



Mr. and Mrs. Robert King (left) and Mr. and Mrs. John Frazier enjoying themselves at the ball.



Mrs. Edgar Smith and Mrs. Sango (right) take a minute to relax and visit.

The Sooners are here

Mr. and Mrs. Travis Sango, Vice President, take time out for some refreshment.

Charity Club holds Formal

The Oklahoma Ambassadors Charity Club held their eighth formal ball at the beautiful Quaysy over looking the Columbia River. The ball room was filled to capacity with the many friends and patrons of the club's 51 members. With music furnished by the Mornachs there was never a time the dance floor wasn't rocking with the break down, penquin, mechanical twist and their own thing.

The climax of the ball was the introduction of the members led by a gracious President Mrs. Arvella English, a devoted vice-president Mr. Travis Sango and other officers and members. Master of Ceremony was Mr. George Page. A circle was formed representing the letter "O" in Oklahoma. The clubs colors were carried out with the ladies in white formals, men in dark tuxedos, red and white carnation corsage and white boutonniere.

The president gave a special address thanking the guests for full support of the club and its many efforts to raise funds to serve the community and pledged to continue to lead the club in an effort to support community charities with special attention given to the fight against Sickle Cell anemia.

There were many delightful comments at the closing hour. Truly the Oklahoma Ambassador Charity Club had lived true to its motto "Labor Conquers All". And a job well done by Mr. John Keller, chairman of the Ball.

Preceding the ball Mr. Floyd Nickerson of Bremerton, Washington, a former member, was host at the Quaysy for a cocktail party given for the members of the club.

An after party was held at the home of Mr. and Mrs. Edgar Smith with what has become an annual affair for them

(member's hope). "Menu was quite unique with dishes of many origins: Orient, Mexico, Louisiana Gumbo and last but not least Barbecued chicken, Oklahoma corned of course.

TV reviews Black Studies

Black Journal will examine black studies programs in American colleges and universities in a two-part survey, "Take Back Your Mind," Tuesday, November 23 and on Tuesday, November 30 at 10 p.m. on KOAP-TV, channel 10, Portland and KOAC-TV, channel 7, Corvallis.

The goals and effectiveness of the study programs will be evaluated as the Emmy-winning PBS series seeks the opinions of black administrators, teachers, and students. Black Journal's cameras will visit a black studies class on "psychology of the ghetto" at the District of Columbia's Federal City College, where students are involved in a heated discussion ranging from the meaning of revolution to the symbolism of an Afro haircut.

Faculty and administration members interviewed about the status of black studies on their campuses will include Dr. Milton White, director of black studies at the University of California, and Dr. Howard Fuller of Malcolm X Liberation University, Greensboro, North Carolina.

Black Journal reporters will talk to LeRoy Higgenbotham of U.C.L.A., who has found that many of his black students are afraid to go into Watts; and to a U.C.L.A. student whose African language teacher is a white professor. Other participants in this Black Journal study will be Frank Satterwhite of Nairobi College, Dr. Nathan Hare of Black Scholar Magazine, Dr. Joseph Paige of Federal City College, Don Warfield of California Polytechnic, and Dr. Arthur Smith of U.C.L.A. Black Journal, seen weekly on channel 7 and 10, is a production of NET Division, Educational Broadcasting Corporation.

LADIES

This is your page Let us hear from you with your hints. Also any suggestions as to what you want on your page.

Write your letters to the: Women's Editor Portland Observer

You can

Sell it!



with a P.O. Person-to-Person Want Ad Call 283-2487

Weight Watcher's

SAVORY APPLE STUFFING

- 1 package (10 oz.) frozen chopped broccoli
- 1 package (10 oz.) frozen cauliflower
- 1/2 cup finely chopped celery
- 1/4 fresh green pepper, finely chopped
- 4 teaspoons dehydrated onion flakes
- 2 medium apples, peeled, cored, and diced
- 1/2 cup water
- 1 teaspoon poultry seasoning

Cook broccoli and cauliflower according to package directions, allowing an additional 2-3 minutes cooking time. Drain and place in mixing bowl. Add remaining ingredients and MIX WELL with an electric or hand mixer. Turn into a 9x9x2 inch baking dish and bake at 350 F. for 30 minutes. Makes 4 servings.

Food preparation suggestions

With Thanksgiving upon us and the Christmas season approaching, the preparation of holiday foods becomes an annual concern. According to Dr. Walter A. Goss, Health Officer, Multnomah County Department of Medical Services, caution should be exercised in preparing turkey, chicken, dressing and other perishable foods.

When preparing foods of this type, Dr. Goss offers these suggestions:

1. Cutting boards, utensils, and cooking equipment should be kept scrupulously clean.
2. Foods containing meat, poultry, eggs or dairy products should be kept refrigerated until time for cooking.
3. Turkey or chicken should be heated sufficiently to insure that dressing is thoroughly cooked.
4. Pork should be thoroughly cooked to eliminate the possibility of trichinosis.
5. Leftover foods should be stored in the refrigerator.
6. When serving left-overs be certain they have been heated to a temperature that will kill all harmful bacteria.

Student Activities plans Cultural Bazaar

PCC students are planning a cultural bazaar to be held in the Sylvania Mall, 12000 S.W. 49th Avenue, Portland, November 30 and December 1 and 2. Booths featuring student-made arts and crafts plus special Christmas theme events will be presented.

Mrs. Erma B. Hepburn is spending Thanksgiving with her son and family in San Francisco.

Conversation

WITH Carolyn

Love is a wonderful thing! As said by Gibran in "The Prophet":

"To wake at dawn with a winged heart and give thanks for another day of loving... and to sleep with a prayer for the beloved in your heart and a song of praise upon your lips."

This is love's desire - to be always with the beloved - to live, love, sacrifice for them. But love is not all beauty. It is difficult too. Gibran goes on to say:

"But if in your fear you would seek only love's peace and love's pleasures, then it is better for you that you pass out of love's threshing-floor, into the seasonless world where you shall laugh, but not all of your laughter, and weep, but not all of your tears."

In ideal love, each person maintains their identity, and fulfills their life's purpose. But when one's identity becomes inextricably involved with another, that is where sacrifice and bending take place. Indeed it is cruel fate to let go something precious because the other person comes first. For some it may be difficult living which is involved - the pressure of business, work, and daily exhaustion, worry and fear. Still one clings to the great gift God has bestowed - for above all love is a precious trust and sacrament, whether for husband, wife, child or humanity. In spite of struggle, effort and discouragement it never gives up.

One woman lost her husband in his prime - a handsome man and marvellous father of four. She fainted when she learned he had been killed in a plane crash. Yet she went on, and raised the children alone, letting them go when it was their time, even to far away cities. And there she remained alone, thru all those 30 years, loved matriarch of her family, respected alike by children and friends.

Through all those years true to the one she loved, and exemplifying it and passing it on to her children.

- 1) A woman is like a bird - squeeze her too tightly and she dies, or hold her too loosely and she flies away.
 - 2) Marriage is the attraction between an irresistible force and an immovable object.
- All in all, it must be said that love is one of the strongest forces in the world, and is more powerful in the long run than the pressures it undergoes.
- If we have loved well, then we can say in the final day of parting:
- In the still night, yet the rose dawn, You will be with me, you who are gone.

Poetry Book Published

Reflections, Mrs. Oslay J. Gates' first book, is published by Press-22. The book of sixty poems, focusing on people and the environment is written under the name J.M. Gates. A resident of Portland for fifteen years, the author is active in religious, civic, educational and cultural service. Earlier this year, she was one of twenty-five women in the United States invited to Massachusetts to attend the two-week conference for non-scientists "Science, Society and Our World" which was jointly presented by Oak Ridge Associated Universities and Tufts University, with support from the National Science Foundation. Participation was by invitation after a competitive selection procedure which focused on a two-hundred word statement written by each conference applicant. Conference invitations included travel grants; in addition to Mrs. Gates, other participants from the west were one each from Idaho, Colorado, and Arizona. A part of the Tufts

University conference program highlighted participants researching and presenting five panel discussions.

As a member of the panel, "The Challenge of the City", Mrs. Gates spoke on the services of the city -- the lack of uniformity in quality and quantity of services, the urgency regarding quality of life and individual fulfillment, and the new alternatives and implications regarding citizenship responsibility.

Mrs. Gates was honored by inclusion in the international biography of London, England "2,000 Women of Achievement - 1970" and is included in the 1970-71 edition of "Who's Who of American Women".

The public is invited to meet the author who will autograph copies of Reflections Friday, November 26, 1971 at Meier & Frank Co., downtown, from 12 noon to 2 p.m. and 6 p.m. to 8 p.m. and Saturday, November 27, 1971 at Meier & Frank, Salem from 12 noon to 2 p.m.

Body and Fender Repair

Most reasonable shop in town
Carlos
287-8529 2609 N. Vancouver Ave.
Portland, Ore.

Couture Yvonne SEAMSTRESS

Custom Tailoring, Draperies, RECLAIMED FURNITURE Weddings, Suits
Better Dresses. 3727 N. MISSISSIPPI 287-3244

Thanksgiving Specials

- 42" Rd. Maple Ext. Table \$69.95
- 4 Captain Chairs Heavy Maple \$100.00 set
- Daveno and Chair 2 pc. set \$119.95
- Swivel Rockers choice covers \$29.95
- 100" Soffa black Naugahyde \$169.95
- 3 pc. Bedroom set Walnut double Dresser, Chest and Bed \$149.95
- 5pc. Dinnette set Table and 4 Chairs \$49.95

Complete Stock Simmons box springs and mattresses from \$79.95 per set

Krause Furniture Co.

301 E. Powell 665-1103
Gresham, Oregon
"Carl says you don't need money
Just a little bit a month"
Free Delivery Free Parking

ORDER FUEL NOW

AND SAVE!

Furnace Repair — Fuel Oil

NATE HARTLEY

Fuel Oil

"We ♥ Care" 282-5539 (Monday thru Saturday) 282-5539

2330 N. E. Alberta St. Portland, Ore. 97211

Feel Safe and Secure... Protect your Family, Home and Business!!



HINGED Bedroom guards with QUICK-RELEASE pins for FIRE SAFETY
Iron Burglar Proof Guards for Windows, Doors, Driveways, Gateways & Patio Doors.
All welded construction-protective & Decorative unlimited designs to choose from

ADVANCED STEEL PRODUCTS

Custom Built : Ornamental Iron
Install-it-yourself and Save or we Install

- Design • Fabrication • Installation
- Gates (Self Closing)
- Mail Box Columns
- Railing • Window Guards
- Circular Stairways
- Room Dividers
- Ornate Headboards

"If it's ornate - we make"
Office 289-5656 Call 7 days a week Shop 289-6054
Business address 1601 N.E. Columbia Blvd. Portland, Ore.
Quality work at fair prices Est. Gladly

Alameda Theater

3000 N.E. Alberta
284-9448

The Love Story

Rated GP

Outstanding
Co - Feature

For Love of Ivy
starring:
Sidney Poiter

In Color

Open weekdays 7:00 p.m. Sat. 6:45
Sunday 1:45