

# SOCIALLY SPEAKING

- Chula Vista Social Set Busy
- Bride-Elect to Be Honored
- South American Trip Set

By DOROTHY O'TOOLE

**SUBURBAN NEWS** — Social lines are humming out Chula Vista way. A bride-elect, Miss Carol Ann Higgs, daughter of Mr. and Mrs. Richard A. Higgs, takes the limelight tomorrow when Mrs. Frank Robinson, Mrs. George Moss, and Mrs. Donald Chase entertain in her honor at the latter's home.



A drop-in luncheon, so popular these busy days, will be held from 12 to 2. Guests will take kitchen shower gifts and recipes to the honor guest who will become the bride of Richard William Chadwick III, son of Mr. and Mrs. Richard W. Chadwick Jr., Saturday. They will recite vows in St. Rose of Lima Church in Chula Vista. Friends of Mrs. Higgs and relatives of the future bridegroom are included on the party guest list.

Luau torches lighted the way to two Saturday night parties. They flanked the driveway leading to the home of Mr. and Mrs. Sam L. Hall where an Hawaiian party complimented Mr. and Mrs. Clarence Helm (Louise McCausland) who were married in Honolulu last summer.

The hosts and the honor guests as well as many of the guests wore Hawaiian costumes and the food took its cue from the islands.

Hawaiian torches lighted the garden, overlooking Sweetwater Valley, at the home of Dr. and Mrs. C. Darsie Anderson where their cocktail party was held the same evening.

If guests at the Keith Athertons' Thursday and Sunday night back yard parties didn't like the way their steaks were cooked they had no one to blame but themselves.

The hosts had names printed on markers which guests put on the steak of their choice — and cooked to suit individual tastes.

Mrs. Atherton's daughter, Suzanne Allen, returned from her summer in Europe in time to resume her studies at San Diego State College.

Among party guests Sunday night were Mr. and Mrs. Reginald Seabrook who have all arrangements completed for their trip to South America.

They will fly to New York City Oct. 7 and sail from there on the Argentina. Several stops will be made at ports before Buenos Aires where the Chula Vistans will leave the ship and fly to the lake countries near Bariloche.

They will fly over the Andes to Santiago, Chile, and plan to visit Lima, Peru; Panama, Mexico City, and Acapulco before returning home in early December. In Santos, Brazil, they will see Craig Starkey, son of the Harold B. Starkeys, who is with the state department there.

It will be spring in South America but probably not warmer than California. At least it is still balmy enough that the Seabrook home will be the setting for two swimming pool parties this weekend.

Their granddaughter, Marla Mellinger, whose parents are the Ernest Mellingers, will celebrate her seventh birthday Saturday at the Seabrook home. Sunday their daughter, Kathy, will entertain her junior classmates at San Diego College for Women at a swimming party and dinner.

Kathy spent the summer in Europe with a student tour.

**PERSONAL PARAGRAPHS** — Capt. Ward Waddell, USN, ret., and Mrs. Waddell will host a small cocktail party Saturday in Adm. Kidd Club.

Dr. and Mrs. Ralph W. Eisea of Indianapolis arrived yesterday for their first visit here. They are house guests of his sister, Mrs. F. Herbert Sharp, and Mr. Sharp of Mt. Helix.

Mr. and Mrs. Ed Fletcher Jr. had their whole family together this weekend at Cuyamaca. At the house party were Mr. and Mrs. Edward Fletcher III and son, Mark; Mr. and Mrs. Michael Fletcher and children, Sheri and James; Larry Fletcher, USC student; and Mr. and Mrs. Harold Royle, brother-in-law and sister of Mrs. Fletcher Jr.

Los Senderos members and their wives will meet Sunday for their monthly ride followed by luncheon at the ranch of Mrs. Henry Fenton.

**CHATTERBOX**—Traditional no-host social hour and dinner in Cafe del Rey Moro tonight will precede opening night of "Teahouse of the August Moon" at the Globe. This play will mark the beginning of the theater's 21st season.

Hosts at the pre-curtain party will be Messrs. and Mrs. Michael Ibs Gonzalez, Charles Newman, E. Garrick O'Bryan Jr., Edward Longstrein, and Raymond S. ...

There was another important event on today's calendar—the Couturier Fashion Show in Hotel del Coronado which will benefit the San Diego Symphony Association.

Attending together were Mrs. David Means Miller, E. Gartzmann Gould, Walter Albrecht, Robert Maw, Peter Crabtree, Stephen Fletcher, Ferdinand Fletcher, and George Wick.

Mrs. Wilder D. Baker and her guest, Mrs. Robert Thorne, were with Mrs. Gilder Jackson, Walter Fischer, Marie Temple, and Lynde D. McCormick.



**IN MOOD FOR MUSIC**—Preliminary to the concert season, the Junior Committee of the Los Angeles Philharmonic will host a membership tea Oct. 8 in the garden of Mrs. Carlos Tavares, 6302 La Jolla Scenic Dr. Typifying the Oriental theme

is Miss Sue Quon, left, in Chinese costume, with Mrs. Francis M. Smith, center, the committee chairman, and Mrs. George B. Fall, treasurer. The committee sponsors a series of lecture-luncheons that will precede each of the four orchestra concerts.

## Osteopathic Wives Set Convention Entertainment

While their husbands begin convention attendance Thursday at Hotel del Coronado, wives of American College of Osteopathic Internists delegates will tour San Diego.

Women's activities during the three-day convention are being arranged by the auxiliary to the San Diego Osteopathic Society.

Mrs. Carl S. Stillman is general coordinator of social activities.

Friday afternoon a luncheon and fashion show is planned in the Terrace Room of the hotel. Mrs. Robert M. Epstein and her committee are in charge. Shell favors and decorations are being planned by Mrs. Frederick W. Smith and Mrs. Robert D. Schroeder.

Friday evening doctors and their families will attend the Awards Banquet. Saturday afternoon Dr. Carl E. Morrison, president of the American Osteopathic Association, will speak at a luncheon.

The convention will close with a banquet Saturday night in the Crown Room of the hotel. Dr. Robert K. Schiefer of San Diego will be installed then as president of the American College of Osteopathic Internists.

## Good Old Days Meant Steel Stays

**CHICAGO (UP)**—In Elizabethan England women went through untold torture if they cared enough about their shape to squeeze into a girde reports one corset firm.

Researchers said getting into a "foundation" became such a monumental task that craftsmen even put hinges on the garments to make matters easier.

Even in the early 1800's this advice was given English mothers:

"Have your daughter lie face down on the ground, so that, by having a foot in the small of her back, you can secure a firm purchase on the lace."

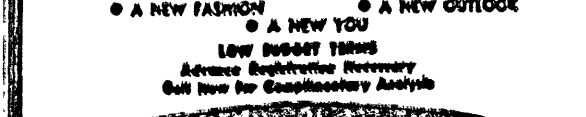
But getting into a girde ceased to be an engineering feat, the researchers said, when manufacturers started using modern fabrics instead of whalebone and steel "stays."

## Salty Foods Tasty

Salty foods such as crackers, prepared nuts and popcorn are always welcome with a first-course drink such as tomato juice.

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Charmel Dumas

## State Hospital Leader to Speak

At the special invitation of Grossmont Hospital Women's Auxiliary, Mrs. T. Roy Hoover, chairman of the Council of Auxiliaries, California Hospital Association, will come from San Francisco to speak at the auxiliary's general membership meeting Oct. 11.

Following a 11:30 a.m. salad luncheon in the Masonic Temple of El Cajon, Mrs. Hoover will report on the association's national convention held in Atlantic City.

Area chairmen are accepting reservations and will report at the executive board meeting at 9:30 a.m. Oct. 4 in the doctors' lounge at the hospital.

## Woman Reducing Waist



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Women say: "I was 120 lbs. removed from abdomen, 3" from hips." —M.F.

"I'm thin." —M.J.

"First time since I've had my 3 children my tummy is flat." —E.S.

"Dress size was 16, now 12." —C.P.

You may lose less ... or more. The Relax-A-Cior is NOT a diet, weight-loss method. It is a pleasant method of NO EFFORT exercise. If you find dieting difficult, this is the method for you—it will exercise and tighten your abdominal muscles—even if you don't lose 2 pounds of weight!

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you enjoy truly dramatic FAST results. Remember, too, please! Diet is not required. The Relax-A-Cior ALONE (without diet) reduces inches through the exercise and tightening of the muscles that support and "hold-in" your abdomen. Do not confuse Relax-A-Cior (pictured above) with bicycles, vibrating tables, heat or massage. It is completely different. It is the only way we know of to actually EXERCISE the muscles of your abdomen while you REST at home. No effort is required. You use it while you read, rest, watch television ... even while you sleep! And it reduces inches ... and does the job in a hurry.

The new Relax-A-Cior is simple to use. You clip the belt (shown above) around your waist in 30 seconds. Turn a dial. Relax for 30 minutes. That's all. Often dramatic results are seen the first week! It is a PLEASANT experience; you will enjoy ... and look forward to ... this half hour of relaxation ... 30 minutes of rest that can give you a younger-looking, more attractive figure. Appearance is important. You envy and admire the trim looking woman. Socially, too, greater preference is given to the attractive-looking woman. Now, you can enjoy the romantic and social benefits of looking your best ... of wearing a dress size smaller.

If you are a busy woman, you probably have no time for gym classes or Salon visits ... and after a hard day, have little desire to "exercise."

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For more ideas, write for your free copy of "Biscuit Magic", to Dept. 413, General Mills, Minneapolis 2, Minn.

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## NAVY, MARINE SET

### Birth of Daughter Revealed by Foleys

By EUGENIE SEDLOCK  
Ltjg. and Mrs. H. Daryl Foley announce the birth of their third child, Colleen Marie, Saturday.

Their first daughter, she is the sister of Patrick, 3, and Timothy, 1.

Lt. Foley is attached to Squadron V112 at Miramar Naval Air Station.

Grandparents are RAdm. and Mrs. Leon J. Hufman and retired Navy Lt. and Mrs. D. E. Foley, all of Coronado.

Mason heads the Training Command.

### Harvest Time Theme To Mark Gathering

A "Harvest Time" formal dinner dance is calendared Nov. 16 for all Miramar officers and their wives in the Naval Station Officers' Mess. Arrangements are being handled by officers' wives with Mrs. Robert Calland and Mrs. J. W. Roberts as co-chairmen.

### Comtrapac Party To Be Friday

An informal cocktail party, dinner and dance is slated Friday at 6:30 p.m. in the Party Room at the Fleet Sonar School.

It's to be a no-host gathering of Pacific Fleet Training Command staff, commanding officers and executive officers of subordinate commands and their ladies. RAdm. Redfield

### A CORRECTION

#### Chinese Caterer Operates Cafe

Jimmy Wong, 414 University Ave., a caterer, was erroneously referred to as a houseboy in a photograph which appeared in the Evening Tribune Friday.

Wong owns and operates a Chinese restaurant, and in addition caters to exclusive parties.

### Liquid Foundation Is Skin Necessity

A light make-up foundation is necessary during the day. This is to provide skin protection against the weather. By light is meant liquid and only a filmy coating. Don't use a heavy hand.

### STOCK MARKET

A FREE lecture will be given on "How to Invest and Trade in the Stock Market," starting 7:30 p.m. Wednesday, Sept. 25 HOUSE OF HOSPITALITY Balboa Park, San Diego

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