

The Polynesian to Note Beginning of Fifth Year

The fourth anniversary of the Polynesian Restaurant in Torrance will be celebrated Tuesday, Nov. 28, with festivity and special entertainment.

The Polynesian, headed by general manager Pete Reitz, first opened on the coast highway in 1957 and immediately became an exotic show-place rich in tropical splendor.

GUEST entertainers from the Islands, featuring spirited dances and gay festival songs,

will spark the anniversary party.

Coinciding with the celebration will be a new dining service — bread! The Polynesian will start its fifth year by making fresh, crisp French bread available to its guests. This innovation, a custom unknown in South Pacific restaurants, is being introduced to pamper mainland appetites, Reitz announced.

IN RECENT years the popu-

larity of polynesian restaurants has been widespread and, none have duplicated The Polynesian in the service of real polynesian foods.

A tribute to the original Polynesian Restaurant is that phases of operation, its decor, and beverage menu provide a pattern for some of the newer establishments. They even offer similar Cantonese dishes. But no other restaurant, thus far, serves authentically South

Pacific specialties, when notably distinguishes The Polynesian from all the other tropical restaurants, Reitz stated.

Sidney G. Castagnola, interior communications electrical fireman apprentice, is now stationed at the U.S. Naval receiving station while awaiting transfer to the U.S.S. Wood County. He is the son of Mr. and Mrs. E. B. Castagnola, 21828 Nicolle Ave.

Remedies Don't Prevent Or Cure Cold Infection

K.H. Sutherland, M.D.
County Health Officer

A cold is a nose or throat infection that generally lasts about a week and is caused by an unknown number of viruses. Americans spend millions of dollars on cold remedies every year, but although some of these provide temporary relief from physical discomfort, none are yet available that will either prevent or cure a cold. Symptoms of infection will usually disappear in a matter of days whether medicine is taken or not.

Colds are caught in only one way and that is from other people. Virus-laden secretions pass from one individual's nose or mouth to another's and this occurs when the organisms are inhaled from the spray of the coughs or sneezes of a person with a cold.

INFECTION may also occur through close contact with a person who harbors the cold virus or by the use of articles, such as a drinking glass or towel, freshly soiled by his secretions. The virus may also get on the hands when contaminated objects are touched

and may then be transferred to the mouth.

While it is true that getting chilled, sitting in drafts, or getting the feet wet will not cause a cold, these things lower the body's resistance to infection so that the cold viruses may find a susceptible host. A cold draft on the back of the neck, for instance, is oftentimes enough to permit invasion of the body by the cold virus.

The habit of going without enough sleep or the failure to eat an adequate diet will also lower the body's resistance to infection.

hops, colds can be avoided. Whenever feasible, one should keep away from people who have colds. Spray from a coughed coughs and sneezes may be projected as far as six feet, according to medical research workers. Most people, however, find it next to impossible to avoid individuals with colds.

IN INITIAL stages of a cold, the mucous membranes of the nose become sensitive and swollen and sniffling occurs. The infection may start as a sore throat, in which case it seems to develop more slowly. At this stage, a day or two in bed and the avoidance of drafts, a well-rounded diet and plenty of fluids may break up a cold, while bed rest will also help prevent its spread to other people.

A cold is usually most infectious during the first couple of days, although it may last a week or longer. A person may spread the cold virus from four to six hours before symptoms of infection are noticed.

An attack of the common cold confers no immunity whatsoever, and it is therefore possible to catch one cold after another. Indeed, many individuals do just that.

COLDS are not dangerous in themselves. They are dangerous, however, because they may lead to more serious infections such as tonsillitis, sinusitis, influenza, bronchitis or pneumonia. If fever persists for more than 24 hours, or if colds seem to recur with distressing frequency, a physician should be consulted.

It is necessary to be constantly on guard against the viruses that cause the common cold. This is particularly true in the late autumn and winter seasons when cold seem to be more than usually prevalent.

A pamphlet on the subject of colds will be mailed to anyone who sends a card of request to the Los Angeles County Health Department, Division of Public Health Education, 241 N. Figueroa St., Los Angeles 12.

Great Books Group Plans Discussion

James Pierson, district chairman of Great Books, has announced that the first refresher course sponsored by the district will be held at El Retiro Park on Tuesday, at 8 p.m.

A "refresher" is a discussion meeting for members of Great Books discussion groups and all members of the eight area groups are being urged to attend.

The reading material for discussion is Shakespeare's Richard III. Leaders for the discussion are Chester Weislow, Dan Etter, and William Cuthbertson.

Bob Thompson is the refresher course chairman for the district.

Woman Named Board Member

Mrs. Edith Stinson, 1225 Acaia Ave., has been elected to a three-year term as a member of the Board of Child Care of the Southern Baptist General Convention of California. The election took place at the annual meeting of the convention Thursday and Friday.

The 20-member group serves Sunny Crest Children's Home, owned and operated by the Southern Baptist General Convention of California and located in Bakersfield.

Firm Appoints New Controller

Edward H. ODean has been appointed controller of Space Equipment Corp. here.

He has served as controller of American Systems Inc. at Hawthorne for the past year and a half. ODean attended the University of Minnesota.

Space Equipment Corp., formed earlier this year, is engaged in the design, development and production of missile, space and industrial products.

Two Men Complete Basic Police Course

Henry A. Pupkoff and Paul M. Nowatka, both of Torrance, have completed a 16-week basic law enforcement training program at the county Sheriff's academy.

Pupkoff attended Torrance High School and Long Beach State College while Nowatka attended Westchester High and El Camino College.

A FEAST OF VALUES FOR YOUR THANKSGIVING DINNER

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**WHOLE OR FULL
SHANK HALF**

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FRESH OYSTERS
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MINCE, PUMPKIN or APPLE
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Big 9-inch Size

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BEST FOODS
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ROYAL CREST
RUM AND BRANDY **\$4.49** 4 1/2 QT. BTL. WOODBRIDGE PREMIUM STRAIGHT BOURBON WHISKEY **\$3.69** 10 Yr. Old 4 1/2 QT. BTL.

EVERFRESH FROZEN
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225¢ 10 oz. Pkgs.

TOM'S

OVEN READY 18 - 22 LBS. **29¢** lb.

OVEN READY 10 - 12 LBS. **33¢** lb.

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U.S.D.A. GRADE "A" POPPY OR CALIFORNIA BRAND
10 - 14 LB. **39¢** 18 - 22 LB. **35¢**

FOR COCKTAILS OR SALADS MEXICAN GREEN SHRIMP **79¢**

POPPY BRAND FROZEN U.S.D.A. GRADE "A" YOUNG DUCKLINGS **45¢** lb. SWIFT'S PREMIUM SLICED BACON **55¢** lb.

OVEN READY 4-5 LBS. **49¢** lb.

LANCASTER FARMS U.S.D.A. GRADE "A" **ROASTING CHICKENS** 4-5 LBS. **49¢** lb.

FRESH CRISP LARGE STALK **CELERY** **10¢** ea.

MIXED NUTS 3 lb. **89¢** U.S. NO. 1 YAMS 2 lb. **19¢**

KRAFT'S PHILADELPHIA CREAM CHEESE 8-OZ. PKG. **35¢**

AGED WISCONSIN (1-YR. OLD) CHEDDAR CHEESE **75¢** lb.

FRESH **17¢** lb. WHOLE or STRAINED SAUCE **19¢** NO. 300 TIN

Jerseymaid "AA" **FIRST QUALITY BUTTER** **69¢** lb.

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