

Hikes on Weekends Can Put Off Aging

By REYNOLDS KNIGHT

Reaching milestones such as 40, 50, or 60 years of age can have a poor psychological effect on some people. They figure they're slowing down and must take things easy. Nonsense, say many in the medical profession — be active, become a hiker.

Businessmen and women who have taken up hiking at middle age find it a sport that does not require lessons or rules to follow. It merely requires a bit of "stepped-up walking," that takes them away from the hubbub of business life and brings them back to nature.

Doctors agree that hiking leads people to better physical and psychological health. They prescribe three brisk 20-minute walks a day, plus a five-mile hike each weekend. Accomplishing this, they maintain, will not only put you in shape, but will also eliminate any feeling of "slowing down."

HOWEVER, it is advisable to take things easy at first.

Try a few turns around the neighborhood in the evening and your progress thereafter will depend on your condition and zeal. If you've been used to riding, one mile of walking is sufficient the first few times out.

One of the nicest aspects of hiking is that it is an inexpensive sport. All you need is a good pair of ankle-high boots and a knapsack for carrying your lunch. Woolen socks should be worn with a lighter pair of regular-weight socks under them to reduce friction.

Developing rhythm is essential to hiking. Once you get that perfected you'll find yourself walking six, eight, or even ten miles without any great difficulty.

MANUFACTURING, distributing and advertising of consumer products will change markedly in the next 20 years because of a sharp increase in the number of American households headed by a young person.

That is the prediction of

William Leslie Duffy, vice president of Meinhart-Commercial Corporation, a leading factoring and financing firm that provides financial support to consumer goods manufacturers. The research department of the CIT Financial Corporation subsidiary analyzed government projections of the number of households and families expected in 1985 and discovered that those headed by someone aged 25 to 34 will nearly double, climbing 97 per cent from the 1966 level, compared with a gain of 40 per cent in the total number of households.

Families headed by someone under 25 will increase 67 per cent, those headed by someone over 75 will increase 44 per cent and those headed by a person aged 45 to 64 will decline 4 per cent. Other month paper kimonos, towel-cent.

MEN, GET READY! Paper clothing for males is on its way. A clothing maker says it will deliver to stores this Corporation known as TOSCO like wrap-arounds and slippers for bath wear. Paper suits will be introduced shortly, trade sources say.

A leading paper in New York recently eliminated the period following its name. Existing the period, the paper says, will save it \$41.28 annually in ink.

It may not be too long before your automobile will be using oil from what the Indians once called "The rocks that burn" — oil shale.

According to The Oil Shale owns about 80 per cent of the operation of its semi-works plant in western Colorado has laid the groundwork for a decision to build a commercial plant at a cost of about \$130 million designed to process 66,000 tons of oil shale per day, with the first 58,000 daily barrels of production to be "on stream" in 1970.

THE COMPANY urged the federal government, which owns about 80 per cent of the land on which the oil in Colorado is located, to take prompt steps to assure the widest possible competition in development of the vast reserves.

Checking

Food ★ Fun ★ Frolic
By Bill Whitman

Don't Lose Your Cool

But if you should lose it there's lots of fine spots in the South Bay area where you can replenish same with quality food, fun and frolic.

A good spot to start might be the San Franciscan where you've got lots of entertainment nitely plus excellent food as only Chef Frank can put together. Stuff like that choice prime rib at one ninety-five... or the char-broiled top sirloin steak at the same price.

And for entertainment it's Johnny Hoover and the Henchmen. A fine little combo that plays the kind of music you like to hear.

Then for the sea food bit don't sell the Fisherman's Haven short. Probably some of the finest in the area is available here.

How long has it been since you had Fresh Clams on the Half-Shell? Or Fresh Oysters served the same way? And all at reasonable prices.

Fisherman's Haven is open daily for luncheon and dinner plus savory cocktails and with a beautiful ocean view for your relaxing moments.

While we're down there along the waterfront, take a short swing farther on down the coast to the Palos Verdes Peninsula... away out there on the tip and you'll find still more in the way of sea foods and steaks at the Galley West Restaurant.

Any nite Tuesday through Sunday you'll be entertained by the Rod Kieth Quartet with the extra topping on the cake of "Susie" furnishing the vocals.

Also, don't forget the banquet facilities they've got for you down there. Whether the party is large or small... they'll handle it for you. Private or company parties, club groups, wedding receptions... you name it and they'll fulfill your demands at the Galley West.

Guy up at The Red Onion the other nite wanted to know if "In Cold Blood" wasn't a Johnson cup of tea, or a Kennedy cup of tea, or an Eisenhower cup of tea, could it be called... a Truman Capote?

Be that as it may, here, too, is another spot for good food and fun plus good service. It's Sonora style Mexican cookery, you know, and that means it's not too hot or not too much the other way. However, there's all manner of goodies on the tables with which you may doctor up your food just to your liking.

The Red Onion's open seven days a week and features a giant cocktail hour from 2 'til 7. A good place and time to start the evening off with a bang.

The Marquis RESTAURANT
Continental & American Cuisine
8240 Sunset Strip / Hollywood
656-1313

And for entertainment, it's The Tepeyac Duo every Thursday, Friday and Saturday. Talk about your strolling troubadors! Well "these is it!"

Now then, take a short furper down on Hawthorne Boulevard and drop into The Red Balloon for one of those "all you can eat" deals of Southern Fried Chicken for \$1.09 which includes just about everything you could want with that kind of fare.

They're also featuring something else there that'll tickle your palate. It's a Porterhouse Steak for one ninety-nine, including potatoes, tossed salad, roll and butter, and coffee or tea. How's that grab you?

Or if you're in the mood for Spaghetti some Tuesday, Thursday or Saturday nite, well they've got that, too. And all on an "all you can eat" basis for ninety-nine cents. With this, too, you get the salad, Italian dressing, garlic bread and a special meat sauce. You're sure to like it at the Red Balloon.

If you're "planning a powwow," as they so aptly put it at the Indian Village, that might be just the place to go.

They'll put on one of the most eye-appealing spreads you've yet seen at the Indian Village, when next you have some sort of gathering for a luncheon or dinner meeting, a wedding reception or a dinner dance. And they can handle groups all the way from 20 persons up to 200. Keep all this in mind.

One of the Southland's most exciting gourmet dining experience is to attend Al Gans' La Societe de Bacchus et Epicurus phenomenon in gastronomic adventure. Each month, Gans and the members of his organization challenges the imagination and culinary skill of a great chef. It will take three days of eyeball to eyeball play-acting to actually finalize a menu. When the menu is set,

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the management's course in service and table setting is agreed upon. Al and his wife Harriet will then turn the machinery in motion assuring the restaurant a SRO sign.

This Pipe Piper of the gourmet set has given Angelenos, and residents of Los Angeles and Orange counties a renewed desire to know more about the world of epicurean, and the wines that fill out that world.

Gans is a dedicated California Premium Wine advocate. He lectures to clubs and business organizations about Premium Wines, and the orchestration of a gourmet menu. During each dinner he discusses, in capsule form, the wines being served, and their affinity to the courses the wine represent and WHY.

The Marquis Restaurant, located on the Sunset Strip in Los Angeles was the scene of La Societe de Bacchus et Epicurus's latest adventure among the gastronomic stars. Each event in an Al Gans classroom of gastrology brings with it a new and provocative realization that another discovery in sophisticated dining was found.

The Marquis Restaurant, under the astute management of Fred Rosenberg carries out the legendary theme of elegance in service and cuisine that is unsurpassed in its presentation and preparation.

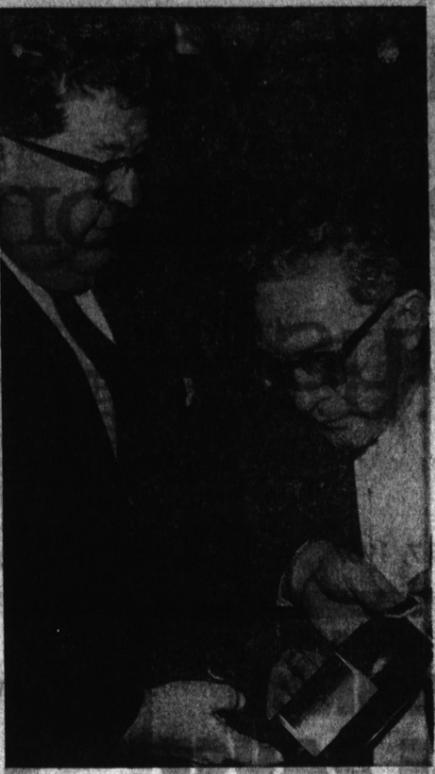
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GANS GAINS... In popularity, that is, as prexy of La Societe de Bacchus et Epicurus, shown above (right) discussing the merits of Han Kornell's great Sparkling Burgundy at The Maquis with Mike Roy of KNX.

But the star of the evening was the diminutive giant of the culinary commonwealth of wonderful chefs, Master Chef Pietro Giordana. It was Escoffier, the king of chefs, and chef to kings, who said, "To be a chef one must know the art of culinary balance; Ah! To be a master chef, one must be a romanticist." Pietro Giordana, a master chef, is a romanticist who puts romance in his art.



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Dine Out Tonight

Hope Sunday Drive Seeks \$10 Million

Hundreds of local residents will call on their neighbors next Sunday as volunteer marchers in the annual "Hope Sunday" drive for the free, nonsectarian City of Hope.

Honorary Chairman actress Joan Crawford has called upon all residents to "open your doors and your hearts to these good Citizens of Hope."

She pointed out that funds raised in the once-a-year Hope Sunday solicitation are "vital to the Pilot Medical Center's continuing services to the people of this community."

IT TAKES \$10 million a

year to keep the doors to the City of Hope open. The medical and research center also is in the midst of a \$10 million "New Horizons" expansion program involving new buildings, staff, equipment, and research programs.

The City of Hope treats such catastrophic diseases as cancer and leukemia, and diseases of the blood, chest, heart and of heredity. "It is all made possible through the help of individuals," Miss Crawford said. "That's why I urge everyone to respond generously today."

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