

# News'n Views

## for the homemaker

### Mexican Chili pot

for the beans:  
 1 cup dried kidney beans  
 2 cups cold water  
 1 clove pressed garlic  
 1 tsp. salt  
 1/8 tsp. freshly ground black pepper

Wash beans; soak overnight. Add more water, if needed, to cover beans. Add garlic, salt, pepper. Bring to boiling point; reduce heat. Cover, simmer until beans are tender (about 2 hrs.). Add more liquid, if needed, set aside.

For the chili pot:  
 large green pepper, diced  
 large onion, chopped  
 2 tbsps. vegetable oil  
 2 lbs lean ground beef  
 2 tbsps. chili powder  
 10 drops Tabasco, optional  
 1 clove pressed garlic  
 2 tbsps. salt  
 1/4 tsp. freshly ground black pepper  
 1/2 tsp. cumin seeds  
 2, 1-lb. cans tomatoes  
 1/4 cup tomato paste  
 1/2 tsp. sugar

Saute green pepper and onion in oil until golden; add beef, cook until meat turns gray. Stir often with fork to keep loose texture. Blend in chili powder, Tabasco, garlic, salt and pepper. Cook 5 mins., stirring. Add cumin, tomatoes, tomato paste and sugar; cook 30 mins.; stir often to prevent burning. Add cooked beans, cook 15 mins. longer. Taste to correct seasonings. Serve alone, with tamales, or spoon over rice or fill taco shells. Serves 8.

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## African Blanket

African fabrics had a brief rage a few years ago, but for many reasons, failed to penetrate the ready-to-wear scene widely. But the originality and hand-made quality of African fabrics are too good to die out.

Perhaps the present inportation by PB Textiles will start them up again. This firm has re-discovered the reversible blanket cloth woven by the Basuto tribesmen in the little-known country of Lesotho. Brilliantly colorful, beautifully designed in both abstract patterns and "story" motifs, the blankets are worn much as the American Indian wore his.

PB has translated 15 such designs into lightweight acrylic, to be sewn into blankets, wall hangings, ponchos and even skirts. The blanket cloth joins such other PB indigenous fabrics as the Metsovaara prints from Finland.

(cont. from page 2)

The citizen advisory committees, each composed of two high school students and seven adult residents appointed by the Board of Education, were organized in 1970 to allow more citizen and pupil involvement in education. The members reflect their school communities and advise their areas on educational programs, building needs and school operations.

They meet at 7:30 p.m. on the third Monday of each month during the 1971-72 school year in schools throughout the district. The meeting dates are: October 18, November 15, December 20, January 17, February 14, March 20, April 17, June 19.

For further information call: Fran Baumann, Public Information Specialist, 234-3392, Ext. 336.

## Cosmetology courses offered at PCC

Two Vocational Teacher Education courses of interest to instructors in schools of beauty will be offered this year at Portland Community College.

"Audio-Visual and Instructional Material Production" is a three-credit-hour course to be held from 7 to 10 Tuesday evenings at the Sylvania campus. "Psychology of Learning," also a three-credit-hour class, will be held from 7 to 10 on Mondays.

Regular classes in art, biology, chemistry, business administration, recreation, will also be offered.

For a full schedule of classes, call Portland Community College, 244-6111. For further information on the vocational teacher education contact Grant Scott at PCC.

## A Birth-Control Method Could Be Aided by a Test

Two years ago medical science admitted what millions of women already knew: The rhythm method of birth control was, at best, chancy. Scientists had generally believed that the rhythm worked 80 per cent of the time, but a 1969 Georgetown University study reduced that figure to 30 per cent.

Now a new test for fertility is on the way, one acceptable to women who prefer natural methods of birth control.

An Illinois physician last week reported preliminary development of a simple, self-administered saliva test that can predict a woman's fertile period from one to five days ahead of time. Chemist Raymond O. Foster and Dr. Albert B. Lorincz told the American Chemical Society meeting in Washington, D.C., that the test employs a strip of chemically sensitive tape a woman can hold in her mouth

briefly each day.

The tape registers the level of a chemical enzyme known as alkaline phosphatase, which is found in the saliva and apparently varies during the phase of a woman's menstrual cycle. During the few days preceding ovulation, the time when eggs are released from the ovary and are vulnerable to fertilization, the level of this enzyme is significantly higher than during other days of the month. Dr. Foster also discovered that the rise in enzyme level paralleled the rise in body temperature, another indicator doctors frequently use to estimate the onset of ovulation.

It may be some time before women will be able to buy the tape, however. Dr. Foster said additional studies were needed before the Food and Drug Administration would approve the new fertility guide.

## Encourage Child

These are the days when parents of elementary students are puzzled about their child's inability to read and that the child has little or no interest in reading.

Parents talk to other parents and to the teachers, asking for some suggestions to stimulate an interest in reading. If they ask their second grade child if he is interested in reading, the child will admit that he has no interest in learning to read, and therefore is having problems in school.

Discussions with three elementary teachers produced three somewhat similar concepts, that when put together answers the question by saying that there is no single way in which to stimulate a non-reader to read. Unfortunately, there are far too many children who go from grade to grade, even reaching high school, with little or no ability to read adequately. Opinions are that parents should work closely with the child's teacher. Checks should be made to see if the child is under physical difficulties, such as poor hearing or poor sight.

Perhaps an emotional problem may be involved. Since the child is only in the second grade, it may be that he is just not ready to begin reading. Not all children develop reading patterns at the same age.

However, by the time a child is in the second grade, he should show evidence of some interest in learning to read, a curiosity, a desire to know what the words in his books mean.

Sometimes, teachers say, reading stories to the child will help. Take an interest in the school work. Encourage him.

All three teachers insisted that parents must not nag or pressure the child. That can become deadly and prove to be a boomerang.

If all else fails, parents might consider a special reading class, where disabilities could be detected—if any—and help provided.

It's back-to-school-time again. When you're driving... Watch for sudden children. Spare the speed and save the child.

Under the revised rule, Federal contractors and sub-contractors will be required to analyze the following factors:

--The number of unemployed women in the labor area surrounding the facility.  
 --The percentage of women in the work force in the area surrounding the facility.  
 --The availability of women having the requisite skills in the area surrounding the facility.  
 --The availability of women seeking employment in the area.  
 --The availability of women having requisite skills in the area in which the contractor could reasonably recruit.  
 --The availability of "promotable and transferable" women in the contractor's organization.  
 --Anticipated expansion, contraction and turnover of the contractor's work force.  
 --Availability of institutions capable of training persons in the requisite skills.  
 --Training that the contractor is reasonably able to undertake as a means of making all job classes available to women.

## Safety Tips

Here's a reminder about safe driving from the Portland Traffic Safety Commission:

Summer highway repair and lane repainting can be dangerous for the driver who's not alert. Watch closely for flashing lights, flagmen or barricades. Reduce your speed quickly and prepare to stop.

When you're planning your vacation trip this summer, the Portland Traffic Safety Commission says to consider this: Night driving is about four times as dangerous as daytime travel. Plan your trip to avoid blinding headlights and the other up-tight hazards of night driving.

When you're driving your car, it's what the other guys don't know that might hurt you. The Portland Traffic Safety Commission urges you to Communicate with the other drivers - let them know your intentions by using signal lights, horn and even hand signals when necessary.

## Women's Employment Opportunities

A proposal for "significant" improving the employment opportunities of American women was today announced by Secretary of Labor J.D. Hodgson.

Regulations specifying "affirmative action" requirements among Federal contractors in all industries other than construction have been newly revised to cover women.

The regulations will require Federal contractors and sub-contractors to develop goals and timetables "to remedy underutilization of women," Secretary Hodgson said.

The proposed order—developed after a series of consultations with the diverse organizations—has been changed and will appear in the Federal Register of Tuesday, August 31, 1971.

Secretary Hodgson expressed confidence that, when effective, this revised regulation "will have great impact on our efforts to assure women equality in the American workplace."

"By providing well-defined criteria for correcting underutilization of women, this order will insure significant new job opportunities for American women," Mr. Hodgson added.

Order No. 4 provides guidelines for the development of affirmative action programs by Federal contractors and sub-contractors in nonconstruction industries. The Office of Federal Contract Compliance is responsible for carrying out the order.

Since the order went into effect, the Department has become increasingly aware of problems of equal employment opportunities for women.

The central change to be effected by the revised order are requirements that employers analyze their work forces against newly-developed criteria "to determine whether women are being underutilized and, if so, to develop goals and timetables for remedying the problem," Secretary Hodgson said.

The criteria, similar to those now found in Order No. 4 for "dealing with the underutilization of minorities, have been tailored" to reflect the particular problems attendant to the underutilization of women in employment," the Secretary added.

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