

CARSON PARK . ters are not waiting ungtil the official dedication Satur-
day morning to put into use Carson Neighborhood Park, Carson Neighborhood Park,
$\mathbf{1 4 1 1}$ S. Orrick Ave., just ast of Main Street and north of Carson. Ceremonies Sat-
arday are scheduled for urday are scheduled for
10:15. The park features a play area for children, ree-reation-activity burid i ing,
baseball diamond and a vast expanse of green grass. Carson Lists Decoration

- Categories Ftive categories have been
outlined for the Carson Chamber of Commerce Christmas decorating contest, it has been announced by Sak Yamamoto,
chairman of the event Individuals and organiza tions will have until midnight, Dec. 16, to enter one of the Categories which will be judged include: - Grand award-original disligious, original theme, or re - Traditional dis - Commercial displays. - Mobile home displays. to Yakamoto at 21900 S . Martin St., he said. Judging will be held during
the evenings of Dec. 19.21

Supervisors Okay Carson Variance Commission this week ap proved a variance for Clyde $\rfloor$ Fahy, 22438 S. Meyler St., fo dress. The variance was grant ed to permit the non-conform

is the home with a


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[^0]the torrance herald $\mathbf{4 3}$

## Count Learns Best Way

 To Sleep in Strange Bed Depend on me to ferret outany information I feel is imporant enough to pass on to you even if it means trespassing into the chambers of no-man's land, the beauty salon.
While I waited in the fabulous Room of the Golden Buddhas of Mai Tai's House of Beauty for Nell Rankin, reigning mezzosoprano of the Metropolitan Opera, who had just flown in
to attend a party at Gualtiero Bartalini's town house, I declded now was as good a time as ever to ask her a few qustions whose answers I could then pass on to you.
I moved into the inner sanctum, where her hairdresser, Lar-
ry Coffee, was putting the final

## by $\frac{C_{\text {ount }}}{\text { Horeo }}$

touches to her comb-out, and asked Nell about sleeping in
strange beds. tra
So many of you American
women have the problem, judg women have the problem, judg.
ing by your letters, of not sleeping by your letters, of not sleep-
ing soundly or lying awake fret. ing soundly or lying awake fret-
ting about your loss of sleep after one of your so-called busy days.
How then, I wondered, would a person such as Nell Rankin, in
spite of her heavy world widi sehedule of concert and operatic

## she does, judging from her glow- <br> ing complexion, her Alabama

Her busy schedule requires her to rush from airport to airport, from city to city
different bed each time.
Nell feels that the biggest wor ry women have about sleeping is not sleeping. When she first started her travels she worried constantly about not sleeping, fretting away the wakeful hours sleep would affect her voice and appearance the following day.
While in Vienna on a concert tour at a party she mentione
her lack of sleep. One of Vien
porruing about not te

## what prevents you from sleeping.

 Just keep in mind that so longas your body rests it is recover ing from fatigue. Lying in a prone position is resting
He pointed out that as the body relaxes it causes your mind to rest. And your mind can't resi until your body rests first. If yout toss and turn, don't
worry. It keps the limbs from going numb and aids the circula tion. A warm but not hot bath with perfumed bath oil is a marvelous
sleep inducer Slep mattress rather than one that let your body sink in. "But most all," says Nell, "let Nature take its course. Stop worrying."

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[^0]:    Wide-Track, for instance. Wide-Track is what make the ' 64 Pontiac so thoroughily likesble. does away with tilting your way around turns. Frankly, we couldn't think of anything radical Pontiac's smoother, quieter ride is another to do with this car. Oh, we made the styling hing you might point out. A big $389-$ cubic- even more stylish, as you can plainly see. och Trophy V-8 is standard in each and We lavished even more care on the interiors avery Pontiac. You get to choose from 34 We even improved the light bulbs. But as for ngine/transmission tea.) harness ail that more vial gs, whan power. (Happy choosing!)
    Now then-on to more of the things that - can tell that to your friends.

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