

# Death Claims Mrs. V. Webb

Funeral services for Vashli morning, Mrs. Webb died yesterday at her home, 82, of 1952 Plaza del Amo will be held in the Stone and Myers Chapel Saturday 34 years, she will be interred

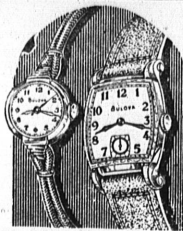
at Inglewood Park Cemetery. Surviving her are her daughter, Mrs. K. E. Klimm of Torrance; three sons, Leon and Howard of Torrance, and Leonard of San Francisco, four grandchildren and four great grandchildren.

DEVORE'S OFFERS . . .

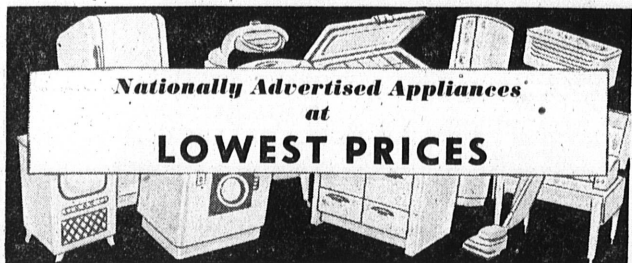
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CARBINE CHECK . . . M/Sgt. Morris B. Gilmore (left) of 23032 Huber street and Sgt. Chloe Elwood of Los Angeles, both members of the Youth Services Section of the Harbor Division of the Los Angeles Police Department, check a carbine's action during training at Fort Ord. Both belong to the 387th Organized Reserve Corps Military Police Battalion which recently finished a two-week tour of active duty at Fort Ord. Sergeant Gilmore, a veteran of six years' service with the Marine Corps, spent more than three years in a Japanese prison camp during World War II.

## Role of Salt in Human Nutrition Noted by County Health Officer

"Salt is what makes things taste bad when it isn't in them," some long forgotten person once wrote—and any individual who has had to undergo a salt-free or a salt-restricted diet will readily agree that food without salt is definitely unappealing, according to Dr. Roy O. Gilbert, county health officer.

The necessity value which man places on this remarkably useful household item is extremely high. Men have fought over its possession, used it for money and, although neither gave nor asked for mercy, warring Indian tribes respected the salt lick as a sacred place of sanctuary.

The National Food and Nutrition Board estimates that the average person consumes two or three spoonfuls of salt each day—several times the amount that is considered necessary for the maintenance of good health.

2 GRAMS SUFFICIENT Food experts claim that approximately one third teaspoon-

ful (2 grams) of salt should be added to the natural food that a person eats every day—and this includes the amount that is supplied both in the kitchen and at the table. Another 2 grams are generally supplied by Nature in the foods that are eaten and this makes up the total daily body requirement.

The body loses salt through excessive perspiration, so the average person may need a little more of it in the diet during hot weather—a sprinkle of salt on food taken at mealtime is usually sufficient. Workers engaged in heavy labor which



A SNAPPY RETORT . . . Answering Columnist Jack Baldwin's assertion that there are no pretty girls in Torrance is a North Torrance reader who submitted this photo of Mrs. Adeline Cortez, of 17516 Cerise avenue. The comments we'll save until Baldwin returns from his fishing trip. The picture was too good to keep, however.

causes profuse sweating, may suffer from cramps and heat exhaustion unless extra salt is taken.

Plenty of water should be drunk when additional salt is used in order to avoid the nauseating experience of too great a concentrated salt solution in

the stomach. In many industrial plants salt tablets are taken, but usually only as directed by the plant physician or nurse.

The overuse of salt is largely a matter of bad habit. It should never be used for its salty taste alone, with the possible exception of its presence

in pretzels, potato chips and a few other food items. Food that actually tastes salty—no matter how slightly, is probably over-salted.

The importance of salt in the diet is emphasized by James S. McLester, nationally known medical authority, in his new

FOR A . . . . .

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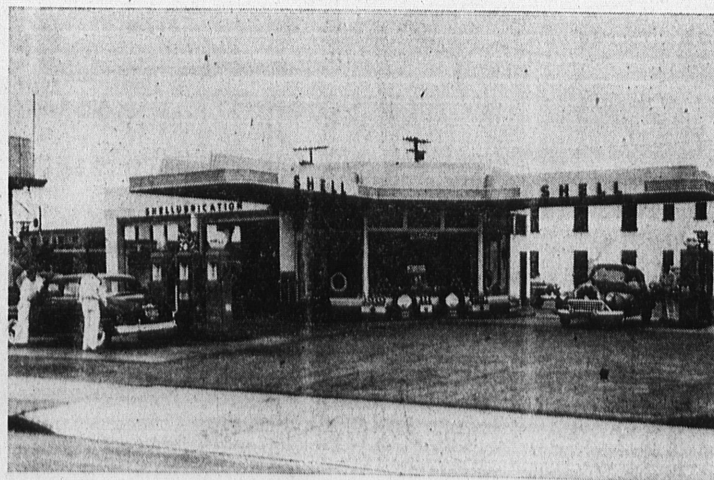
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