

GOLDEN RULE FOR LONG LIFE

L. J. Frankenberg, 94, Offers
Simple Recipe

The Golden Rule is the reason why Leon J. Frankenberg is the oldest living member of the Native Sons of the Golden West.

Frankenberg, at 94, is still enjoying the peace of mind which he has achieved by observing the oldest known moral rule.

"I'm as old as I am," he said yesterday, "because I have the feeling that I've always done right to others by following the Golden Rule in its entirety."

LIVES SIMPLY.

The basic assurance that each day has been lived as well as possible is the key to his long life, he says, and he expects it to continue at least until he cracks the century mark.

A resident of the Hebrew Home for the Aged here, he still finds life interesting, although somewhat more restricted than when he was a traveling salesman and later a department store executive in his youth.

He lives simply, as he has all his life, eats sparingly of a diet of vegetables, fruit, cereals and little meat, and enjoys his three cigars a day.

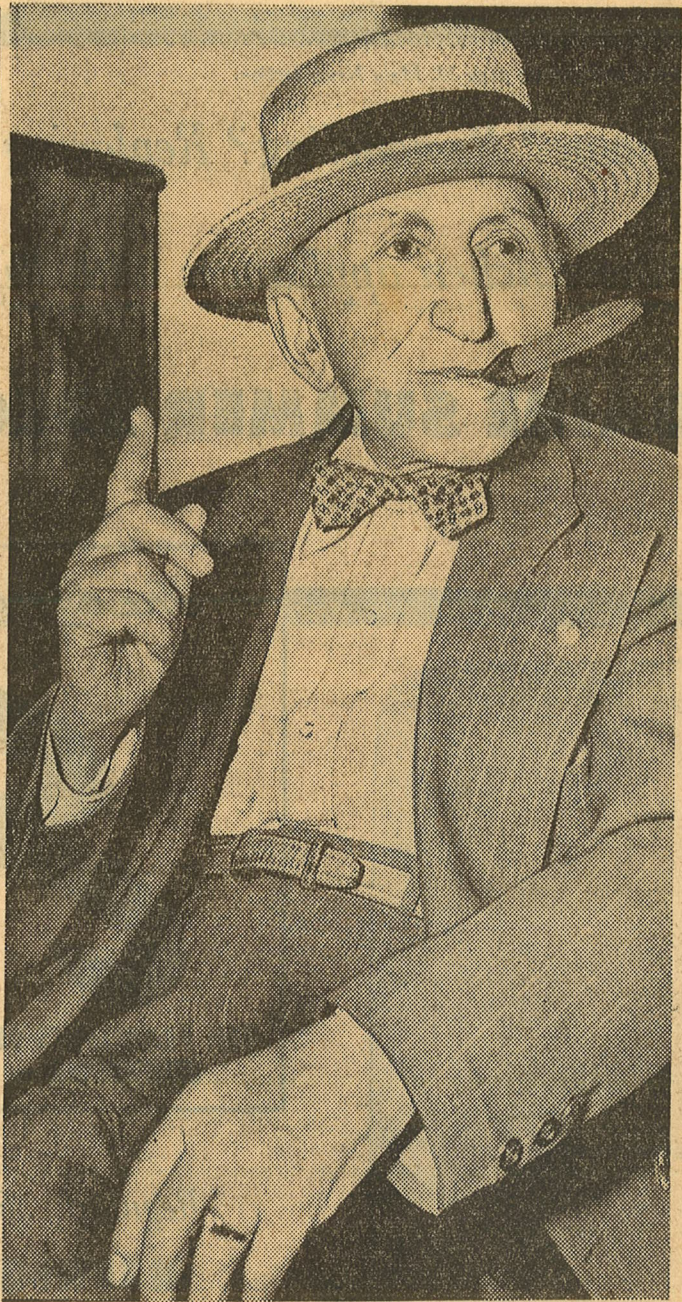
He has never touched anything alcoholic in his life and never will.

ONLY SURVIVOR.

He fills his days with conversation, playing the piano, composing music, some of which he has had published, trying to beat his fellow Hebrew Home residents at pinochle and, when the weather is good, sunning himself in the home gardens.

Two or three times a year, comes the big night when he attends a meeting of NSGW Mission Parlor 78. He is the only survivor of the men who founded it seventy-six years ago.

A widower, he feels that the long companionship with his wife, Lily, is a contributing factor to his durability. She died in 1940, a year after the couple celebrated fifty years of marriage.



SIMPLE LIFE—Leon J. Frankenberg, 94, resident of Hebrew Home for the Aged, ascribes his long life to always following the Golden Rule in all of his dealings.