

Methodist Deaconess Describes Duties in L.A. General Hospital

Appearing in her dignified and attractive black dress with white collar and cuffs, uniform of the Methodist deaconesses, Miss Mayne Jerico, outstanding Methodist medical deaconess and only woman chaplain assigned to Methodist patients in the Los Angeles General hospital, spoke of the institution as "a great city set on a hill in a new and challenging way" as she explained some of its workings to members of the Woman's Council of the Methodist church Wednesday afternoon.

The social session featured a novel "clothesline" surprise stork shower in compliment to Mrs. Don Bryant. Refreshments, in keeping with the theme of the occasion, followed a short business session. Mrs. Grace Hooper, council president, presided. Mrs. Harry G. Banks introduced the guest speaker.

Elaborating on her unique duties in ministering to Methodist patients taken to the hospital, and emphasizing the immediate need of more helpers, Miss Jerico stated that the daily patient population of the hospital averages 2,561 new patients, with January being the institution's busiest time of the year.

Aids Former Patients
"Of this number," the speaker continued, "about 400 are Methodists. Rarely ever in my nearly three years' experience, now, has there been less than that number in the wards. It is indeed a task to keep daily incoming and outgoing records of the patients, but it is also one that garners great and lasting rewards."

In addition to her work in the hospital proper which includes everything from the manifold duties of a chaplain to consulting patients who are about to enter the operating room, supplying children with picture and story books, comforting others, and finally, when necessary,

sary, arranging with family, friends and church for proper burial, and even, when the occasion arises, conducting such services herself for she is a licensed minister, Miss Jerico has also added another outside department to her work. She has instituted a system whereby she is able to keep track of the Methodist patients after they are released from the hospital.

By this method she has, in many instances, found suitable church homes for them, obtained employment, adjusted maladjusted living and home conditions, and rendered a host of other services which, ministers have declared, could have been accomplished through no other channel of service. Nearly every week she takes under her wing one or two Methodist patients from Torrance, she said.

SHAWGER-BURCHETT RITES LAST NIGHT

In a quiet ceremony performed last night by Rev. Frank T. Porter in the parsonage of the First Christian church, Mrs. Bertha Shawger of 1521 Acacia, became the wife of James H. Burchett, of 1411 Amapola. The bride wore a tailored black traveling suit with harmonizing accessories. A gardenia corsage completed her outfit.

Mr. and Mrs. Frank Steinhaber attended the couple. Mrs. Steinhaber wore a black chiffon velvet gown and a corsage. The newlyweds will be at home to their friends at 1411 Amapola after Jan. 15. They plan a belated honeymoon in the summer. Burchett is a member of the local high school faculty.

DISTRICT AUXILIARY MEET SET FOR JAN. 17

Mrs. Ella Robinson, president of the local unit American Legion Auxiliary, and Mrs. Robert Lowellen are planning on motor to Bellflower next Wednesday afternoon for the 19th District 12:30 o'clock luncheon and business meeting. Other auxiliary members wishing to attend are urged to contact Mrs. Robinson for transportation arrangements and luncheon reservations.

Beauty and You

by PATRICIA LINDSAY

Learn Control of Abdominal Muscles to Flatten Midriff

As we grow older we do not give our muscles the proper stretching and firming. In our youth we are more active—climbing trees, roller skating, running, dancing and swimming. All that tends to give our muscles the work-out they need.

Consequently as we mature our muscles lose their elasticity and poor posture, a thickened midriff and extra hip pounds are the results of our inactivity. The thickened midriff ruins any figure and it may be corrected by learning the control of your abdominal muscles.

If you have been inactive, not exercising at all, you will delight in these stomach flattening exercises which may be done as you lie flat on the floor! They are grand beginners to more strenuous movements so keep at them daily until you can pull in your abdomen or push it out at will.

From Nellis Buhk

BEAUTY AND YOU NO. 10 DIAGRAM A

BEAUTY AND YOU NO. 10 DIAGRAM B

To regain control of flabby abdominal muscles, lie flat on your back and pull in your stomach as tightly as possible. Relax and let it out. Repeat at least ten times at first—increasing to twenty.

BEAUTY AND YOU NO. 10 DIAGRAM C

From the same position on your back lift your right hip off the floor without rolling. Lower it. Lift your left hip off the floor without rolling. Lower it. Then lift both hips off the floor resting the weight of your body on your back and feet. Keep your hands crossed over your chest as illustrated in diagram above.

Repeat these three movements four times each day the first week. Then increase daily until you repeat them ten times daily. Poor posture and sedentary occupations tend to produce a number of malformations the most common of which is the protruding abdomen. Round shoulders and flattened chest

follow. These can be corrected through movements which pull up the chest and firm muscles of the shoulders and diaphragm.

Exercise 1—Lie flat on your back, arms outstretched. Lift right knee to chest, lower leg and then lift knee to chest. Repeat ten times.

Exercise 2—From lying position lift upper body forward (chest leading) to grasp feet. The arms aid the movement by pressing palms against the floor. Relax. Repeat once again.

Exercise 3—Lying on the floor, bend upper body forward (head leading), the hands free. Slap the floor as far as possible beyond your feet. Execute in quick rhythm, repeating a dozen times.

"Beautifying the Midriff" contains other good abdominal exercises. If you request it, write me care of this paper and enclose a self-addressed, stamped (3-cent) envelope.

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WOMEN OF MOOSE CHANGE MEETINGS

At a recent meeting of the Women of the Moose, it was decided to change club meeting dates from each Tuesday to alternate Wednesdays to accommodate members who were unable to attend the weekly sessions. Accordingly, the first meeting of the new schedule will be held at 10 o'clock next Wednesday morning with a potluck luncheon at noon.

At the same session, Mrs. Pearl Tower was elected membership chairman of the local unit to fill the vacancy created by the resignation of Mrs. Carrie Nelson because of illness. Mrs. Tower's first duty was to announce that a class of candidates is to be initiated into the Women of the Moose Defending Circle at Long Beach Sunday, Jan. 21, with members of the local chapter officiating. January is Membership Month in the order.

Drastic Reductions in Sherwin-Williams House Paint! Geo. Moore Hardware—Adv.

ADDITIONAL SOCIETY (Continued on Page 8-B)

Marguerite Lincoln Plights Troth In Sunset Ceremony

Before more than 500 friends and relatives assembled in the beautiful flower bedecked chapel of the Episcopal church of Douglas, Arizona, Marguerite Lincoln, attractive 25-year-old daughter of Mr. and Mrs. Fred A. Lincoln, 1027 North Arlington, exchanged marriage vows with William M. Hood, 31-year-old son of Mr. and Mrs. J. T. Hood of Douglas, in a beautiful sunset wedding service performed Jan. 6. The resident rector read the ceremony.

The bride, dressed in a lovely soft teal blue ankle-length afternoon gown with graceful picture hat to match, carried a large bouquet of Talisman roses and lily-of-the-valley. Her only attendant was the groom's sister-in-law, of Lordsburg, New Mexico, who wore a pretty jade green afternoon dress with matching accessories. The groom's brother was best man.

The bride's mother was attractive in a desert sunset afternoon frock with brown accessories and hat to match, as was the groom's mother dressed in a burgundy frock with harmonizing hat and accessories. Both presided over the wedding reception held in the home of the groom's parents.

The bride received all of her elementary and high schooling in Torrance, and was graduated from U. C. L. A. in 1936. She took post graduate studies in Salt Lake City and the Los Angeles General hospital. Until her marriage she was head dietitian at the Desert Sanatorium of Tucson. She was also a past queen of the Torrance chapter, Order of Job's Daughters.

The groom was graduated from Stanford University in 1930 where he was a member of Kappa Sigma fraternity. He is president of the Hood Oil Company of Tucson.

Following an undisclosed honeymoon motor trip, the couple will be at home to their friends in Tucson after Jan. 15.

BAPTIST MISSIONARY MEETING IN PROGRESS

A meeting of the Baptist Missionary Society started this morning at 10 o'clock at the church and is continuing this afternoon with White Cross work. A luncheon was served at noon. The principal topic for the day was "Christian Friendship and White Cross Work."

Book Reviewer Says F. D. R. Would Win Third Term

Mrs. Ohlson Covers Political and Theatre Scene in Lecture Here

If Franklin Delano Roosevelt wants a third term as Chief Executive of these United States, his nomination and re-election to the presidency are practically assured!

Such was the deduction drawn by Mrs. Florence Lee Ohlson, well-known book reviewer and political commentator, after discussing that paramount and timely question with prominent Republican and Democratic governmental, political and business executives in Washington, D.C. and New York City, on her recent visit. She gave her fourth lecture to members of the St. Cecilia Guild Tuesday morning.

While she was scheduled to give a book review, Mrs. Ohlson interested her audience mainly with a descriptive recitation of her experiences while visiting the White House, witnessing the opening of Congress and her first tour to Coney Island. However, she did speak briefly on Mari Sandog's latest novel, "Capital City," and compared it to John Steinbeck's, "Grapes of Wrath," treating as it does somewhat the same situation and thought. She also gave a brief resume of the current Broadway stage hit, "Ladies and Gentlemen," starring Helen Hayes and Phillip Merville.

Taft Trusts Women
Mrs. Ohlson commented on the fact that action of the drama takes place in Hollywood, written around the life of a Hollywood film producer and his experience in a court of justice. "Ladies and Gentlemen" comprise the jury panel. It is, she said, a study in interesting human behaviorism.

She spoke, too, on "Attorney for the People," Rupert Hughes' latest novel published just last week on the life of Thomas E. Dewey, possible Republican candidate for the presidency. She recommended this book as being excellent reading in the light of present political conditions.

While in Washington Mrs. Ohlson visited Senator Hiram Johnson, only Republican to have his office in the Capitol Building proper. She was, however, most cordially received by William Howard Taft, who, in commenting on possibilities of President Roosevelt's serving a third term said simply, "I realize that women have immeasurable influence in political life today, and I trust their good judgment." Mrs. Ohlson will give her next scheduled lecture Feb. 13.

BIRTHDAY SURPRISE FETES J. S. MILLER

J. Stewart Miller of 2807 Sonoma, was the recipient of an informal birthday surprise bridge party Tuesday night when a group of friends dropped by to congratulate him. Following rounds of contract bridge at which Miss Celina McNeil was awarded high score prize, and D. A. Murphy, consolation, the group enjoyed refreshments in keeping with the event.

Those present were Mr. and Mrs. Leo York, Mr. and Mrs. D. A. Murphy, Mrs. Evelyn Lanz, Miss Celina McNeil, the guest of honor and the hostess, Mrs. Miller.

FRIDAY CLUB TO HEAR OF ORIENT

"My Travels In The Orient," will be the theme of Mrs. Bertha Martin's informal talk to members of the Friday Morning Club when they meet at 7:30 o'clock tomorrow night at the home of Mrs. Ray Hoover, 1424 Acacia for their monthly business session. Plans will also be made for the club's monthly field trip, according to Mrs. James H. Crumrine, president.

CALENDAR of WEEKLY COMMUNITY EVENTS

TODAY, JAN. 11
6:30 P. M.—Rotary Club at Legion Hall.
7:30 P. M.—Boy Scout Troop No. 219.
7:30 P. M.—Townsend Club at Moose Hall.
7:45 P. M.—Knights of Pythias Lodge at Redondo Beach.

FRIDAY, JAN. 12
7:30 P. M.—Friday Morning Club.
8:00 P. M.—Women of the Moose at Moose Hall.
8:00 P. M.—Masons at Masonic Temple.

SUNDAY, JAN. 14
Services in all churches.
MONDAY, JAN. 15
12:30 P. M.—Betsy Ross Star Club.
6:30 P. M.—Kiwanis Club at Daniels Cafe.
7:30 P. M.—Nat. Bus. & Prof. Women's Club, Anniversary dinner at Legion Hall.

TUESDAY, JAN. 16
7:30 P. M.—Job's Daughters at Masonic Temple.
8:00 P. M.—American Legion at Legion Hall.
8:00 P. M.—W. B. A. Bingo Party at McDonald Hall.

WEDNESDAY, JAN. 17
7:30 P. M.—20-30 Club at Daniels Cafe.
7:30 P. M.—Boy Scout Troop No. 219.
7:45 P. M.—V. F. W. at Gardena.
8:00 P. M.—Maccabees.

THURSDAY, JAN. 18
10:00 A. M.—Baptist Missionary Society in Church Parlor.
1:30 P. M.—Lutheran Ladies Aid in Church Parlor.
2:00 P. M.—Episcopal Woman's Auxiliary.
3:00 P. M.—Girl Scout Troop No. 2 at Scout Hall.

Tailored for the woman who wants to be practical but yearns to look feminine is the cloud-grey, soft wool suit. The slightly nipped in waist, the graceful hang of the skirt, January Good Housekeeping tells us are typical of the designer, Philip Mangano.

Piastro Conducts Symphony Concert Sunday Afternoon

Playing to a packed house in spite of the inclement weather Sunday afternoon, Josef Piastro, conductor-violinist of renown, conducted the introductory concert of the recently-organized Palos Verdes Symphony Orchestra in the Malaga school auditorium in commemoration of the 100th anniversary of the birth of the famous Russian composer, P. Tschaiakowsky. First public concert of the orchestra will be presented Sunday, Jan. 28, in the Redondo high school auditorium. Sunday's affair, sponsored by the Palos Verdes Community Arts Association, was invitational.

Playing in the flute section of the orchestra from Torrance were James F. Howe and Mrs. Jeanne Houdasheit. In the trumpet section was Eric Chaplin, and in the trombone section, A. Doucet of Lomita.

CHURCH DINNER SET FOR JANUARY 17

A benefit cafeteria-style dinner will be served in the Guild hall of the Central Evangelical church on the night of Jan. 17, according to Mrs. Grace Jones, president of the Guild. Mrs. Elizabeth Brod is chairman of the dinner committee.

NAZARENES HOLD MISSIONARY MEET

Members of the Missionary section of the Nazarene church met this afternoon in the church parlors for the group's monthly missionary meeting. Refreshments were enjoyed.

SPINSTERS OPEN YEAR'S ACTIVITIES

A short business meeting, presided over by Betty Jane Rous, vice-president, opened the 1940 calendar for the Spinsters' club Monday night at Miss Dorothy Jensen's home. Afterwards the group enjoyed a social hour.

MRS. VALLEY TO RESUME LECTURES

Mrs. Loreta Baker Valley, noted commentator on world affairs, will resume her 1940 lecture series in San Pedro Tuesday, Jan. 16. Her first 1940 lecture, presented under auspices of the Assistance League of San Pedro, will feature highlights of her recent visit in Washington, D. C. and New York.

22 HEAR TALK ON ISLAND MISSIONARIES

Twenty-two members of the Missionary Society of the Christian church motored to Wilmington last week to hear Mrs. Smead speak on the society's missionaries in Honolulu—their trip and stay there. The group visited the Wilmington church Missionary Society.

Get home cooked meals for as low as 35c. See Lexie's, class. 28.

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R. C. WILLIAMS	2349 227th Street

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