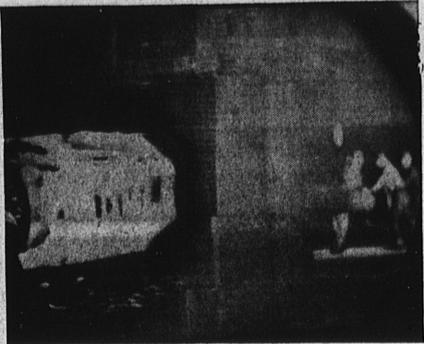
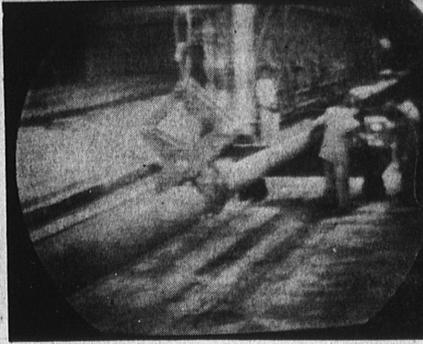


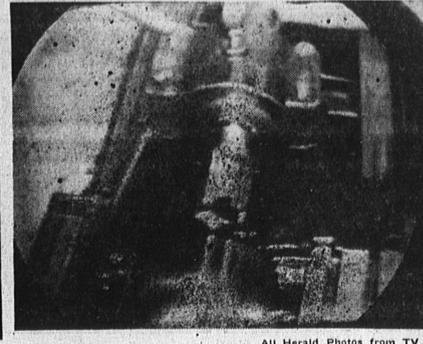
ONE . . . Dan Desmond, at the control of the Manipulator, shoves a red hot steel ingot which he has just removed from the furnace into the press to be forged into shape.



TWO . . . Men push and pull on the end of the long porter bar to help shape the nearly molten mass of metal into a hexagon bar as the 36,000-lb. press rhythmically hangs down on the ingot.



THREE . . . Works Manager John Spalding inspects electronic instruments which test the tensile strength of the long steel bar, now assuming the shape of a gun barrel.



FOUR . . . The final step. An intricate cutter bores through the super-hardened metal to form the center hole through which projectiles will be fired. The center piece is cut out in one long continuous section.

All Herald Photos from TV



CONGRATULATIONS . . . Scott Hanson, left, Sales Counselor for General Electric Appliances, gives John Gester a hearty handshake and a GE Appliance franchise. Gester is manager of Universal Furniture Co., 1317 Sartori Ave. The store will handle a complete line of GE appliances.

National Opens Doors for TV 'Success Story'

Four cameras and nearly a mile of cable were used to bring the inside "Success Story" of National Supply to television viewers over KTTV Friday evening. From start to finish, the manufacturing process of a 16-inch gun barrel was followed through the plant. Huge furnaces which hold the "heat," or molten steel, were viewed at close range by the cameras. John Spalding, National Works Manager, was interviewed by reporter George Sanders as Spalding was inspecting gauges which determine the tensile strength of the nearly finished product. Interesting facts about the gigantic production plant, and photo shots of the 60-foot lathes and portable story-high furnaces were shown. Sponsored by Richfield Oil Co., "Success Story" was directed by Ed Roden.



Health Chats

By DR. RAYMOND A. LARSON

Blood Pressure—High and Low

THERE has long been a saying among doctors that a man is as old as his arteries. There is truth in this statement because the condition of the arteries is related to the condition of the heart. If the arteries show signs of growing old, the heart is put under strain, and the victim is aging regardless of the number of years he has lived.

One of the best ways of knowing the condition of the arteries and the heart is to watch the blood pressure. Normal arteries are elastic, like rubber. With each heartbeat the arteries stretch because more blood is being pumped into them. Between heartbeats the arteries spring back to smaller size. The pressure in the arteries during heartbeat is known as systolic pressure. The pressure in the arteries between heartbeats is known as diastolic pressure. If the doctor says, "Your blood pressure is 130 over 80," he means that your systolic pressure is 130 and your diastolic pressure is 80. If he merely says that your blood pressure is 130 he means, of course, the systolic pressure.

Whether the pressure is above or below normal must be left to the doctor to determine. But there are certain symptoms which may cause a person to suspect that his pressure is high or low.

The usual symptoms of low blood pressure are: lack of normal energy, drowsiness, and a tendency to tire easily. This condition may indicate some constitutional disease, nervous exhaustion, or merely a nervous condition that could be easily corrected. Constitutional diseases and nervous exhaustion, however, are conditions that require more prolonged treatment and are not so readily overcome.

The usual symptoms of high blood pressure are: headache, dizziness, and head noises (ringing in the ears). These symp-

toms may be caused by disease of the heart, kidneys, or arteries or by nervous strain. All of these ailments except possibly nervous strain, are conditions that require treatment.

Abnormal blood pressure calls for treatment of the disease that produced it. Good results can be obtained only if the patient follows the doctor's instructions, for the doctor alone cannot produce the desired results. The doctor will have certain instructions to be followed in each case. The best thing one can do about abnormal blood pressure is to try to live so as to prevent the diseases that cause it. After all, the blood pressure itself should be no cause for concern. The first aim should be to avoid those abnormal conditions that raise or lower the pressure.

What can one do to prevent these ailments? Here are some practical suggestions which, if followed, will be of definite value in the prevention of such diseases:

1. Eat moderately; balance your meals.
 2. Avoid highly seasoned foods. Condiments such as salt, pepper and vinegar should be used sparingly, if at all. This applies also to alcohol, coffee and tea.
 3. Don't "burn the candle at both ends."
 4. Don't try to "keep up with the Joneses."
 5. Modern life goes at a hard, fast pace. Slow down a little.
 6. Be moderate in all of your living habits; don't go to extremes.
 7. Try to keep your mind at ease. As far as possible, avoid mental and emotional strain, including worry.
- Follow these suggestions and you will soon note marked health improvement.

HEALTH CHATS sponsored by R. A. Larson, D.C., Ph.C., 1110 Sartori Ave., Torrance. Phone 2130.

Burglary

(Continued from Page 3)

seven months. Investigators said his wife denied knowing of the thefts, and her husband, they said, told her that he had won many of the items on a punch board.

Cartons of tricycles and bikes found at his home were purchased in Wisconsin, Zitzer told. Police have wired east for information from Milwaukee authorities.

The bespectacled Walteria man's car had two different license plates, and another set was found inside. Motor Vehicle officials in Sacramento are checking for registration. It was stated.

Zitzer nearly broke down during his arraignment before Judge Willett Thursday afternoon. He asked that bail be reduced on the three felony counts in order that he could remain out of jail and continue to work. Bail was finally set at \$2500.

Records show that the suspect was given two years probation for auto theft and two years probation for check passing some 14 years ago.

Church Slates Movie For Showing Tonight

The dramatic film story of the "Family Next Door" will be shown at the First Methodist Church at 7 o'clock tonight. Three typical family conflicts provide the framework for the film.

"How Religion Makes a Difference" is the motivating theme behind the movie, according to the Rev. C. E. Miller. Lenten Communion Service will be held at the morning service today, beginning at 10:30.

Purse Snatcher Gets Nothing But Exercise

A man ran in the back door of a downtown beauty parlor, grabbed her purse, and vanished into an adjoining alley. Lola Harris told police Friday morning. Area surrounding the parlor, at 1655 Gramercy Ave., was searched thoroughly, but no suspect nabbed, reports show. But alas—there was no money in the purse. Just cards and papers, the victim said.

Another Candidate Goes Against Darby

Arthur E. Hill, prominent insurance executive and World War II Air Force veteran, yesterday announced that he would be a candidate in the June primary election for the office of supervisor in the Fourth District. He will oppose Raymond V. Darby, who now holds the office.

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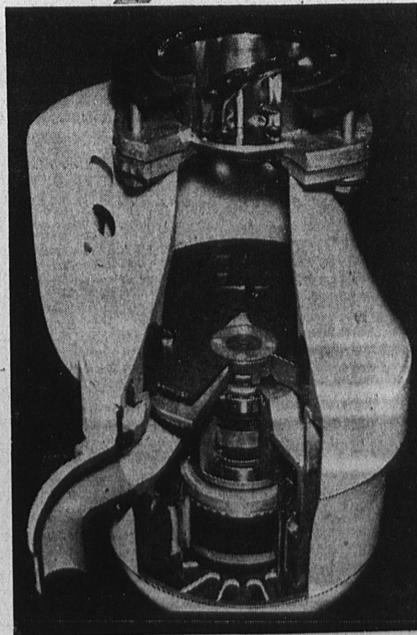
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