

'Care of Sick' Series Slated

A fifth lecture series on "Immediate Care of the Sick and Injured" for persons who require advanced first-aid ability, begins Sept. 3 and 4, at South Bay Hospital, Redondo Beach, hospital sources have announced.

In charge of the course is Dr. Albert E. Ackroyd, Rolling Hills physician and staff member of South Bay Hospital.

The lecture series is sponsored by the South Bay Hospital Emergency Room Committee in conjunction with the Emergency and Disaster Committee of District 9, Los Angeles County Medical Association, and the Training Division of Area G, Medical Service.

Lectures will begin at 7:30 p.m. in the lecture hall at South Bay Hospital, 514

N, Prospect Avenue, Redondo Beach. Subjects covered will be respiratory resuscitation, shock and bleeding, chest injuries and cardiac resuscitation, pediatric emergencies, medical emergencies, orthopedic emergencies, injuries of the head, neck and back, burns, obstetrical emergencies, psychiatric emergencies, irradiation, disaster planning, and a demonstration with dummy on transportation of injured persons.

Lecturers are volunteers from the physicians of the community.

The series is open to persons who have had some prior first aid training. More information may be obtained from Julia Speer, Department of Education, Ext. 261, South Bay Hospital.



SPECIALIZED TRAINING was received by Mary Lee Irwin, right, of 22405 Kent Ave., newly appointed junior home economist with Southern California Edison Company, during a 10-week summer program, Lew Jenkins, district manager, announced today. Miss Irwin, a June graduate of Iowa State University, joined Edison's other Redondo Beach home economist, Barbara Duffy, when she completed the specialized additional training Aug. 23.

Mother of Twins Hear First Aid Talk

A first aid for emergencies program was featured at the monthly meeting of the South Bay Mothers of Twins Club held Aug. 19 at the International Pancake House in Torrance. Guest speaker for the evening was Greg Powell, member of the Torrance Fire Department's rescue squad.

Mr. Powell enlightened the mothers of twins on what can be done in cases of serious accidents where there is severe bleeding, breathing difficulties or oral poisoning.

He stressed the fact that accident prevention was of first importance and treatment of second importance. He stated that of the 9,800,000 accidents which occur annually, eighty per cent could be avoided. Oral poisoning, he stated ranks third as a cause of accidental deaths in children.

Powell maintained that the fire department should be called in an emergency rather than the police department to save time.

Following Powell's talk there was a question and answer period and plans were

discussed regarding the club's Dodge night to be held Sept. 21.

The September meeting of the club will be held at the YWCA hall in Torrance on September 16 and will feature an exchange table.

The table is for the convenience of club members who bring articles of clothing they wish to sell for a nominal fee to other members.

Membership in the club is open to mothers of twins in the South Bay area. Information may be obtained from Mrs. James Husereau of Torrance.

SIMPLE YARD

Sometimes a simple installation will change the character of a yard. A settee with a high back serves as a lounging area and also as a separator between use areas. Douglas fir is a good wood for these installations because it is easily worked, can be bought at any lumber yard and lasts well in the open.

Use classified. DA 5-1515

Revised Girl Scout Programe Book Cut

Thousands of Girl Scouts, Los Angeles Council, are expected to storm the doors of stores having Girl Scout equipment agencies Monday, Sept. 9, when the new Girl Scout Handbooks go on sale.

Lines are expected to form early so eager youngsters can be among the first to buy the books detailing the Program Change of Girl Scouts of the U.S.A.

One of the main characteristics of this new design in Girl Scout program is the operation of troops in four new age levels.

The age range for girl 17, but is broken down into four new categories: Brownie Girl Scouts (seven and eight years) Junior Girl Scouts (nine, 10, 11 years) Cadette Girl Scouts (12, 13, 14 years) Senior Girl Scouts (15, 16, 17 years).

This is in contrast to the three age levels — Brownies, Intermediates, Seniors — which were formerly the

basis of Girl Scouts troop organization.

Commenting on the new age levels, Mrs. Merwin Mayers, president of Girl Scouts, Los Angeles Council, explained: "Girls are growing up faster than they did when Girl Scouting started. These new age grouping make it possible for Girl Scout troop activities to correspond more closely than ever to their changing needs and interests."

Girl Scouts leaders, as well as the girls themselves, are eagerly awaiting the first appearance of the new handbooks, according to Mrs. Meyers.

"All our leaders received special training last spring in the new design in Girl Scout program. They found it enormously exciting," she said. "There's a special new Leader Notebook for them, too. It's going to make leading a Girl Scout troop easier and even more stimulating."

Canalope Rates High As Summer Desserte

By BEA WEBB
Southern California Gas Co.
Home Economist

Cantalope get special mention in summer meals and in low calorie diets because of its high nutrition and low calorie count.

One half a cantalope contains more than the full daily requirement of vitamin A, recommended by the National Research Council. It also contains at least 2/3 of the daily requirement of Vitamin C. To top it all, if you're weight watching, half a cantalope has only about 40 calories.

A good cantalope is sweet, has a fine texture, a pungent flavor and fragrance. Of course, these are best in vine ripened melons; here are a few simple guides to help you select a good one. First, look for a slightly sunken, smooth and well calloused scar at the stem end. Then look for netting that is well raised, coarse, dry and grayish in color. It stands out in bold relief over the lattice surface of the perfectly formed melon. The background between the netting is light in color.

After selecting a cantalope, wash it and allow it to dry. If desired, wrap it in plastic wrap or aluminum foil to prevent the aroma of the melon from permeating other foods in the refrigerator. It should be served chilled.

Serving cantalope is no

problem at all. Serve it halved as a breakfast fruit, or a desert following a hearty meal. Many people fill the center of the halved cantalope with ice cream or sherbert and garnish it with a few berries to serve as a more fancy desert.

Cantalope is tops in salads too. Scoop out melon balls or cut cubes from peeled melon rings and mix with any combination of fruits and berries for a delightful salad.

Put peeled rings or wedges of cantalope on a bed of crisp lettuce and top with cottage cheese or seafood salad for a luncheon dish. Add cubes of the melon to tossed green salad for new



BEA WEBB

Junior CDA Holds Kidnap Breakfast

Junior Catholic Daughters of America, Ct. Our Lady of Victory No. 1344, were surprised Wednesday with a "Come As You Are" breakfast. Mrs. Roger Ste. Marie was hostess. Bacon, scrambled eggs, toast, doughnuts and juice were served.

Guests who were roused from bed by the "kidnapers" were: Misses Donna Beard, Karen Durham, Marilyn Davis, Kathy Sciarra, Joesette Roth, Becky Wassmuth, Janet Kleber, Shelly Garrison, Cathi Wilson, Janice Harkins, Linda Ste. Marie, Paulette Kleber, Helen Duffy, Molly McGuire, Margaret Ehmke, Penny Saben, Alicia Williams, Kathy Ehmke, Patti Raso, Linda Shannon, Donna Dudikoff, Julie Hoffman, Yolanda Dobrovolskis, and Mary Humting.

Caught in the act of cooking pancakes were: Helen Cerda, Mary Ann Cerda and Rose Cerda. Linda and Denise Bosnak, who were baby sitting, brought their charge with them.

Ready for the beach and parts unknown were: Jean-

nette Acree, Cynthia Horne, Marie Faye Hogan, Diana Clark, Sandra Swanson, Kathy Clifford, Mary Lou Rehffuss, Peggy Posey, Debra Westerland, Joan Borgard, and Kathy Westerlund.

Cooking for the hungry group were: Mmes. Frank Turner, Sy Durham, and Florence O'Byrne. "Kidnapers" were Mmes. Richard Abshear, Roger Ste. Marie, John Raso, and Nicolas Humting.

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