

# Coffee Break

By Adeline Daley

I never thought of myself as a hypochondriac until I caught myself reading another article on medicine, entitled something like, "New hope for Beri Beri Sufferers."

It wasn't until I had almost finished reading it, and with tears of joy streaming down my cheeks had cried, "At last! O medical breakthrough for us victims of Beri Beri!" that I realized that I didn't have Beri Beri nor have I ever had it.

But with the preponderance of medical information appearing in print, it's almost impossible for me, at least, to go through an entire day without thinking that I'm coming down with some new ailment. Either a well-established disease or one so relatively new that it doesn't have a national fund or its own door-to-door neighborhood drive, for which, I may add, I have collected so often that when people see me approaching they automatically replay, "My husband gave at the office."

Fortunately, most of the time I don't think that I have an advanced case of "whatever-you-call-it-is," just all the symptoms, as dutifully listed each week in the medical sections of magazines like "Time" and "Newsweek."

The case histories of patients seem to be my biography. "Mrs. R. first began to notice that she was overly-fatigued . . ."

(Omgod, that's me! Why hasn't somebody asked me to audition for a "Tired Blood" commercial on television?)

She then became aware of a heavy feeling in the pit of her chest . . . She had palpitations. And she noticed that her face often turned white when she looked in the mirror. Her hands began to shake . . .

But the reading material that I find even more frightening than the latter is the literature written in fine print on the packet of pills you're supposed to be taking for, say, a simple cold:

"Side effects — May cause nausea, dizziness, rash, mouth dryness, visual blurring, tachycardia, headache and abdominal pain."

That's why those who take these capsules, I guess, can truthfully ask, "Would you believe, I have a cold?" Who would recognize one against all the other complaints?

Nor am I anxious to take a pill when you read on the box, "Caution — Do not take if patient suffers from hypertension and the following 50 ailments."

Then there's the "cheerful" suggestion that it might also be habit-forming, which usually appears on bottles of cough medicine. That is, if you happen to love the taste of tar and mentholatum.

## Local B&PW Club

# Installation Dinner Set

Mrs. Flora Hameetman of Lomita will be installed as President of the Torrance Business and Professional Women's Club at a dinner meeting Monday, March 20, at 7:30 p.m. at Fillipone's Restaurant in Torrance.



FLORA HAMEETMAN  
... New President

The new president, a resident of South Bay for 20 years is a stock broker with California Investors, a local firm specializing in financial programming. She has been employed by this firm for the last six years and has been in the financial business for nine years. Mrs. Hameetman has been a member of the Torrance B&PW for five years and has served as treasurer, publicity chairman and president-elect.

Next month she will be graduated from the Advanced Leadership Class sponsored by the Harbor Section of Sierra Mar District of Business and Profes-

sional Women's Clubs. She is a former director of the Lomita Chamber of Commerce and won an achievement award in sales from her employer in 1966. The

theme for 1967-68 as announced by the incoming president is "Growth Through Participation" with emphasis on increasing membership and promoting a friendlier atmosphere among the business women of Torrance.

Other officers of the new board to be installed are: Mmes. Carl Erikson, president-elect; Darwin Parrish, vice president; Ruth Johns, recording secretary; O. D. Land, treasurer; Alice Shaffer, corresponding secretary; and Robert Hoxworth, auditor.

Mrs. Nina Buss McCoy, president-elect of Sierra Mar district, will officiate at the installation.

Mrs. Mark Hulse, chairman for the evening, invites all business and professional women of the area to attend. Reservations may be made by calling Mrs. Hulse.

## Needlework Guild Aided

Redondo Beach Dianas Junior Women's Club supports the Needlework Guild of America each year. Fresh, new clothing is collected by the Needlework Guild and distributed to the needy through Peninsula institutions, agencies and schools. Some private families with temporary hardships are also aided.

Through thousands of individual gifts of clean, new morale-boosting garments,

the Guild seeks to meet the needs of our own area while keeping charity on a personal, neighborly basis.

Mrs. Ray Shortridge, Needlework chairman of the Dianas, reports that the Dianas donated 80 garments and \$30 for the year.

The Dianas are affiliated with the California Federation of Women's Clubs, Marina District, Junior Membership.

## Bethels Join For Visit of Grand Officers

Job's Daughters, Bethel 50 of Torrance will join four other Bethels in the Masonic Temple in San Pedro on Friday evening, March 17 at 7 p.m.

The occasion is the visit of the Grand Guardian of the State of California, Mrs. Olive James and the Associate Grand Guardian Mr. Bert Jackson.

## 'Women's Role' Topic For AAUW Meeting

"The Role of Women in the Community" will be the topic of a talk to be given to the general membership of the Palos Verdes-Rolling Hills Branch of the American Association of University Women, Thursday evening, March 16, at the Art Gallery of the Palos Verdes Library.

Mrs. Norma Gibbs, former mayor of Seal Beach, now teaching at Long Beach State College, will address the group at 8 p.m. following a coffee hour at 7:30.

Mrs. Gibbs, who studied and taught in Germany, was

the first American student enrolled at the free University of Berlin after World War II. She was featured in Saturday Evening Post in an article, "People on Their Way Up."

Mrs. Neil Kendall, study group chairman, will introduce the speaker and urges all women planning to attend to contact Mrs. Robert Cook, membership chairman, for further information.

## Pilot Club Dinner Meet

Pilot Club of Torrance will meet Thursday evening, March 23 at 7 at the home of Mrs. Hubert Roe, 764 W. 173rd St., Gardena.

This will be a potluck dinner and each Pilot Club member is asked to bring treasures for the Treasure Chest and fund raising dinner to be held April 1 at the Torrance Recreation Center.

## Entertains at Bridge-Luncheon

The St. Patrick motif was used by Mrs. W. C. Boswell, 2842 Onrado last Monday when she entertained her club at a bridge luncheon.

Mrs. Boswell's guests were Mmes. John Melville, M. Millar, Dean Sears, M. A. Bauman, Delbert Thomsen, Eugene Cook and P. O. Wierk.

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If someone has a problem with his mortgage, or his taxes, or if he needs a loan to fix the roof, he knows he can come to us. Over a million Californians consider us

the best bank in town. So we hope Susan will decide to bank with us. Because when it comes right down to it, there's very little difference between Crocker-Citizens and Milldale's friendly, helpful, considerate, small bank. Except for one thing.

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the big bank where little things count

# Can a young girl from a small coal-mining town in the East find happiness with a big, affluent, 96-year-old bank?

Susan Hayden just moved to California from Milldale, Pa. Bag, baggage, boxes, beagle and bank account.

Back home there was a nice small bank. If anyone had a problem with his mortgage, or his taxes, or if he needed a loan to fix the roof, that's where he'd go. It was considered the best bank in town.

