

News'n Views for the homemaker



In National Competition



Tina Lathan

Dr. and Mrs. E. C. Ogbuobiri entertained at an open house for Tina Lathan, Saturday evening, at their north Portland home.

Tina flew to New York Sunday morning to represent Oregon in the Miss Black America Pageant at Madison Square Garden. Finals of the contest will be held Saturday night.

She was the Jefferson High School's 1971 Rose Festival princess and is the daughter

of Mr. and Mrs. Brozie Lathan.

Mrs. Ogbuobiri, who also is a PhD, set a typical Nigerian serving buffet table, using hand woven, white raffia mats on the table.

One of the serving bowls was a hand carved wooden bowl from their homeland. The music was African highlife selections, which is the most popular of West African music. Greeting guests the hostess

wore a colorful ankle length African two piece gown, that was red with print peacocks in black and white. She wore handmade, gold earrings and necklace to complete her costume.

Dr. Ogbuobiri is a consultant in the Model Cities Agency and is an electrical engineer for the Bonneville Power Administration, while his wife teaches philosophy and education at the University of Mississippi during the academic year.

"The Woman's Film"

Two films, "The Woman's Film" produced by Newsreel, and "Growing Up Female", produced by women at Antioch College will be shown at the Agora Coffeehouse on S.W. Broadway and Montgomery, August 25, 26, 27 at 8:30 p.m.

This special program of films by and about women is being presented as a benefit for the Women's Prisoner Support Group. Admission is seventy-five cents and donations will be gratefully accepted. Proceeds will go toward the expenses of operating a home. Prescott House was set up for women released from jail or prison and other women in crisis situations who need a place to stay until they can manage on their own.

In addition to maintaining a house for women needing temporary help, Women's Prisoner Support conducts exploratory legal work on behalf of women in prison and helps to establish contact and communications between women on the inside and out of prison. This process of mutual support is very important and valuable for women trying to

live a new life for themselves.

"The Woman's Film" was conceived, directed, filmed and edited by three women. The film is a 45 minute documentary produced last fall by San Francisco Newsreel. Married and divorced women share their original hopes and final disillusionment with married life. Blacks, poor white, and Chicano women discuss their experiences on the job combined with raising a family. Welfare mothers talk about the inadequate and degrading nature of the welfare system. In the end women are seen coming together, creating organizations and in general acting to change their lives.

"Growing Up Female", directed by Julia Reichert at Antioch College, sheds new light on what it is like to become a woman in America. Beginning with scenes of children in nursery school where little girls are encouraged to play in the doll corner, the film captures many common sequences in the lives of women as they grow to adulthood in our culture.

Milk Chocolate Fondue

Most people—or at least those uninitiated in the art and fun of fondue cookery—generally associate fondue cooking strictly with cheese.

It may have started that way with the Swiss many years ago, but fondue cooking now embraces meats and desserts as well as cheese. In fact, there is no better way to top off a meal than with chocolate fondue. It adds a unique touch to anything from a ladies' bridge party to a small-fry birthday party.

Chocolate fondue lends itself to almost limitless possibilities for "dunkables." Almost any fresh fruit tastes better when it's surrounded by melted chocolate. This would include bananas, apples, cherries and grapes.

You'll also want to try pineapple chunks, mandarin orange slices and dates as well as marshmallows or bite-size pieces of angel food cake.

Here's a basic Milk Chocolate Fondue:

MILK CHOCOLATE FONDUE
(8 to 12 servings)
2 1/2 ounce packages milk chocolate chips

1 cup heavy whipping cream
1/4 teaspoon mint extract or 1 to 2 lbs. creme de menthe, optional

Combine chocolate chips and cream in fondue pot. Set heat control at dessert setting and stir until chocolate melts. Add mint flavoring if desired. Stir until blended.

For serving, spear fresh fruit tidbits with fondue fork and swirl in chocolate.

TUNE OUT THE WORLD

Although parents may never understand "how anyone can study with the radio-tape player: phonograph on," the going-back-to-school student seems to be able to manage it, somehow. Koss stereophones are one answer to having music when and as you like it, and without disturbing the family or the room-mate. In addition to delivering the kind of private, personal sound wanted for accompanying the study routine, newly introduced Red Devil stereophones provide lightweight comfort (12 ounces) at low cost (under thirty dollars).

August is SANDWICH TIME



Nosegay Cup cakes

18 cupcakes

1/2 cup butter
1 cup sugar
1 teaspoon vanilla extract
1 teaspoon grated orange peel
2 eggs
2 cups enriched flour*
1 tablespoon baking powder
1 teaspoon salt
1/2 cup milk
1/4 cup orange juice
1 box (5 1/4 oz.) fluffy white frosting mix, prepared as package directs
Food coloring
Fresh fruit-flavored large gumdrops
Sugar

Cream butter and 1 cup sugar together until light and fluffy. Blend in vanilla and orange peel. Beat in eggs, one at a time. Stir together flour, baking powder and salt. Thoroughly blend flour mixture into creamed mixture alternately with milk and orange juice, beginning and ending with flour. Pour into paper-lined muffin cups 2/3 full. Bake in preheated 350 degree oven 25 to 30 minutes, or until done. Remove from pans and cool. Tint prepared frosting with food coloring. Frost cupcakes. On sugared surface roll out gumdrops into thin strips, about 7-inches long and 1-inch wide. Roll into rose shape, pinching one side together. Roll out green gumdrops and cut into leaf shapes. Place flower and leaves on each cupcake. Invert 6-inch diameter bowl on serving plate and frost the bowl with remaining frosting. Arrange cupcakes over frosted bowl, placing close together.

*Spoon flour into dry measuring cup; level. Do not scoop.
NOTE: If self-rising flour is used, omit baking powder and salt.

Consumer Protection

by J. Alton Page

The Consumer Protection Program opened its doors to the Model Neighborhood for business April 1, 1971. It is located at 575 N. Killingsworth Street, just across the street from Jefferson High School. It is staffed by 8 people with three additional typists, supplied on a training basis by the Concentrated Employment Program, and one Vista volunteer. The Director of the Program is J. Alton Page; Education Coordinator, Betty Bradlyn; Education Specialist, Anne Lorenz; Consumer Aides, Joyce Penon and Terrance Knapper; Education Aides, Betty Jones and William A. Taylor; and Secretary, Lucille Rithaler.

Each week one of the staff members will bring you information on consumer problems and questions in this column.

Our services are free to community residents, we work with individuals and groups. Any organizations, club, fraternity or business group may request a staff member to ap-

pear before them for a talk on consumer problems, we will be happy to schedule a speaker.

In general terms, our primary duties are to inform residents how best to avoid being trapped into overcharges for the purchase of automobiles, home appliances (including television sets), and the quality of merchandise in general.

Each of our staff aides specializes in a certain field including reporting and obtaining credit references. Look for this column in the next issue for a report on automobiles, now that the new cars are coming onto the market. Whenever you have any question concerning prices, quality of merchandise, or contract financing, call the Consumer Protection Program 283-2459.

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By the time he was 14, he had learned too much.



THE LEARNING TREE

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MOTHERS, HERE'S A SIMPLE, CHEAP PRECAUTION TO USE AGAINST KITCHEN FIRES

Grease, fire and a careless cook are a dangerous combination. Fire department statistics prove it. Kitchen fires now rank third in the nation, just behind careless smoking and children playing with matches.

You can avoid a conflagration by turning off the stove if you have to leave the kitchen. If you're behind schedule on a meal, don't try to make up for lost time by turning the heat up high, especially when frying. Overheated grease can burst into flames. Don't neglect to wipe up grease splatters on pots and pans. Once grease catches fire, it spreads fast.

Handled properly, such fires are minor inconvenience. But as so often happens, a housewife panics the minute a skillet or greasy stove bursts into flames. Tossing on water only serves to spread the flames; flour might cause an explosion.

Your best defense is a Class-B commercial fire extinguisher. In the absence of this, however, an old kitchen staple—baking soda—will do just as well. Stand back and toss handfuls of baking soda on the flames. Baking soda cools the fire and releases carbon dioxide to smother the flames.

Since most homemakers tend to stock their baking soda at the back of the kitchen cupboard, it is often out of reach in emergencies. So fire departments across the country have joined forces with Camp Fire Girls, Junior Fire Marshals, elementary school children, 4H Groups, Cub Scouts and Girl Scouts to encourage housewives to keep a supply of baking soda within easy reach of the stove.

During National Fire Prevention Week (October 3 to 9) the children collect empty one-pound coffee

cans, on which they paste bright red FIRE labels. The labels give directions on how to handle grease blazes and other types of small fires, and also provide space for recording emergency phone numbers.

Finished fire pails are distributed to local residents on a door-to-door basis, or from parked fire engines. It's left to each homemaker to fill her fire pail with baking soda. With its bright red label, the pail is attractive enough to enhance any kitchen decor, so it needn't be shoved into a cupboard and out of immediate reach. You should keep the lid on the coffee can to ensure that the soda won't cake.

For mothers with young children, a fire pail project is a good crafts idea. Children can make their own labels by cutting out white paper to fit the circumference of the coffee can, and printing the word FIRE with bright crayon. For handles, show the youngsters how to lock two clothes pins together, or let them glue a stack of ice cream sticks together and paint them in bright colors. Then punch holes on both sides of the pail, where they can attach the handle with pipe cleaners.

Santa Ana, California, reports over 128 fires put out by the baking soda fire pail method. Chances are, there were hundreds more which were not reported, since more than five and a half million FIRE labels were distributed throughout the country last year.

And since these five and a half million labels required five and a half million coffee cans, think of the dent that's been made in the refuse problem. So fire pails not only pay off in helping reduce the fire toll safely and economically, but they cut pollution as well.

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