



A BLOOD MOBILE similar to the one picture above will be stationed in front of the Civic Auditorium on Monday, October 6, between the hours of 2:30 and 7:30 p.m. The Red Cross has urged everyone to donate a pint of blood to fill both civilian and military needs. Further information may be obtained by calling the Red Cross office, Torrance 3447.

Blood Bank Planned by Moose Lodge

CLIP THIS COUPON TORRANCE Korean Veterans Dinner Dance Bert S. Crossland Post 170, American Legion Hall, 1109 Border Ave., Torrance, Calif. Reserve () one () two plates for me October 11, 1952. Name Address I am a Korean Vet () Legionnaire () Auxiliary Member () No charge to any of above and their guests. Reservations to Be Made Prior to Oct. 6

Plans for the establishments of a participating "blood bank" for the benefit of its membership and the members' family were announced today by the Torrance lodge of the Loyal Order of Moose. In his statement revealing the formation of the "bank," Marvin McArthur, lodge governor, announced that the first voluntary deposits to the bank will be made by lodge members from 3 until 7:30 p.m. on Oct. 6th. On that date the Red Cross Bloodmobile will visit Torrance and establish a station at the Civic Auditorium. Supervision of the "blood bank" program will be under the direction of George Powell, Civic Affairs Committee chairman and assistant civil defense director of Torrance. Powell announced that appointments can be made by calling Torrance 3347 or 3448, or by contacting the lodge secretary.

7 RULES TO GOOD HEALTH THROUGH DIET

Now that Fall is here and winter approaching school children and adults alike must put a greater guard on their health to resist colds, throat infections, and other illnesses so prevalent during cold weather.

The best way to sound health and sturdy resistance is through good eating. Mothers will find it is just as easy and economical to prepare well-balanced meals as poorly balanced meals. Here are seven rules which are a guide to healthful eating:

- 1. At least one serving daily of leafy, green, and yellow vegetables.
2. At least one serving daily of citrus fruit, tomatoes, raw cabbage, and other high vitamin C foods.
3. At least two servings daily of potatoes and other vegetables and fruit.
4. At least 3 to 4 cups of milk daily for children; 2 for adults. Cheese and ice cream may be substituted for one of these portions.
5. One serving daily of meat, poultry or fish. Eggs - 4 times a week. Dried beans, peas, nuts, peanut butter - at least twice a week.
6. Serve daily - whole-grain or enriched bread, flour, or cereal.
7. Serve daily - butter or fortified margarine.

Mothers will find these rules as easy to incorporate in school lunch boxes as in home dinners.

Fathers' Part in P-TA Work Told

More than 125 parents attended the first meeting of the 186th Street P-T.A. on Thursday evening, September 25th. The guest speaker was Thomas Reese, men's membership chairman for the Tenth District P-T.A. His speech was on "Fathers' Part in the P-T.A." Miss Carol Jeanne Blattner, morning kindergarten teacher, spoke on "Effort and Accomplishment".

It was particularly gratifying to Mrs. Claud Hill, president, to meet the thirty parents of newly enrolled children.

Attendance prizes for rooms with the most parents present went to the morning kindergarten, Miss Carol Blattner, teacher; and to Robert Lyons, room 12, and Duane Rawlins, room 9.

After the business meeting there was a social hour at which delicious refreshments were served. The hostesses were Mesdames Ernest Tanner, P. Ross, J. Sproul, and A. Ballard.

At the executive board meeting held on September 24th, the following charimen were ratified: Mesdames Walter K. Hoffman, unit goals; Herman Eisenbier, television and motion pictures; Floyd Beech, co-magazine; Floyd White, membership; David Wood, home service; Bill Rose, legislation; Robert Melhorn, radio; and W. D. Earley, honorary life membership.

Calendar Plan

London (SF) - The Gregorian calendar has been used by Great Britain and its possessions since 1752.

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