



Knock the Kids Out And Take a Nap

by *Count Marco*

Thomas Edison advocated a 20-minute daily nap, which he claimed was of more value than several hours of sleep during the night. And look what he accomplished.

For that same reason the Latin women find a nap the foundation of youth, just as did Southern belles in this country—before the advent of slacks, shorts, Capris and fat, that is.

So for a lovelier, better disposition, happier you, take a nap.

Now don't go raising your voices to me about having children underfoot, shopping and other idiocies. I'm not saying it's going to be easy at the outset.

Because toddlers and tots take or should take naps, plan your own around their schedule. By

resting with them you'll find they will retire with less fuss and muss, knowing you'll be there.

At first the novelty of your company will carry them away, and they'll be all over you with joy. But stick it out. Once they get over the newness they'll relax and fall asleep much more quickly.

Now about interruptions from that invention of the Devil, the telephone. Inform your friends and relatives that you will be taking a rest during a specific time every day and they are not to phone you.

In a few days they'll take the hint, particularly when you back it up with some positives if they do break into your beauty sleep. Because that's exactly what it is.

You will discover to your everlasting happiness that a half-hour to an hour's rest will give you added zest, pep and energy to get you through any difficult evening ahead with a whole new, brightened attitude.

Start tomorrow. Don't give up if the first few days seem to be a little hectic. Rome wasn't rebuilt in a day, and it's going to take you some time to rebuild all the damage performed on your body with the pace of today's living.

Within weeks I can guarantee you a firmer skin with more tone, quieter nerves and a new tap on your fountain of youth that will keep him amazed and delighted forevermore.

Armed Forces

Army Pvt. William A. Dean, 22, son of Mrs. Myrtle W. Dean, 25627 Eshelman St., completed eight weeks of advanced individual infantry training at Fort Polk, La., Oct. 19.

Dean entered the Army in May of this year and received basic training at Fort Ord.

He is a 1957 graduate of Polytechnic High School, Long Beach, and a 1961 graduate of Long Beach City College.

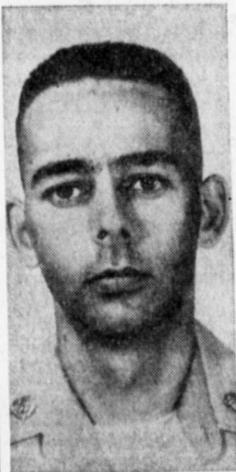


Army Pfc. Ronald D. Lane, son of Mr. and Mrs. Roswell D. Lane, 1948 W. 186th St., recently participated in Fallex, a large-scale NATO exercise in Germany.

Fallex is an annual exercise designed to test the over-all combat readiness and effectiveness of NATO forces in Europe.

The 20-year-old soldier, a military policeman in Company A of the 385th Military Police Battalion in Stuttgart, entered the Army in March 1961 and completed basic training at Ft. Ord.

He was graduated from North High School in 1960.



the United States Air Force technical training course for aircraft radio repairmen at Keesler AFB, Miss.

Airman Ries was trained to operate, test, and repair interphone and emergency radio equipment.

A 1961 graduate of North Torrance High School, he is the son of Mr. and Mrs. Billy Hobbs, 3956 W. 187th St.



HONORED . . . Army Sergeant First Class Arthur T. McLaren, whose wife, Ilse, lives at 1549 W. 208th St., recently was selected non-commissioned officer of the month for the ASCOM area in Korea. The 32-year-old soldier is a 1948 graduate of Redondo High School.

Airman Second Class Carl S. Ries of Torrance is being reassigned to Beale AFB, Calif., following his graduation from

REASSIGNED . . . Airman Basic Owen L. Conlin, who attended Bishop Montgomery High School, is being reassigned to Chanute Air Force Base, Ill., for technical training as an aircraft maintenance specialist. He is the son of Thomas F. Conlin of 2617 W. 185th, Redondo Beach.

Scout Dinner in San Pedro

The dinner will be at 301 S. Western Ave.

Local Students Attend Biola

John Richard Sawtell and Gordon Alan Duncan are enrolled at Biola College in La Mirada. Sawtell's parents, Mr. and Mrs. C. A. Sawtell, live at 2620 Apple. Mr. and Mrs. Carl Duncan of 18029 Ermanita are the parents of Gordon.

Biola College is one of the 54-year-old Inter-Denominational Bible Institute of Los Angeles, Inc., Dr. Samuel H. Sutherland, president. It is located on a 70-acre campus facility developed in 1958 in La Mirada.

He is also past chairman of the Harbor District Scout Executive Committee, district chairman of the Riverside County Scout council, Scoutmaster.

THE NEW

Charley's

featuring

DELICIOUS ROAST PRIME RIBS OF BEEF AU JUS

\$2.75

Choice of soup or salad and a huge baked potato. TRY IT TONIGHT!

• STEAKS CHARCOAL BROILED • LUSCIOUS LOBSTER

• COMPLETE FAMILY DINNERS

The Popular

DICK STARR

Appearing at the Organ

— HEAR YOUR FAVORITE SONGS —

• LUNCHES • DINNERS • COCKTAILS

THE NEW

Charley's

for resv. FA 8-7119

1625 Cabrillo - Downtown Torrance

MILITARY POLICEMAN . . . Army Pvt. William L. Williams, 19, son of Charles E. Williams, 2400 Apple Ave., recently completed eight weeks of military police training at the Provost Marshal General School, Fort Gordon, Ga. He is a 1960 Torrance High School graduate. Williams entered the Army last March.

Army Pfc. Russel B. Liken III, 20 whose parents live at 2720 W. 176th St., recently participated with other members of the 28th Artillery's 1st Rocket-Howitzer Battalion in Operation Get Together at the U. S. Army Training Area, Grafenwohr, Germany.

Operation Get Together was a field training exercise which stressed combat practice in communications, live firing and the use of camouflage. The operation afforded the battalion the first opportunity to train together in over a year.

Liken is an artillery surveyor in the battalion's Headquarters Battery in Baumholder. He entered the Army in January 1961 and completed basic training at Ft. Ord before arriving overseas the following June.



PLUMBER TRAINEE . . . Airman Third Class Michael O. Stephenson, son of Mrs. Kathy C. Stephenson of 217 Dominguez St., is being reassigned to Frances E. Warren Air Force Base, Wyo., for training and duty as a plumber. He is a 1961 graduate of Banning High School.

MARINE . . . Marine Private Michael H. Palmer, son of Mr. and Mrs. Michael C. Palmer of 1900 W. 174th St., has completed recruit training at the Marine Corps Recruit Depot, San Diego.

Army Specialist Four Anthony G. Gedminas, son of Mr. and Mrs. Francis J. Gedminas, 343 Palos Verde Blvd., recently participated in Fallex, a large-scale NATO exercise in Germany.

The 19-year-old soldier, a pole lineman in the 58th Evacuation Hospital in Idar-Oberstein, entered the Army in August, 1960, and completed basic training at Fort Ord.

He was graduated from Dawning High School in 1960.

PFC Lacombe C. Gregory and PFC Donald D. McClanahan, participated with other members of the 2nd Airborne Battle Group, 503rd Infantry in Exercise Sky Soldier II on Formosa. The week-long exercise ended Oct. 26.

The combined Nationalist Chinese-United States Army maneuver is providing field training for airborne soldiers against aggressor forces. The exercise is receiving air support from the Nationalist air force and elements of the U.S. Pacific Air Forces.

Gregory, son of Mr. and Mrs. Louis L. Lacombe, 525 W. 214th St., entered the Army in November, 1961, and completed basic training at Fort Ord. A radio and telephone operator in battle group's Company D, regularly stationed on Okinawa. Gregory attended Banning High School in Wilmington.

McClanahan, son of Mr. and Mrs. Dewey L. McClanahan, 20817 S. Margaret St., entered the Army in October, 1962, and completed basic training at Fort Ord. A member of the battle group's Company B, regularly stationed on Okinawa. McClanahan attended Gardena High School. He was employed by Dasher Business Machines before entering the Army.

Freshman Officers Selected

Dave Shilling, son of Mr. and Mrs. John Shilling, 16126 Spinning Ave., Torrance, will be inaugurated next week as president of North High School's Freshman Class.

Other officers are Freddie Jaurequi, vice president; Charlene Sanwo, secretary; Tonnie Alpenfels, treasurer; Rose Cerda, Girl's League representative; and Richard Turcott, Boy's League representative.

"These officers show that they have spirit and are willing to work and sacrifice for their class," Mrs. Carolyn P. Brans, Freshman Class sponsor, stated.

These officers will remain in office until February when second semester election will take place.

Minister To Give Invocation

The Rev. Leslie C. Ashford, minister of the Del Amo Christian Church will be participating in the forthcoming Pacific Christian Convention.

Sponsored by Pacific Christian College of Long Beach it will be held Wednesday through Friday at the First Christian Church, Fifth and Locust, in the beach city. Rev. Ashford will give the invocation on Thursday at the morning session, beginning at 9:30 a.m.

CARE is sending \$1 surplus food packages to refugee children overseas for Christmas. Parcels contain an average of 22 pounds of milk, flour and corn meal.



AT EL CAMINO . . . Visiting educators from the states of Mexico pose happily on the steps of El Camino College. Educators expressed surprise and delight with the number of Spanish speaking students and instructors. Hosting the visitors were William Mooney (center row, far left) and Hal Wennstrom (center row, far right). Both are assistant directors of instruction at El Camino College.

State Places Quarantine on Pet Skunks

The existence of rabies among skunks has necessitated a quarantine, effective immediately, which prohibit the import or export of skunks throughout California, including Los Angeles County, according to Dr. K. H. Sutherland, Los Angeles County health officer.

THE QUARANTINE will remain effective until the State Health Department issues a statement to the effect that rabies in skunks no longer constitute a hazard or potential hazard to the public. Deodorized skunks, which can no longer discharge the

characteristic offensive musk, are sometimes provided to pet stores by wholesale pet suppliers, said Dr. Sutherland. While pet skunks are usually gentle and as playful as kittens when young, should rabies be present in the wild skunks of the surrounding area the danger of introducing rabies into the household through a pet skunk is considerable. Once rabies develops in man, added Dr. Sutherland, it is always fatal.

Individuals who are bothered with wild skunks around their premises may obtain a leaflet giving information on their control from the Farm

Advisor's Office, 808 N. Spring St., Los Angeles 12 (MADison 8-3383).

Area Plant Gains Primary Interest

Following the acquisition of controlling interest in Urethane Industries International, Inc., by Stauffer Chemical Co., 20210 S. Normandie, the firm name has been changed to American Urethane, Inc.

The company is a major producer of flexible and rigid polyurethane foams.

EVERYBODY BACKS BRUINSMA!

"Bruinsma's vigorous, intelligent campaign has enlisted the support of a number of prominent Democrats and Republicans in addition to the rank and file of important segments of the district's population. Voters of the 17th Congressional District will have a working Congressman in Washington if Bruinsma is elected." —TORRANCE HERALD

"Ted Bruinsma is a well-trained young leader who offers hope for badly-needed revitalized leadership in the sometimes neglected Harbor area. The Times endorses Ted Bruinsma for Congressman of the 17th District." —LOS ANGELES TIMES

"In the up-coming November 6 election one candidate stands out above all the others. That candidate is Ted Bruinsma. His handshake has become synonymous with the spirit of victory." —TORRANCE PRESS

"The election of a Congressman from this district is no longer a political issue as represented by parties, but rather an issue of placing the most qualified man in the position of doing the most good." —CHARLES ORLIN, PROMINENT SAN PEDRO DEMOCRAT

"Ted Bruinsma for Congress because his personal charm, background and intelligence are the right combination for the representation we need." —GARDENA VALLEY NEWS

Climb aboard the Bruinsma bandwagon! Help bring better government to your community by voting for Ted Bruinsma on Tuesday, November 6th!

BRUINSMA for CONGRESS

Citizens for Bruinsma
John Christian, chairman
2170 Torrance Blvd.

