

Rules Listed for Horseback Riders

"Approximately three accidents per week in this area are due to carelessness or lack of training in horseback riding," says Earl Kendrick, M.D., district health officer for the Torrance Health Center. National Safety Council authorities have warned that many horseback riders are injured because they ignore safe riding rules and techniques.

"When riding, the heels should be kept down so that the feet cannot slide through the stirrups," Dr. Kendrick said. He stressed the importance of wearing riding boots which can be quickly disengaged from the stirrups. The manager of a local riding stable warned that tennis shoes are no substitute for properly fitted riding boots. He explained that because tennis shoes can easily slip through the stirrups, they are a hazard in horseback riding.

"Riding within the kicking range of another horse is dangerous," Dr. Kendrick stated. "A rider should always be on the alert for overhanging branches, which may lash the eyes and face. However, because cuts and abrasions are quite common in horseback riding, it is extremely important that every

rider keeps his tannus immunization up to date."

MANY RIDING instructors recommend wooden stirrups for children because they are wider and not as slippery as the metal ones. It is advised that all stirrups have toe guards attached, so that the feet won't be caught between the tread and the covering.

Dr. Kendrick stressed the importance of riders having a good knowledge of riding equipment. "Before mounting, the rider should check the bridle, girth and saddle attachments to make sure they are secure. He should adjust the bridle and stirrups to the proper length and check the horse's shoes. A loose shoe may cause the horse to trip and throw the rider."

"IT IS BEST to approach a horse from the left side, speaking gently to guard against startling the animal," suggested Dr. Kendrick. "Another important safety hint is to always bring the horse to a complete stop before dismounting." "Horseback riding is an exhilarating and enjoyable sport for the rider who effectively guards against accidents, and therefore, feels secure and comfortable in the saddle," concluded Dr. Kendrick.

Light Bulb Sale Aids Lions Fund

The Downtown Torrance Lions Club is conducting an all-out drive to sell Westinghouse light bulbs to local residents, according to Ernest Harris, club president.

Proceeds from the drive, which ends April 30, will be used to support the Lions student scholarship fund, the Torrance Dental Health Welfare program, the Junior Foundation for the Blind, and other youth and welfare programs of the club.

Light bulbs will be sold at the regular retail price.

The entire membership of the club has been organized to conduct the drive on a door-to-door basis.

Symphony Concert Planned

Louis Palange will conduct the Beach Cities Symphony in a concert Friday evening at 8:15 in the Mira Costa High School auditorium.

The concert, third in the season for the orchestra, is open to the public without charge. The special program will feature the appearance of lyric soprano Norma Lynn, tenor Giovanni Zavatti, and pianist Jean-David Coen.

Miss Lynn will sing selections from La Traviata, L'Africaine, and Tristan and Isolde. Zavatti will accompany her in the famed love duet from La Boheme. Coen, who is 10, will make his debut playing Haydn's Piano Concerto in D Major. He has been studying under Miss Jane Courland, a noted concert pianist, for the past two years.

Rug Cleaners Take Course

Four employees of Spencer's Rug Cleaners have graduated from an intensive course in carpet maintenance conducted by the Bigelow Carpet Co., according to Sheldon Seifer, director of Bigelow Carpet Co.

Vincent Cassone, David Rojas, Clay Freeland, and Huey Scogins graduated at the conclusion of the three-week course.

DAUGHTER'S RUG
Vapors of some rug and fabric cleaners are harmful to breathe, as well as highly flammable. Always read and follow the instructions on the label, and use with adequate ventilation. Federal law requires labeling of such products for your protection.



Kite Safety and fun checklist for earthboys

Launching Pad—Open field away from overhead wires.

During Countdown—Make sure kite has no metal parts.

Ground Control—Dry cotton string only (never wire or metallic).

Crash Procedure—Abandon kite immediately if it catches in any wires!



Southern California Edison



7 MAGIC SALE DAYS - THURS. THRU WED., MAR. 18-24

ALL GRINDS
FOLGER'S COFFEE
1-lb. can **63¢** save 20c



beef, chopped sirloin beef, chicken, fish & fries, haddock, ham, turkey, fried shrimp or Swiss steak

FROZEN
SWANSON TV DINNERS
reg. size **45¢** save 20c

FRUIT O' VINE, GRAPELADE, GRAPE JELLY
WELCH PRESERVES
20 oz. jar **29¢** save 14c

FROZEN
Aunt Jemima WAFFLES
9 oz. pkg. **29¢** save 10c

Softwave, assorted or white. Save 6¢! Soft, strong, absorbent! 2 ply
Toilet Tissue 19¢
Franco-American. Stock up for quick nourishing meals! Lg. 27 oz. can
Prepared Spaghetti 4 1/2¢
Van Camp. Ideal for easy hot lunch on cold winter day! No. 1
Pork & Beans 4 1/2¢
Magic Chef. Save 16¢! A rich tasting, popular vegetable! Tall 303 can
Cream Style Corn 7 1/2¢

Seven Seas. Creamy French or Regular Italian. Save 20¢! 8 oz. bottle
Salad Dressings 19¢
Mott's Apple Juice, quart, 33¢! Enjoy healthful fruit! 25 oz. size.
Mott's Apple Sauce 3 for 89¢
Cereal. Save 14¢! Crisp, tasty energy for a whole day! 16 oz. pkg.
Post Grape-Nuts 29¢
Double Luck. Green vegetable favorite of whole family! Tall 303 can
Cut Green Beans 7 1/2¢

DEL MONTE
FRUIT COCKTAIL
5 tall 303 cans **\$1**

EARLY GARDEN
DEL MONTE PEAS
5 tall 303 cans **\$1**

Morton, fresh
Maggi
How about...
Peter
Try a salmon...
R.E.D.
Creamed. The...
Carnie

MAGIC CHEF
LIQUID BLEACH
gallon **39¢** save 10c

"Joy does the dirty work on dishes, not your hands!" 22 oz. plastic
Joy Liquid Detergent 63¢
Cuts through grease and grime in no time at all! 15 oz. aerosol can
Ajax Window Spray 59¢
Save 10¢! Choose from 5 fresh scents for any room in house! 7 oz. size
Accent Deodorizers 29¢
Keeps lunch box sandwiches fresh from morning 'till noon! 75 ft. roll
G P Wax Paper 19¢

Produce
U.S.
RUS POTATO
10 lb. cello bag

Liquor

LIMITED OFFER!
UNIVERSITY CLUB
STOUT MALT LIQUOR
6 12 oz. cans **88¢**

Brewed in Milwaukee by a division of Miller Brewing Co.



Delicatessen

WISCONSIN
LONGHORN CHEESE 59¢ lb
GRAND TASTE SLICED
LUNCH MEATS 4 pgs. 6 oz. **\$1**

NANCY'S—No preservative added
FRESH SALADS

1-lb. carton **33¢** potato, macaroni, or imperial stew

Old Fashioned Delicatessen

Regularly 98¢ lb. Save 19¢! Just add mustard.
Coney Island Hot Dogs 79¢
Regularly \$1.10 lb. Save 21¢! Rich and tasty!
Cream Cheese 89¢
Regularly 79¢ 1/2 lb. Save 10¢! You'll like it!
Shrimp Cocktail 1/2 lb. 69¢

Magic Chef Bakery

Our very own recipe... and a tasty treat for you!
Sour Cream Snails 2 for 23¢
A tasty accompaniment for spaghetti! reg. 51¢
Garlic Cheese Bread loaf 45¢
Whip, cream filling, lemon/coconut icing! Reg. 98¢
Lemon Cream Cake 89¢

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