda Cline, third place as a table top.

Prizes for the prettiest costumes went to Patti and Mike Stolmaker, first prize as a Dona and Don; Anna Kosch and Karen Howe, second and third place as princesses.

Mrs. Thomas E. Millard, PTA president, reported the largest attendance in school history enjoyed the Johnny Strong Circus, a spook house, games, carnival foods and home baked goods.

### APPROPRIATE DRESS

Stephen M. White PTA first association meeting was held at White Hall, Oct. 22. DeWayne Madock, student body vice president, led the group in the pledge of allegiance.

Inspirational message was given by the mixed choir, under the direction of Richard Schraier. The group sang "Camelot" and "I Can Tell the World," accompanied on the piano by Randy Allen. A solo was given by John Tyler, "I've Grown Accustomed To Your Face."

The business meeting was conducted by Mrs. George Erickson, president.

Chairman ratified were: John Arensberg, and Mmes. John Arensberg, record book; Roger E. Hammond, parent education; Gordon Ellis, hospitality; J. S. Paoli, recreation; Edward Owens, special project; Moro Hidalgo, ninth grade room representative; Eldredge Jones, telephone, and Douglas Reed, juvenile protection. The historian, Mrs. Mickey Payne, was elected by the members.

The program "Alert To Appropriate Dress" was a panel discussion. Panelists: Mrs. Clara Virona, narrator; Mrs. Iola Walkins, teacher; and Mrs. Marvin Holm, parent. Student panelists were: Vicki Bates, John St. Robert Hilton.

Hostesses for the meeting were the A9 and B9 mothers.

### ART OF MATURITY

A big crowd attended the October Avalon Council PTA meeting at Scott Park. "The Art of Maturity" was the inspirational message given by the Character and spiritual chairman, Mrs. John Balkman.

Mrs. Phillip Labor, program chairman, introduced Raymond Choate, in Wilmington, attorney and president of the Harbor Area Welfare Planning Council, who spoke on United Way.

Co-chairman who gave reports were:

Mmes. Walter Pollard, membership; William Culbertson, recreation; Floyd Marlowe, juvenile protection, and Thomas Stinnett, health.



**MAKING PUPPETS** for early-bird Christmas shoppers are members of the Torrance Jaycettes. Puppets will be available for purchase at \$1 apiece. The mitten mannequins will model for prospective purchasers at a fashion show to be sponsored by the

Jaycettes at the Torrance Recreation Center Wednesday, Dec. 4. Pictured palming a pair of puppets apiece are, from left, Mmes. Harold Smith, vice president; Douglas Hedde, president; and Robert Vroman, ways and means chairman. —PRESS photo