



SWEATERS AND SWEETS . . . and other good treats; that's what girls' charities are made of. Or so it would appear judging by autumn activities of Junior Catholic Daughters, Court Our Lady of Victory No. 1344. Court

members recently sent clothing and candy to Arizona missions. Pictured packing donations are, from left, Cathi Wilson, Diana Clark, Linda Stemarie and Donna Dudikoff. PRESS photo

Women

RONNIE SAUNDERS, Society Editor



Sweaters, Sweets Collected

Junior Catholic Daughters, Court Our Lady of Victory No. 1344 has collected sweaters and sweets for missions in Arizona.

Miss Janette Acree, president, explains that good usable sweaters are collected along with money to buy candy to send to children in the missionary schools.

Court Our Lady of Victory No. 1344 will collect approximately 50 sweaters to be sent in conjunction with other courts in California.

In addition to planning Thanksgiving baskets, the girls recently prepared a complete layette for a needy family.

Sewing Circles

By BECKY SCHAEFFER

REMNANTS PAY OFF

Today, I feel like the cat that swallowed the canary. If you've ever gone shopping for yardage and hit a good sale, or a cache of remnants, you know how it feels.



BECKY

I'm a serious seamstress, who sews for economy, originality, style and pleasure (in reverse order).

My battle lines have been drawn for Christmas sewing, so now I am up to my ears in strategy. You think you have problems. I've heard yours and tried to help with them, so listen now to mine.

I've gained ten pounds since giving up smoking, so now my daughter and I are the same size. We share size 14 patterns.

With two of us growing girls, and the baby coming up into a size three, there are three of us to sew for.

FOUND TREASURE

My treasures include a beautiful, black textured wool remnant, 54x54 inches; a piece of burnt orange corduroy, 1x1 1/2 yards; a piece of pink quilted cotton, 45 inches by 1 1/2 yards and a 3/4 yd. piece of brown (milk chocolate) wool suiting, hard finish.

With two patterns, the whole thing cost me eight dollars. How do you like those savings? And what shall I do with my treasures? What would you do?

For a honey-blond teenager with big blue eyes, the brown and orange pieces will make lovely school skirts (what do you think of a lemon yellow blouse for the brown one, and a pale green print for the orange?).

The black wool will make a lovely jumper or sheath for me (with my white, long sleeved blouse?) and the pink padded cotton will be ideal for a cuddly robe for Jelly-bean.

The idea here, really, is to point out what a lot you can do with good remnants.

If you check the width, you'll find you can make a dress up to size 16 from a 1 1/2 yard piece of 54 inch wool. Even an A-line skirt can be made up to a size 16 from only 3/4 yard of wide wool, providing there is no nap, and you're not over 5 feet 8 inches tall.

YARDAGE SAVING

My savings on the yardage amounted to \$2.25. The material cost \$6.65, altogether.

Now, considering only average quality of workmanship, and adding what I'll need to complete the garments, guess what the savings will be in the end.

With \$10 as the figure for original investment (estimating over \$3 for lining material and buttons), my guess is that I will be saving at least \$20.

I arrived at that figure by placing my own estimated retail value on: a fully lined, top-quality wool jumper (latest style, perfect fit), cotton padded robe lined with cotton flannel and an unlined corduroy and unlined wool A-line skirts.

If \$20 seems immodest, remember that it is possible to save that much on one dress!

Hadassah to Note Youth Celebration

South Bay Hadassah will join Hadassah chapters all over the country Tuesday in celebrating the 30th anniversary of their Youth Aliyah program.

Occasion for the celebration will be a luncheon meeting to be held at 11:30 a.m. in the community room of the American Savings and Loan Co., located across from the South Bay Shopping Center.

For three decades, Youth Aliyah has rescued and trained over 110,000 children who are now finding useful roles in Israel. Over 12,000 youngsters are currently receiving their training in Children's villages, and centers.

Mrs. Ernest Tarr of Palos Verdes Estates, Youth Aliyah chairman, has planned a special tribute for the occasion. "Shares of Life" will be available at the meeting, enabling women here to help these youth.

"One Hundred Children" a true story by Lena Kuchler-Silverman will be reviewed by Mrs. Harvey Cole of Palos Verdes Estates. The book relates the adventures of the author in her rescue of 100 children from Nazi Europe.

Hostesses will be Mrs. Joseph Fernandez of Harbor City and Mrs. Boris Rothberg of San Pedro. A Token charge of less than a dollar will be made for the lunch.

PROGRESS

Social progress makes the well-being of all more and more the business of each.

—Henry George



CHRISTMAS IN MEXICO will keynote the theme of the Christmas party of Little Company of Mary Women's Auxiliary. The event will take place at noon Wednesday at the Monaco House, Palos Verdes. Holiday music will be provided by a strolling guitar-

ist. Preceding the luncheon, officers will be elected at a brief business meeting. Buffet luncheon will be served by the sisters of Little Co. of Mary Hospital. Pictured are Mrs. Cecilia H. Young, left, and Mrs. Isabelle Oliveri, right. —PRESS photo

Holiday Tea to Benefit Child Guidance Clinic

The auxiliary of The Los Angeles Child Guidance Clinic will present its annual holiday candlelight tea Tuesday in the Beverly Hills home of William Tishman. Tea chairman is Mrs. Clement A. Clement, Jr.

Assisting Mrs. Clement with the arrangements and accessories are: Mmes. Howard Grace, Richard Jackson, Silas K. E. Dunn, Larry Markes, Walton Brown, Harvey Bullock, Robert Duff Kelley, Joseph Rastatter, and Miss Dorothy Dahl.

All funds obtained through the tea will be given to The Los Angeles Child Guidance Clinic to help maintain its services to emotionally disturbed children and their parents. Highlight of the tea this year will be the viewing of Tishman's paintings, plus a selection from other collectors, including statuary and wood carvings.

Nearly 800 members and friends are expected to join in the festivities.

Past presidents of the auxiliary and wives of members of the Board of Directors of The Clinic will preside at the tea tables.

Among those pouring will be: Mmes. Charles Luckman, George B. Allison, El-

mer Belt, Henry T. S. Bonesteel, Robert B. W. Cars, Dean Christy, Lauren A. Dahl, W. Thomas Davis, Nathaniel R. Dumont, Harry F. Dietrich, Howard Edgerton, Theodore A. Fouch, J. Edison Goldsmith, B. Joseph Hammond, Harold Hecht, Frank Kennedy, Wesley G. LaFever, William S. Louchheim, Andrew Morgan Maree, III, John E. Mock, Walter J. Monia, Richard J. Neutra, Lloyd Nix, M. B. Preeman, William M. Rains, Walter W. Ralphs, Jr., Norman Topping, Frank Winter, and Mrs. Laura Clarke deLacey and Mrs. Gertrude Pearson.

The Los Angeles Child Guidance Clinic provides evaluation, diagnosis, and therapy for emotionally disturbed children between 18 months and 18 years of age. The Clinic is a United Way Agency.

NAMED CHAPLAIN

Patti Roseberry, daughter of Mr. and Mrs. W. C. Roseberry, 21718 Vicky Ave., is serving this year as chaplain of the Beta Chi women's service organization at Chapman College, Orange, where she is a junior in the teacher training program.

WOMAN IN WHITE

By ETHELYN BATTLES, LVN

THE VASCULAR SURGICAL PATIENT

An understanding of vascular surgery will help you to give better home nursing care if a member of your family has this type of surgery.

It is performed successfully to remove blockage of an artery caused by a clot, or cholesterol deposits from arteriosclerosis, if the condition is not too advanced.

These conditions involve circulation to the grain, kidney, upper and lower extremities.

There are several types of surgery considered for the approach to this problem. One is thrombo-endarterectomy in which an opening is made into an artery, the block removed and the artery closed.

If the blockage is extensive, a by-pass graft of artificial material is made to the artery avoiding the section that is affected. Circulation is restored with a strong, well functioning artery, and gradually the tissue from the patient's own artery grows over the graft-edges.

Case History

The following case represents a typical study of surgery for arteriosclerosis involving circulation to the lower extremities. It is followed here from admittance of the patient to the hospital to recovery.

Upon entering the hospital, July 4, 1962, Mr. B. was suffering from severe leg cramps at night, and was having great difficulty in walking. His feet were cold, the color poor, and there was a leg ulcer from an injury which was not healing.

Pulses in the groin (femoral arteries) were absent, and pulses could not be felt in the feet. Collateral circulation had taken over, but was inadequate.

This is the body's means of trying to compensate.

An aortogram (X-ray of the aorta) revealed that the aorta, the largest artery in the body, was blocked extensively.

After a general physical examination, which was satisfactory, surgery was scheduled.

Surgery consisted of a by-pass graft of the blocked section of the aorta, and circulation was restored to the lower extremities in surgery. After two weeks of hospitalization he was released.

HOME CARE

— this was based on the following factors: 1. Rest. 2. Ambulation. 3. Diet. 4. Medications. 5. Temperature, pulse, respiration. 6. Personal hygiene. 7. Diversion.

The first two days at home constituted a period of adjustment from hospital routine to home environment. This period requires patience and a planned rou-

tine.

REST consisted of partial bed rest; chair rest. Measures were carried out to create a restful atmosphere with freedom from worry of family problems, and to encourage restful sleep at night.

AMBULATION. This was at first limited to—around the house, up for meals, and out in the patio for fresh air. Ambulation increased daily as his strength returned.

DIET was low in cholesterol. Efforts were made to make this appetizing. A bedtime snack was given to encourage sleep.

MEDICATIONS. Since he complained of little pain he seldom needed a pain reliever. However he was placed on an anticoagulant drug. The dosage for this was established while he was still in the hospital, and appointments for regular blood tests were set up.

It is very important to have these tests so that dosage can be adjusted if necessary to keep the clotting time at a safe level.

Observation for bleeding is important, and signs of any should be reported to the doctor.

An anticoagulant is a drug which prevents clotting of the blood. It was prescribed for him to take once a day, at the same time every day. A medication and sterile dressing was applied daily to the leg ulcer during healing—which was rapid.

TEMPERATURE. This was taken twice a day, morning and evening. Emphasis was placed on taking the pulse. It was taken on the wrist (radial artery); in the groins (Femoral arteries); and the posterior tibial artery below the pony prominence inside the ankle of each foot.

His pulse rate was 68 to 72 beats per minute, and it was the same in each pulse. Normally all pulses have equal counts. His feet were warm, and the color good.

PERSONAL HYGIENE. A bed bath was given in the morning daily until a shower was permitted; backrubs, morning and evening. When restlessness occurred at night, a bed bath was given before retiring instead of in the morning. Good elimination was maintained by adequate fluids, and foods easily digested.

DIVERSION. Reading was a favorite pastime. He also watched TV, listened to Hi-Fi and talked briefly to visitors. Since his main complaint was difficulty in sleeping a few card games were played before retiring, which was very helpful.

After four months of convalescence with steady improvement, Mr. B. was able to play badminton, returned to his former position, and has continued with good health—because of a doctor's skill and dedication to his profession.

P.S. the patient, Mr. B. is my husband.