

Chairman Tells Program Highlights of Dec. 17 Youth for Cancer Benefit

Response to the call for local youth talent issued last week was terrific, and billing for the Dec. 17 "Youth for Cancer" Jubilee Benefit Show is near completion, Mrs. Robert O'Brien, chairman, reported this week.

Torrance Junior Police, under the direction of Sgt. D. C. Cook, will open the show, she said. Entertainment by two bands, the Torrance Area Youth Band directed by James Van Dyck and the popular Teen Age Dance Band of Eight under Sal Frisina, will follow.

Taking a spotlight will be Joey Richmond of Torrance, who has appeared in several movies and performed on television shows, and the male choral group of "Los Cancioneros." Dance routines by pupils of Darlene's School of Dance and a dozen or more various acts, including juggling and rope twirling, also will be on the program.

All acts will be kept in the Christmas theme as much as possible, and talent scouts will be in the audience, Mrs. O'Brien said.

Tickets, which went on sale this week, may be obtained by calling Mrs. O'Brien at FRontier 5-9009 or Mrs. Joseph Richmond at FRontier 2-4303. Ducats are priced at \$1 for adults and 50 cents for children.

Adelle Davis Says: 'Wonderful' American Diet Not So Hot; Housewife's Task To Make It Better

Weaknesses in the so-called "wonderful" American diet provided the gist of Adelle Davis' concluding lecture on "Let's Feel Fit" Tuesday evening, Mrs. Hartley E. Carr, president of the sponsoring Torrance Council PTA, revealed this week.

Hold Magazine Workshop for PTA Chairmen

Ideas for the promotion of magazine subscriptions to both the California Parent-Teacher and the National Parent-Teacher were exchanged by unit PTA magazine chairmen last Friday when Mrs. E. A. McIntyre, magazine chairman of Lomita-San Pedro Council PTA, conducted a conference and workshop at the San Pedro home of the president, Mrs. William Russell.

Mrs. McIntyre urged the chairmen to use posters and magazine displays at PTA meetings and functions and instructed them in the preparation of procedure books. These books should contain background information, pertinent facts, outlines of work, and records of achievement necessary to constructive development, she said.

Following the workshop, coffee and biscuits were served to Mesdames A. Adamson, Douglas Brazell, Judson Bowers, Leffert Hart, Troy Collum, Barry Becker, C. E. Aspin, Joseph Lorenzen, Carroll Harrison, Henry Dudley, and Alma Richards.

Parent Class Sees Film on Human Life

"Human Beginnings," told through the medium of film, was the principal topic of discussion Monday night when the parent education class of Torrance Co-operative Nursery School met at the high school cafeteria.

Following the film, Virginia Foyle, nursery school director, led a discussion as to what age level the child could grasp the meaning of the film.

Local children also took a colorful spotlight, appearing in movies taken by one of the fathers at the nursery school.

CHRIS ROJO FETED ON 4th BIRTHDAY

Small Chris Rojo, son of Pte and Mrs. Dick Rojo, celebrated the thrill of being four years old Saturday of last week at a gala birthday party held in the patio of the Rojo home, 818 Madrid Ave.

Roses and a big "Happy Birthday, Chris" decorated the white and green cake served to the tots after they played games.

Children joining the big mat of four for the occasion were his cousin, Robin Rojo; Diane DeWitt, Tommy Rippey, Jim Weir, Richard McFee, Laura and Terral Beadle, Judy Trani, Mesdames Florence Rojo and Amy DeWitt, grandmothers, also attended.

The American diet, for the great majority of people, consists of 80 per cent sugar, highly refined foods which lose more and more of their value with each handling and processing, Miss Davis said.

In the laboratory where testing is done, animals are kept on diets where disease is "expected and controlled," she continued, but among humans, where diet is guided only by lack of knowledge and pressure advertising, disease is "expected and dreaded." Many, many people walk the earth today knowing that they shall die of cancer and other dread diseases.

Miss Davis painted a gloomy picture of our influence on foreign, primitive countries, where certain diseases were unknown until the Americans came in with refined sugar and flour, pressure advertising of soft drinks and other civilized disasters. She also pointed out how well-meaning parents actually hurt their children by allowing the sale of candy bars and pop in their own schools and at home parties.

"Who is going to have to do the job of education toward a better diet?" Miss Davis asked.

Universities do much fine research with their control groups of animals (when they aren't subsidized by the refined foods industries), but a university is far removed from the woman who tells her neighbor that a sick child kept the family awake all night.

Miss Davis said it is not going to be the scientist who opens our eyes to what we are doing to ourselves through our stomachs, because he has ingrained in him the motto, "accept nothing as fact until it is proved beyond doubt," and by this attitude delays many good things beyond the point of reason. It is going to be up to the average citizen, the "blundering boob," the common man, the housewife in her kitchen who gradually discovers the amazing changes made by a better knowledge of the value of foods.

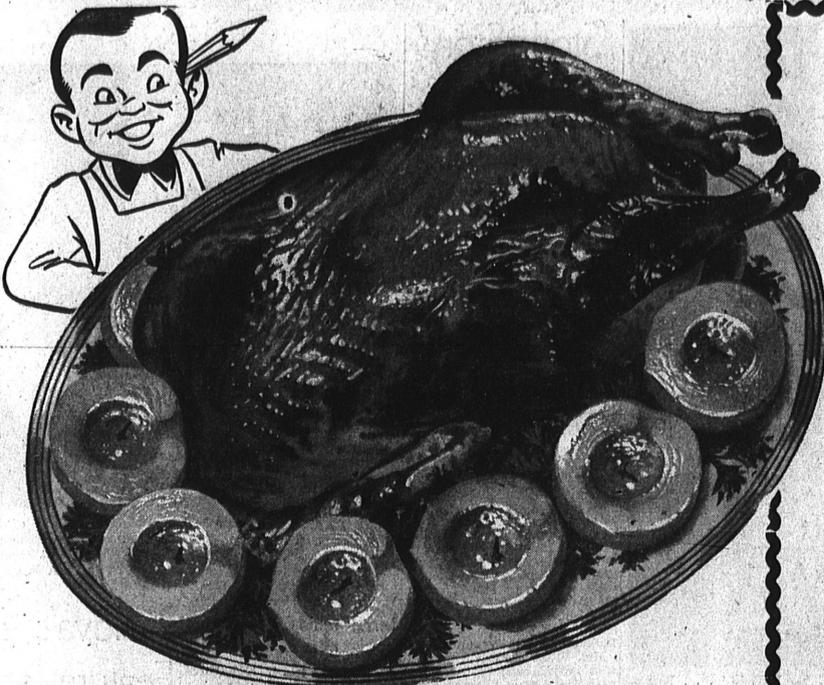
The housewife who learns to make homemade bread out of stone ground flour and teaches her neighbors, who is aggressive enough to find a mill that puts out such flour is one of those who will improve the American diet, Miss Davis said.

The housewife who tells her neighbor across the backyard fence how she stopped her child's cold dead in its tracks with huge doses of vitamin C is going to have more effect sooner than any other way of disseminating information.

Miss Davis also discussed her theory of "Murder by Meringue Pie," through which a woman may get rid of her husband without prosecution, without rejection by the community, and without detection by her friends. All she needs to do, the lecturer said, is to feed him plenty of highly iced cakes, fluffy biscuits, meringue pies, and other disease-producing concoctions.

Most of the material covered by Miss Davis in her lecture is from her forthcoming book, "Let's Keep Fit." The series was co-sponsored by the Torrance School of Adult Education.

HIGH FALLS
The waterfalls of the Cascade de Gavarnie in France are 1386 feet high, or about eight times the height of the Niagara Falls in North America.



Buy all your foods for the Holiday Dinner at JIM DANDY—and feast for the least this Thanksgiving. Every value is a super value—high in quality—low in price to help you fill your entire menu without emptying your purse. Come in today for everything you need for a wonderful feed.

TURKEYS TURKEYS TURKEYS TURKEYS

OVEN READY

TOMS

POUND

- U.S. GOVERNMENT GRADED "GOOD" T-BONE STEAK
- U.S. GOVERNMENT GRADED "GOOD" Porterhouse
- U.S. GOVERNMENT GRADED "GOOD" ROUND STEAK
- U.S. GOVERNMENT GRADED "GOOD" RIB STEAK
- U.S. GOVERNMENT GRADED "GOOD" BOILING BEEF
- EASTERN SELECT—ANY SIZE PIECE PORK LOIN
- MIZPAH RANCHO—OVEN-READY—JUNIOR TURKEY

EVERYTHING YOU

Frozen Foods

STOKELY'S FROZEN PEAS 3 for 3

East Point Frozen OYSTERS Downy Flake—Frozen

Waffles

Sugar 'n Spice—Unalloyed BREAD For Dressing

Welch's Pure GRAPE JUICE

Windsor Hills APPLE CIDER

Stokely's Fordhook LIMA BEANS

Del Monte Seedless RAISINS



OCEAN SPRAY—STRAINED OR WHOLE No. 300 Can

CRANBERRIES 19¢

LIBBY'S—THE TOPS IN PUMPKIN 1-lb. Can

PUMPKIN ... 11¢

FOR CAKES, PASTRY, FRYING

CRISCO ... 87¢

NEW PROCESS—CORN OFF THE COB

NIBLETS ... 2 12-oz. Can for 33¢

MAKES 101 DIFFERENT DELICIOUS BAKINGS

BISQUICK ... 39¢

BEST FOODS—WHOLE EGG Quart

MAYONNAISE ... 61¢

BORDEN'S NONE SUCH—An Old Favorite 9-oz. Pkg.

Mince Meat 21¢

DELICIOUS—PROCESS CHEESE FOOD

VELVEETA ... 88¢

DEL MONTE EARLY GARDEN Tall 303 Can

SWEET PEAS ... 19¢

Perfect Host Coffee

83¢

Thermal Roasted

Borden's 10c Off Deal Inst. Coffee 39¢

80 Count Orchids Paper Napkins 10c

"The Aristocrat" of PAPER NAPKINS

Special Buy Arrived Just in Time for Thanksgiving Colorful Plastic

BUTTER DISH With Cover 19¢

YELLOW BOW FREESTONE No. 2 1/2 Can

PEACHES 23¢

SURETY WHOLE No. 2 1/2 Can

APRICOTS 19¢

LIBBY'S FANCY No. 2 1/2 Can

FRUIT COCKTAIL 34¢

HEMET WHOLE No. 2 1/2 Can

SPICED PEACHES 25¢

COMSTOCK No. 2 Can

SLICED APPLES 23¢

DOLE'S SLICED No. 2 1/2 Can

PINEAPPLE 32¢

GOLDEN STATE Pt. Carton

COTTAGE CHEESE 27¢

SUNSHINE KRISPY 1-lb. Box

CRACKERS 23¢

Heavy Duty

Turkey Size 55¢

Regular Size 29¢

LARGE Box 29¢

GIANT Box 69¢

Reynold's Wrap

PUREX Pure—Safer for Linens! Half Gal. 29¢

TIDE 29¢

GIANT Box 69¢

Complete the Feast With—

Big Dip 59¢ Half Gallon

ROYAL GRANT RIPE No. 1 Tall Can

PITTED OLIVES 17¢

DEL MONTE SWEET 12-oz. Jar

PICKLE CHIPS 25¢

S&W FANCY TOMATO 14-oz. Bottle

CATSUP 2 for 27¢

CAMPBELL'S TOMATO 10 1/2-oz. Cans

SOUP 2 for 21¢

VICTOR SMALL 5-oz. Can

SHRIMP 45¢

BETTY CROCKER HALF PRICE DEAL

PIE CRUST 2 pkgs. 25¢

Liquor Dept.

KENTUCKY STRAIGHT BOURBON

OVALO RESERVE Six Years Old 4/5 Quart \$3.39