

Dr. Spock to Parents

Dr. Benjamin Spock has a word of advice for adults who delight in tickling, teasing and playfully tossing babies up in the air. "Don't," said the renowned pediatrician in a magazine article just released.

"Play of this intensity is overstimulating and unhealthy," Dr. Spock wrote in his monthly column. "One gentle tickle a day should be sufficient—and no tossing in the air at all."

-0-

Dr. Spock admonished parents who favor this type of play, "Imagine what it would be like to have a giant ten times your size (1,600 pounds) repeatedly throw you up to a ceiling way above his head or pin you down and tickle you again and again.

"This fact that you couldn't help shrieking or laughing wouldn't prove that you were really enjoying yourself and

wanted more."

Fathers are most often guilty of teasing their children Dr. Spock contended. He explained, "Men take a lot of kidding throughout their lives and unless they are unusually loving and secure they take it out on others, even on their children, usually without any conscious awareness of what they are doing.

Emphasizing the importance of "spontaneous and joyful" play to a child's development, Dr. Spock said that the idea of it is not really to "amuse" the baby.

"It is to help him grow in understanding through the exploration of things and actions and to grow in spirit through experiencing the delightful mutuality of a relationship. He can't learn exploration or mutuality if you dominate the play."

Book Beat

Black youth today — what they are thinking and feeling after the violent upheaval of the Sixties with its riots, civil rights marches and assassinations — tell it in their own words in "Children of Longing," just published in Bantam paperback.

This unusual collection of writing was gathered and edited by author Rosa Guy (Bird At My Window), who says, "The book grew out of my desire to know how these painful events had affected the lives and ambitions of young Blacks across the nation."

Miss Guy began looking for the answers from the children of the sixties two years ago, asking young Blacks, aged 13 to 25, to write and talk about their lives — their awareness of self, their relationships to other Blacks and to white society.

She traveled throughout the United States, going into Black high schools and colleges in urban and rural areas, into writers' workshops, the cotton fields and the ghettos.

The responses she received

ranged from those who couldn't write (she interviewed them) to articulate young Blacks such as the revolutionary poet, Nikki Giovanni.

The undercurrent of all their responses emerges, says Miss Guy, as "an intense desire to overcome the obstacles of their present lives, and to go beyond themselves. I was particularly impressed," she adds, "with the fighting in Mississippi — that really moved me."

In order to fully capture the tone of the young authors in "Children of Longing," Miss Guy hasn't edited the book for grammar, spelling or punctuation.

A "child of longing" herself, Rosa Guy says, "I identify strongly with the book." Born in Trinidad, she came to New York with her parents and sister when she was eight. She attended public school in Harlem "not very long," and after her second parent died when she was 13, "you can say I was an orphan around the streets of New York."

Kitchen Tip

Unlike other hot breads, biscuits do not like to be wrapped in a hot napkin for serving. The napkin holds in steam which softens the characteristic crisp crust of the biscuit. Serve biscuits immediately on a hot plate or directly from the baking pan.

Ingredients for fruit cakes tend to be expensive but the once-a-year serving of these delicacies make the splurge worthwhile. To achieve perfect flavor, select only the best and freshest nuts and candied fruit. Too many raisins or currants substituted for candied fruits or nuts may give a cake a bitter or burnt taste. Some cooks recommend buying whole candied fruit for home slicing into thin 1/16 inch strips. You may prefer these tiny strips, since they make for easier thin-slicing of the finished cake.

Club Set Bazaar

The Annual OME (One More Effort) Christmas Bazaar and snack time is being held Saturday, Dec. 12, from 9 a.m. to 5 p.m. at Bethel AME Church 5828 N.E. 8th Ave.

Mrs. Marguerite Griffith, pres. has announced that everyone should do their Christmas shopping here while enjoying delicious food.

You can't afford to miss bargains here. Come and bring your friends.

Cash and Maxey's Barber Shop

4603 N. Williams Avenue
Phone 284-5188

Fryer Tuck

WE SPECIALIZE IN FAMILY AND INDIVIDUAL DINNERS AS WELL AS FOR LARGE GROUPS

Wonderful Oregon CHICKEN

You'll like our Little John Spuds, Dip, Cole Slaw, Potato Salad, Baked Beans and Rolls, too!

2535 N.E. Broadway
Phone 288-6431

Portland Sports Arena

8725 N. Chataqua

Sandy Barr Enterprises

Sponsor of
Linda and Sherry

Presents Rock Dance Music

every other Friday night

of

Boothill Express and The Looking Glass

Doors open 8:30 P.M.

Dance from 9 p.m. to 1:00 a.m.

Sears

JUST ACROSS THE STREET FROM THE MAIN STORE

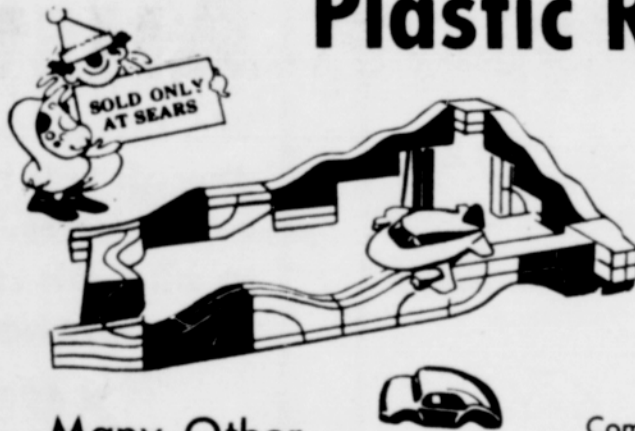
CORNER OF GRAND AND IRVING.

SURPLUS STORE

SHOP 7 DAYS A WEEK
SUNDAY 12 NOON TO 5 P.M.

Surplus Toys Available At Savings.

Save Over 50% On Plastic Road Blocks



Regular Catalog Price \$4.99

Now Only **2²²**

Many Other Surplus Toys At Reduced Prices

Comes complete with car, plane shells and motor. 1 size only. 51-pieces total including the road blocks to make the roadway.

Surplus Clothing Available At Savings!

SAVE \$8 On Men's Unlined Raincoats

Regular Catalog Price \$19.90

11⁸⁸

3 Days Only

PERMA-PREST for easy care. Choice of black or tan color. Sizes 36-46 regular and 36-42 in short or long.

"Charge It" On Sears Revolving Charge

SHOP AT SEARS AND SAVE Satisfaction Guaranteed or Your Money Back

Sears

Grand At Irving
Phone 234-3311

SEARS, ROEBUCK AND CO.

LOV-LEE-LADEE BEAUTY SALON

284-0293

Expert Haircutting, Styling, Hair Tinting
Permanent Waving & Manicure
106 N. Killingsworth

Prop. Alzena Fields & Cassie Jenkins

Operators: Pauline Kelly, Tonda McErrin, Geri Ward
"WHERE THERE IS BEAUTY THERE IS CHARM"

Having a dance or social event?

Let us rent you a neat spacious hall with necessary facilities to accommodate approximately one hundred people.
Reasonable fee.

For information call: 288-4040 or 288-1183

Mitchell's Plumbing

The heart of your home.



For first class efficient service, there is no doubt when you call Vann.

Vann's Mortuary

5211 N. Williams Avenue

281-2836