

The Social World

AGNES BOLTER, Editor

MRS. FOSTER PLANS OES SOCIAL HOUR

Mrs. Rita Foster will be chairman for the social hour following tonight's 8 o'clock meeting of Torrance Chapter No. 380, Order of the Eastern Star, to be held at the Masonic Temple, 1321 1/2 Sartori Ave.

Worthy Matron Florence Viellenave and Worthy Patron Vincent Viellenave will preside during the business session. All members of the Chapter and visiting members of the Order are invited to attend.

Valentine Ball Gains Nearly \$5000 For Torrance Memorial; 550 Attend

Torrance Memorial Hospital is nearly \$5000 richer today as a result of last Saturday night's Valentine Charity Ball sponsored by the Woman's Auxiliary of the hospital at the Hollywood Riviera Clubhouse.

Profits totaled \$4875, Mrs. John Melville, president, revealed, exceeding last year's proceeds by over \$1000. The 1953 figure was \$3840.41, Mrs. Howard A. Wood reported.

Money will be turned over to the hospital, to be used as needs for equipment arise, Mrs. Melville said.

Undaunted by the rain, approximately 550 men and women dressed in evening best to join in the dancing and buffet supper in a Valentine atmosphere. Walls were colorful with hearts and cupids, and from the ceiling hung gay red and white balloons and red and white crepe paper streamers. Huge arrangements of red and white carnations added further touches of color to the buffet table.

Winning the \$500 treasure chest was Mrs. Fern Springer of Seaside Ranchos. The \$100 prize was captured by Dorothy G. Brown.



(Herald Photo)

Creative Family Living



By Dorothy L. Law

COUNSELOR,
LECTURER,
INSTRUCTOR IN
FAMILY
LIFE EDUCATION

So often the question is asked me, "but how do you know when to seek help with a problem?"

Last week I talked about our inner and outer worlds and some of the storm warnings which may indicate a problem which needs attention. Our behavior is an indicator of our feelings and emotions (of what's going on inside of us, so to speak). For instance, when a small child is cross and irritable, mother is just apt to look at the clock to see "is he tired, or hungry?" She begins to "account" for his behavior, to endeavor to find reasons why the irritability.

LOOK FOR CAUSES

Actually this is the first step in the process of understanding the cause of the behavior. First rule out the physical. Check eating, sleeping, and elimination habits. If possible, a thorough health examination is in order. What appears to be psychological problems can be rooted in a physiological cause and, of course, vice-versa.

For example, it has been established that small children are more apt to have temper tantrums the last hour before lunch and dinner than at other times during the day. If a parent is aware of this, the apparent "problem" is much simpler to approach.

Many wives are aware of this same process at work within their husbands and themselves. For instance, vitamin deficiency can create personality problems. Glandular imbalance reflects in our temperament and disposition. The physical body is a very finely-developed machine, and as such it is subject to breakdown, especially if we ignore our physical needs. If the doctor says, "I can find nothing physically wrong," then it is time to look into the inner world of emotions and feelings.

TAKE INVENTORY

Sometimes taking a personal inventory is helpful. There are many helpful books on the market gauged to bring greater self-understanding. Often taking a course or attending a lecture helps; we must begin someplace to gather data.

If you are the type who jumps to conclusions, go slowly. Make an effort to understand your reactions. Discover the area in which there is the greatest degree of discomfort . . . does it involve others . . . see about changing your attitudes . . . or adjusting the environment in some way . . . formulate a healthy goal of the way you would like to be.

Begin to observe the problems of others . . . many times realizing that others have problems too is of great assistance in cultivating a more objective viewpoint regarding yours. If this problem seriously interferes with your way of life or your family's way of life, you may need to seek further help with it. If there has been an extreme change in your behavior or disposition over a short period of time, greater understanding of this is in order.

Remember, everyone has problems! It's not what happens to us but how we feel about it and react to it that counts. Life without a challenge would be a boring thing indeed. Remember, too, time brings growth and maturity. A good question to ask yourself is, "how will I feel about this a year from now?" It may help you to get your perspective.

Cultivate faith for everyday living, or use the faith you have built from there. Be aware of your assets; no one is a total failure. Each of us has his good points . . . along with the bad. Most of us express far below our potentials. Increasing our self-expression is a healthy thing; cultivating a hobby or interest is one of the best ways of doing this. If there is something on your life you have always wanted to do . . . if possible do it!

Do everything you can intelligently do to understand yourself in relationship to your problem, and if this is no help to you, and you still feel inadequate to the situation, it's time for further assistance. Try to have the attitude of "what is it I am not understanding about myself in relation to my world" rather than "what is it I'm doing wrong."

Your attitude toward the problem is important. Keep it positive . . . hopeful. Blame and self-accusation problems are for solving . . . everybody gets the wrong answer once in a while. We all make mistakes.

It'll close with the thought . . . good judgment comes from experience and experience comes from poor judgment.



MISS ELSIE FARRIS
... To Speak at YWCA Dinner

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Expect 100 Or More at YW Dinner

Nearly 100 reservations are in for tonight's capital funds dinner being sponsored by the YWCA as the major activity of its money raising drive, Mrs. Joseph Lukes, branch director, reported yesterday.

The affair will begin at the YW's Carson St. headquarters at 6:30 p.m., with Y-teens under the direction of Mrs. Miles Booth serving the meal. Guest address of the evening, "New Horizons in Brotherhood," will be delivered by Miss Elsie Farris, prominent Long Beach attorney and world traveler who is pictured above.

Many organizations and industries have contributed notably to the campaign. Mrs. Lukes reported. Harvey Machine and National Supply Co. have each donated \$100, while Pittsburgh Paint Co. and the Torrance-Gardena Soroptimist Club have contributed \$50 each.

Included in other clubs donating money and sending representatives to the dinner are the Junior Woman's Club, the Business and Professional Women's Club, and the Senior Woman's Club, Mrs. Lukes said.

The YW is seeking \$3000 as a goal to clear the building debt and purchase needed equipment. Drive will end Mar. 1.

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Dr. C. E. Cosgrove, Optometrist
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(Herald Photo)

FILLING THEIR PLATES . . . at a buffet table laden with baked ham, turkey sandwiches, stuffed celery, beans, salads, and many other delicacies are, in the foreground, Mr. and Mrs. George Paitridge, 1621 W. 218th St. Buffet was served continuously from 11 p.m. to 1 a.m.; it took all of two hours to serve the crowd of approximately 550, which lined up as the orchestra played lively numbers. **DANCING DUO . . .** Among many glimpsed dancing during the evening to orchestral strains furnished by Les Tronsier and Del Danford were Harry G. Drake, engineer with the Torrance Fire Dept., and his date, Miss Mickey Gibson, 2830 Onrado St. The couple soon will be dated for life; they plan to announce their engagement next week and to exchange marriage vows this summer.

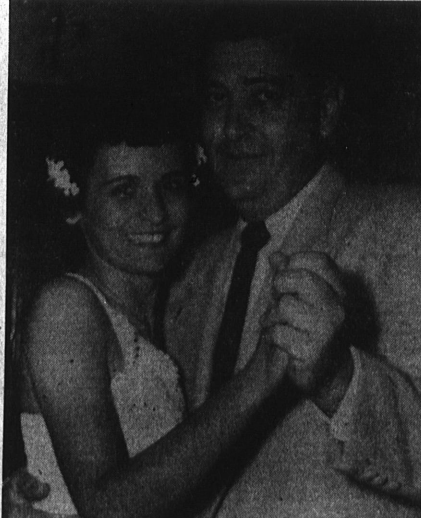
HAZARDING A GUESS . . . as to who will be the winner of the \$500 treasure chest are Mrs. E. O. Faulkner of Redondo Beach and Joseph Furgulov, 1324 Andrea Ave. The chest, tied appropriately with red hearts and ribbon to carry out the Valentine theme of the affair, is being guarded by Mrs. John (Myra) Beeman, left, dance chairman, and Mrs. John (Rosemary DeCamp) Shidler. Award was made at midnight to Mrs. Fern Springer of Seaside Ranchos.

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