



MAKING CHRISTMAS PUPPETS to sell at a country fair are members of the Relief Society of the Church of Jesus Christ of Latter Day Saints, Redondo Ward. The bazaar will take place from 6 to 10 p.m. Friday at 220th Street and Cabrillo Ave. Attractions will in-

clude a wheel of fortune, midway booths, and contests. Pictured are, from left, Mmes. Merlin Farish, food committee; Dallas Nielsen, invitation committee; and Kenneth Rublee and Karl Phillips, gift shop. —PRESS photo

Dianas Plan Yule Dance

Plans to hold the annual Christmas Dance of the Redondo Beach Dianas at the Hunting Horn Friday, Dec. 6, were formulated at a meeting held this week at the Redondo Beach Women's Clubhouse.

Chairman will be Mrs. Elden Pratt, first vice president.

Members will sponsor a Christmas party for the Las Palmas School for emotionally disturbed girls. Mrs. Arthur Callen, philanthropy chairman, will be in charge.

Other forthcoming projects include: preparing ba-baar items for the Diana table at the Senior Women's bazaar scheduled for Nov. 13, dressing for the Salvation Army Doll tea to be held Dec. 4, and sponsorship of an essay contest on Americanism in the high schools.

Hostesses were: Mmes. Mary Williams, chairman; Peter Keefer, William Curry, and Gordon Vit and Miss Becky Fine.

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

WOMAN IN WHITE

By ETHELYN BATTLES, LVN

THE ARTHRITIS PATIENT

Arthritis is a term used in reference to a number of diseases commonly referred to as rheumatism. This has been a baffling problem since ancient times, and

there is evidence in bones that it occurred in prehistoric man, and animals. Progress in treatment has not been as rapid as in some diseases, but there are research projects constantly working on it, and advances are expected in the near future in the rheumatoid type.

There are four types we often hear about.

1. Rheumatoid — which attacks more women than men, and also occurs in children. No definite cause is known.
2. Osteoarthritis — effects older people, and is thought to be due to irritation of the joints by years of use.
3. Gout — is attributed to a metabolic problem, usually starting in the big toe, and may be hereditary.
4. Traumatic arthritis is caused by injury; occupational, by physical strain. Only the affected joints are involved in this type. Infectious arthritis is not as prevalent now due to the use of antibiotics.

HOME NURSING CARE in general for the arthritic is concerned mainly with these objectives: prevention of a deformity; relief of pain; health; and restoring func-

improving the general health; and restoring function of joints.

All procedures for care require specific instructions for the individual case by the doctor. When caring for this patient be especially gentle as this condition causes considerable pain.

Prevention of a deformity involves a number of factors: good posture, rest, exercise.

GOOD POSTURE should be maintained when sitting, standing, walking, lying down. A firm mattress should be used and the weight of the top bedding kept off the feet and legs. Various devices and use of pillows, are recommended with other instructions, to maintain good bed posture.

REST — The amount and kind of rest depends on the condition. It may be necessary to use a splint for more complete rest of a joint. Restful sleep at night is important. Rest is balanced with exercise.

EXERCISE — (passive or active is prescribed for the individual problem. Avoid too much pain or tiring of patient. Preventive exercises properly done will lessen the need of the corrective type.

RELIEF OF PAIN — Various types of heat therapy are applied — both dry and moist applications or tub baths. When using hot moist packs, a comfortable temperature should be maintained for the prescribed period.

Rest, medications and massage are also pain relievers.

Massage, however, is never given at the acute stage. Avoid chilling, keeping patient comfortable, at all times. Medications other than the pain relievers are given to help the arthritic condition.

Physical therapy whether in the home or clinic plays an important role in the treatment of this disease. Sometimes it may be necessary to take a patient to a clinic where various types of physical therapy can be given by trained persons, and the equipment is more suitable.

Improvement of the general health physically and mentally is also essential to overcome this disease. Avoid mental strain, and apply hygienic measures, and a wholesome diet that is planned for the patient. All of the measures mentioned will contribute to the restoration of joint function.

The outlook for the arthritic patient depends greatly on early treatment, cooperation in the planned program for him, and a good mental attitude to overcome the disease. The arthritis and Rheumatism Foundation is an organization which sponsors clinics throughout the country for the purpose of helping achieve this goal as much as possible.

Sewing Circles

By BECKY SCHAEFFER

Many, thanks to all the lovely people who have responded to our plea to make doll-clothes. We wish that there had been enough dolls for everyone, but many of the dolls we received were too damaged to be salvaged.



The new dolls will be part of the contents of Santa's bag at the Christmas party given for the children by the Southwest Association for Retarded Children. The damaged dolls, which are usable, will go to the nursery school, for play and for learning.

By dressing and undressing the dolls, the children are helped to learn to dress themselves.

Making doll clothes for Christmas can be loads of fun, whether for some other child or for your very own. From the curvaceous teenage dolls to the fat, cuddly babydolls, they are twice as lovely or lovable in something you've made.

Many mothers spend their secret Autumn evenings putting together bits of material to surprise their little daughters. We have our pink and gold, wayward angels for such a short time that while they are still ours we sometimes feel a need to make our love for them visible.

While they may not know or care now, some day we fondly hope they will look back warmly and know how we felt, as they fashion tiny garments for their own angel's dolls.

There is still time, if you hurry, to make a few things

for Christmas, — not quite two months. As always, I believe in early preparation, and suggest that you begin to shop now for materials for your holiday gowns.

For the teenagers, how about a red corduroy jumper for Christmas? Or perhaps a suede one, in holiday green? For the holidays, I am partial to red, white and silver.

Blue with silver or gold is also lovely, and this is a year for luscious brocades. Have you seen the newest ones? You can have a New Years Gown, fully lined, for less than ten dollars.

Or how about a dress with the new, indicated waistline and slim sleeves, out of a glorious, textured wool?

Selections for my own fall and winter wardrobe are all of wool, and warmly lined. It's going to be a cold winter, and I plan to be well prepared in a moss-green coat dress of fine wool, and another of laminated wool-jersey.

When choosing materials for your holiday wear, keep two things in mind,—where you plan to go for your vacation outings and what you plan to do.

You'll want something you can wear again, even in your New Years gown, so choose wisely. You may find that certain patterns can be used flexibly with the addition of a jacket or overskirt.

Women

RONNIE SAUNDERS, Society Editor



LETTERING SIGN for rummage sale is Miss Shirley Henry, right, volunteer, as Mrs. Edith Geluk, left, examines handiwork. Event will be sponsored by

South Torrance Neighborhood Mothers from 9 a.m. to 5 p.m. Saturday at the Scout Center, 2365 Plaza Del Amo. —PRESS photo

Fleet Reserve Unit To Hold Card Party

A card party will be sponsored by the Harbor View Ladies Auxiliary of Unit 217, Fleet Reserve Assn. at 7:30

p.m. tomorrow at 942 W. 10th St., San Pedro. Hostess will be Mrs. William Davis.

Two national awards won by the unit at the national convention in Phoenix, Arizona were presented at a meeting held last night. Receiving awards were Mrs. Harry Setzer, former press chairman, and Mrs. Catherine Loro, Americanism chairman.

Members attended a luncheon honoring Mrs. Joseph Keehen, national president at the Captain's Inn on Long Beach Marina, Thursday, Oct. 17. Those present were: Mmes. Earl Rush, Tava V. Miekley, Michael Doktor, John Beauchamp, Henry Connelly, Victor Olivares, Ellen Warner, Setzer, Mary Kellom, Harry Fralich, and Elvis Patterson.

Completing the group's October schedule were two events on the 26th. Members sponsored a rummage sale from 8 a.m. to 3 p.m. under the chairmanship of Mrs. Eily Coffield and attended a dinner dance at the Hollywood paladium that evening.

Serving on the rummage sale committee were: Mmes. Miekley, Kellom, Mary Batchlor, Loro, William Davis, Ellen Warner and Rush. Those who visited the Palladium included: Mmes. Miekley, Setzer, Warner, Loro, Fixie Finch, Evan Newberly and Mr. and Mrs. Victor Olivares.



PRESENTING TROPHY to Wayne Ashlock of Boy Scout Troop 201 is Mrs. Ray Stewart of Madrona PTA. Troop won award for outstanding camping skills in recent demonstration at scout camporee held during the annual PTA carnival. Outstanding girl troop was Girl Scout Troop 288. —PRESS photo



STUFFING ENVELOPES for the 1964 March of Dimes are, from left, Mrs. Vernon Nickles of the Torrance Junior Womans Club, Nancy Knox and Annette Forestal of Girl Scout Troop 1591 and Mrs. Ronald Forestal of the Juniors. Juniors are being assisted in the project by Brownies and Girl Scouts of troops 2184, 1591, 28 and 1940. The troops are sponsored by Torrance Junior Womans Club. —PRESS photo