

Cooking Double's No Trouble for Local Mothers of Twins

When nature bestows a double blessing on a pair of parents in the form of twins, results are bound to be felt in every area of living experienced within the family.

Mother finds that once she leaves the hospital, she is not only seeing double, but she's doing double as well. She's washing double, ironing double, diapering double—and cooking double.

Long after the perky pair are combing their own hair and brushing their own teeth, mother is continuing to cook double. As a result, creative cookery has become of particular importance to the mother of twins.

To broaden the scope of culinary experiences among this segment of the local population, the South Bay Mothers of Twins Club during the past year has featured a recipe page in their

monthly newsette wherein members have exchanged their best ideas.

Because we feel that although two can't eat as cheaply as one, one CAN eat as interestingly as two, the PRESS is passing along to its readers a few of the recipes gleaned therein.

Three such dishes that might be included in an unusual dinner are: CASSEROLE BREAD, CARAWAY BEEF, AND SPINACH.

Recipes follow:

HOT CASSEROLE BREAD
Soften 1 pkg. active dry yeast in 1 cup warm water. Measure 4 cups sifted flour into a bowl; add 1 tsp. sugar and 2 tsp. salt. Add water and yeast and mix. Add enough more water (approx. 1/4 to 1/2 cup) to make a soft dough. Cover and allow to rise until double in bulk. Beat down and divide

dough into two 1-quart, round oven glass casseroles that have been buttered generously. Allow to rise again until double in bulk, then bake in a 400 deg. oven 40 minutes. Remove from casseroles and brush crust with butter.

This is a moist chewy bread, reminiscent of a good French loaf.

CARAWAY BEEF
8 slices bacon
6 lbs. beef chuck, cut in 1-inch cubes
2 tsp. paprika
1 1/2 tsp. salt
2 tsp. leaf marjoram
1 cup catsup
1 10 oz. can consommé
1 10 1/2 oz. can onion soup
1 1/2 cups water
Fry bacon until crisp in roasting pan or large Dutch oven. Drain bacon on paper towel and pour off all but 1/4 cup drippings. Add meat cubes and

brown slowly and thoroughly on all sides. Sprinkle with paprika, caraway seeds, salt, marjoram, garlic powder; stir to distribute evenly. Add catsup, consommé, soup and water. Bring to a boil, stirring once or twice. Crumble bacon over top of stew. Cover and transfer to 300° oven. Cook 2 to 2 1/2 hours. Maes 8 to 10 servings with noodles, rice or mashed potatoes.

SPINACH CASSEROLE
Serves 8—(This is a large casserole and you may want to divide it in half.)
4 packages frozen chopped spinach — cooked and drained
Add 1 pt. sour cream
1 pkg. French onion soup mix
Mix all together.
Over top sprinkle: Buttered bread crumbs and Parmesan cheese.
Bake at 350° for 1/2 hour.

Women

RONNIE SAUNDERS, Society Editor ☆



DOUBLING IN BRASS as press chairman for the South Bay Mothers of Twins Club and wife and mother to her own busy family is Mrs. Bing Harris of 971 Sorock Drive, who enjoys preparing a gourmet dish once each week for her family. Secret of successful cookery passed on to Barbara by her mother is to "Sprinkle a little bit of love into everything you cook." —PRESS photo

Kindergarten Kiddies Call for Calm Sendoff

Advice to Mothers: Don't make a Big Thing out of starting a child in school. Tears and anguish over sending Johnny or Suzy out into the great big world of education will only make things more difficult for them.

This is the advice of Prof. Charles M. Brown of the University of Southern California School of Education who, as head of USC's Reading center, daily sees children of all ages who are having difficulties at school. Dr. Brown lives at 1119 Moncado Drive, Glendale.

"Send the child off calm and happy, with the expectation that all will be well," Dr. Brown urges. "More often than not, it will be."

A healthy, well-rested, well-fed youngster who starts off to school unhurried, feeling that his is a good home where his parents love him, should have no problems, he believes.

On the other hand, Dr. Brown feels, a child who has been browbeaten psychologically or who has been physically abused will have an attitude toward himself that will slow him down.

Dr. Brown offers nine bits of off-to-school advice.

1. If the child is inquisitive, teach him at home about the subject of his curiosity.
2. See that he has experience with other children. The degree to which he gets along with kids his own age significantly affects his ad-

justment to school. A child who has lived an isolated life has more difficulties than one who has grown up with other youngsters.

3. Do as much as you can to improve his language. Kindergarten and first-grade activities to a great extent involve language. Most children begin school with a speaking and listening vocabulary of several thousand words; some have vocabularies up to 25,000 words.
4. Expose the child as much as possible to written language. Read to him from picture books. Show him, if he is interested, how to write the letters of the alphabet.
5. Give him activities that call for visual discrimination, such as building blocks or paper dolls. Have him match his Dad's socks. Teach him to recognize the makes of cars, the station selling the brand of gasoline Dad buys, Mother's brand of ketchup on the grocer's shelf.
6. Introduce him to numbers and money. Send him to the store to buy a loaf of bread and bring home change. Play games with beans, counting them off into groups of five, then subdividing into groups of one-and-four or two-and-three.
7. Teach him nursery rhymes and jingles; they are good for verbal memory.
8. Keep parents' problems away from the kids. Don't burden them with your marital or financial difficulties.

9. Be sure he is mature enough to start school. If his language use is restricted, or if he is overly-dependent on his parents, the parents should really consider whether it would be worthwhile to wait a year before sending him to school. In California, a child need not enter first grade before the age of 8. An obviously immature child would be given a great advantage by being held out a year. He might be a late bloomer.

For an important minority of parents, those who speak a language other than English in their homes, Dr. Brown has a special message:

"If children are to get along well in an English-speaking school," he says, "they must understand and speak English well. It is most important to their school happiness and success that they be able to communicate with facility in English. I do not negate the tremendous cultural richness represented by other languages, when I urge parents to speak English in their homes, as well as in their native tongue."

COFFEE BREAK
Mrs. Donald Flenge, ways and means chairman of the Van Deene Avenue PTA, has invited friends and neighbors to take a "Coffee Break" from 9:30 to 11:30 a.m. Thursday, Aug. 22, at the home of Mrs. Chester Wiley, 20802 Brody Ave. Coffee and rolls will be sold for twenty-five cents.

PTA News

PLAN LUNCHEON
Plans for a luncheon for staff members of Columbia School were formulated at Teachers' Luncheon Committee meeting on Friday, July 26, at the school. Past presidents of Columbia PTA will be guests. The luncheon will be served by members of the PTA Tuesday, Sept. 10, at the school.

Committee members are: Mmes. Irving Cohen, chairman; Darrell Looper, Alonzo Golds, Wilbert Taubenheim, Dean Turman, Joseph Kettering, and Jack Spurlock, and Lester Foster, principal.

The By-laws and Standing Rules Committee, consisting of Mrs. Dean Thurman, chairman; Mrs. Paul Snyder, Mrs. Jack Spurlock, Harold Ritz and Lester Foster, met July 10 at 7:30 p.m. at Columbia School.

Bylaws and standing rules of the unit were reviewed, and changes made to comply with the changes adopted by the National Congress of Parents and Teachers.

PRESENT PLAY
"Anyone for the Moon," a play, was presented recently by 223rd Street School summer playground students, under the supervision of Miss Carolyn Stevens, playground supervisor.

Narrator for the play, which dealt with problems of rockets in outer space, was Marie Negrino. Characters in the play were played by: Elvire DeWitt, Steven Slivkoff, Richard Freshour, Richard Bailey, Linda Foster, Brent Johnson, Pat Negrino, Marie Negrino, Alexander Aguilar, and Chaundel Johnson.

Gwenn Shaw was prompter and John Carmen, curtain puller.

After the play the PTA served popples to the children. Mrs. Kay Muramoto, youth recreation and legislation chairman, was in charge of the refreshments. Mrs. Thomas E. Millard assisted her.

The 213rd Street PTA has also served punch at two soft ball tournaments.

WOMAN IN WHITE
By ETHELYN BATTLES, LVN

The pulse indicates the heart beat, and can be felt by a pulsation (throbbing) in an artery at various points in the body. It also denotes the condition of the arteries. Normally it does not require much pressure to feel it.

A number of factors affect the pulse such as exercise and emotions.

The radial artery in the wrist is the usual place to take the pulse.

Points to remember when doing this procedure: patient in sitting or lying position; place first three fingers on inside of wrist near where the thumb meets the wrist (your thumb should not be used because of pulsation in its artery); press a little, and move fingers slowly until pulse is located; count for one minute using second hand of watch. Be sure to note other characteristics such as forte rhythm and condition of artery.

Normal adult pulse rate 60-80, beats per minute, faster in children. Bradycardia is a slow pulse under 60. Tachycardia—a fast pulse over 100. An intermittent

Club Press Chairman Paints Public Image

Perhaps the least understood role in club life is the job of the publicity chairman. Everybody knows that the president conducts the meeting, the treasurer pays bills, and the secretary writes minutes. But when it comes to describing the function of the gal who handles the club's public image, definitions are less specific.

To help clarify this role for the women who will be assuming these duties in Torrance this year as well as the scores of women who comprise the membership of the clubs they will be representing, the PRESS asked Mrs. Bing Harris, publicity chairman for the South Bay Mothers of Twins Club to explain how she handles the

position.

Biggest boost to a press chairman's job is her master calendar, according to Barbara, whose responsibilities include releasing news of club doings to 12 newspapers. Her calendar presents a pretty busy picture of her group's activities. When planning dates of news releases or picture-set ups, Barbara keeps in mind individual newspaper deadlines and preferences.

She contacts the papers two weeks in advance of an event and attempts to vary pictures in the different papers by thinking up several angles which might be emphasized. On her master calendar she records WHO appears in WHICH picture in WHICH paper on WHAT

date. This enables her to give as many members as possible an opportunity to participate during the year and it keeps the public from tiring of the "same old faces."

Purpose of newspaper publicity, according to Barbara, is twofold. It serves as a record of club doings while enabling prospective members to learn of the group's existence. "Good publicity generates a good feeling. It is a way of telling the public who we are and what we do," she explained.

One of the first things she advises the new publicity chairman to do is to make the rounds of the papers which serve the areas members reside in and introduce herself to the various society editors. In addition to becoming acquainted, she will pick up important tidbits concerning deadlines, policies and special preferences of particular papers in the course of her rounds.

In the case of the Mothers of Twins Club, it has been customary for press chairmen to jot down this information in a procedure book.

Next to her master calendar, the publicity chairman's most valuable tool is her procedure book. Barbara is bursting at its loose-leaved seams. The "book" serves as the one permanent link in a chain of personalities who handle the functions of the job over a period of time.

Included between its covers are notes on planning stories; lists of newspapers, deadlines and policies; names of editors, photographers and phone numbers; data on which club members subscribe to which newspapers; a club roster; and clippings of all articles which are published.

Hints offered by Barbara to would-be publicity chairmen are threefold.

1. Send a copy of the club roster to society editors of all papers involved.
2. Attend state and district workshops dealing with publicity writing.
3. Find an assistant chairman and let her write an occasional story. Not only will conferring with her help clarify your own ideas, but this will provide an excellent training ground for future publicity chairmen.



PACKING GEAR as they prepare to depart for Camp Teresita Pines in Wrightwood are Junior Catholic Daughters, Court Our Lady of Victory No. 1344 of Torrance. Campers from courts throughout the archdiocese of

Los Angeles will participate in Junior Week activities. Pictured are, from left, the Misses Michelle Mestro, Michelle Ste. Marie, Julianne Hoffman and Karen Durham.

Mrs. Dean to Entertain Panelists

A buffet supper preceding their appearance in a public forum at Torrance High School will be held for a panel of state, city and county officials at the home of Mrs. Renee Dean, 1443 Post Avenue, tomorrow evening.

Guests will be: California Deputy Attorney General Robert Burke, Torrance City Prosecutor Charles Catterlin, California Real Estate Commissioner Deputy Gerald Harrington, area supervisor, Fair Employment Practices Commission, Lawrence Lucke, Consultant Julius Klein of the Los Angeles County Commission on Human Relations; Attorney Anthony Nuesome of the National Association for the Advancement of Colored People, and Anthony Rios of the Community Service Organizations, a Mexican-American organization.

Following supper the guests will discuss on Problems of Integration in the South Bay, at Torrance High School.

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