

PORTLAND OBSERVER

world of women

Emanuel volunteer director retires

A series of special events at Emanuel Hospital honored Mrs. Nina Johnson, retiring after 15 years as director of volunteers.

Arriving in February of 1956 she immediately set out to make the Emanuel volunteer program "something to be proud of".

Retirement parties given in her honor included a surprise party (she found the unexpected guests on her doorstep one evening) given by the Junior Auxiliary; a coffee and cake affair planned by the Fourth Tuesday Group (an Emanuel volunteer group); a Junior Auxiliary Reunion Tea, given in her honor, where she had a chance to see many of the Juniors with whom she had worked during her years at Emanuel; and a retirement luncheon given in her honor by the Senior Auxiliary.

New director of volunteers at Emanuel is Mrs. Dory Maddoux, junior co-ordinator at Emanuel since 1968.



Following the luncheon given at Emanuel Hospital in honor of Mrs. Nina Johnson, retiring as director of volunteers and auxiliary president, guests crowded around to admire the watch presented to Mrs. Johnson by members of the hospital auxiliary. Those admiring the watch include, from left to right, Mrs.

Johnson; new auxiliary president Mrs. Donald H. Markman; Mrs. Dory Maddoux, who will fill the hospital staff position as director of volunteers; Mrs. Harry Hansen, auxiliary treasurer; and Mrs. Cleo Hampton, Emanuel Green Lady.



Political caucus formed

State Representative Neila J. Saunders of Michigan, was elected chairman of the National Black Women's Political Leadership Caucus. The caucus was organized and officers elected at a recent meeting in Chicago. The organizational meeting drew representatives from 18 states.

The purpose of the organization is to educate black women in politics and to include them in the political process.

Rep. Saunders said, "Because they do not have the fundamental knowledge of politics and do not know where to get it, black women have never realized their full potential in the field of politics. Although some are active in politics, most are not sophisticated in that area. This new national organization will attempt to correct this by educating black women, encouraging them to become active in politics, and encouraging them to run for public office."

In answer to those who formed an integrated organization, Rep. Saunders said, "It is true that we meet, greet and work with whites as we try for an integrated society, but still black women have a need to better understand themselves. They must realize their potential and the role they must play in today's society, particularly in the political arena. They do not get the type of political education they need in integrated groups that are overwhelmingly white. The black woman has a very limited role to play in these organizations. She needs her own organization, and she now has it."

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A policewoman can do anything a policeman does

The nation's police department are missing a bet by not giving a greater share of police functions to perform, according to Dr. Gary Perlstein, assistant professor of law enforcement at Portland State University.

"Women, at least personally-wise, are as well equipped as men, if not more so, to perform the police function," Perlstein maintains. "Presently women are mainly used as metermaids and to work on

crimes by and against juvenile and women."

The 31-year-old student of criminology received his doctoral degree from Florida State University last year and joined PSU's Law Enforcement Program in the fall. He recently completed a national survey on the employment of women in police departments to be published under the title "Policewomen and Police: A Comparative Look" in the March issue of Police Chief.

"The right policewoman can do anything a policeman does now, and, in certain respects can do it better and more efficiently," Perlstein said. "Among the jobs which should be open to women are those in police-community relations intelligence and in detective work."

There are no women in such jobs in Portland now, Perlstein said, noting that the City of Portland historically was among the first in the nation to give police powers to a woman.

In an early study, "The Policewoman: A Link Between Law Enforcement and Corrections," Perlstein reported that the City of Portland granted police powers to Mrs. Lola Baldwin in 1905. Mrs. Baldwin had served as a secretary with the National Travelers Aid Society before being given the police power to deal more effectively with problems involving girls and

young women who were threatened with poor social conditions and "undesirable influences."

Mrs. Baldwin's work was so successful that the City organized the Department of Public Safety for the Protection of Young Girls and Women and named her the department's first director. The department later became part of the regular police department, but its women were called "workers" or "operatives" rather than "police."

Perlstein believes that policewomen should be given a greater share of the police function to perform and recently he cooperated with the Portland Police Bureau on a study of its employment and promotion policies involving women.

"There are several women in responsible police jobs around the country and in Europe," Perlstein said. "A woman, trained, can do routine patrol, and in Europe they do

it now. There's a woman sergeant, a squad commander in charge of patrol shift, in Miami."

Perlstein noted that Portland policewomen, with the exception of one, are relegated to jobs dealing exclusively with juveniles and women. It was only last year, he added, that women were allowed to take a promotional examination for a detective job. Seven women took that test, but so far the Police Bureau has advanced no women to the position of detective.

Perlstein will speak at the regional police seminar for women scheduled January 20-21 at the Tektronix Training Center at Beaverton. On the same program will be Lt. Donna Hansen of the Lane County Sheriff's Office. The seminars for policemen, sponsored by the Oregon State Board of Police Standards and Training, are being held in various cities around the state.

Standards proposed for frozen dinners

"Heat and serve" frozen dinners may be quick and easy to prepare, but not all of them bulge with nutrients. Last week the Food and Drug Administration (FDA) proposed nutritional guidelines designed to regulate such deficiencies.

The agency set standards for minimum levels of protein, vitamin A, vitamin B1, vitamin B2, niacin, and iron. Also, the FDA said each precooked dinner should contain protein from either meat, poultry, fish, or cheese; a vegetable; and potatoes or a cereal-based product such as rice. Each serving should have at least 340 calories.

Producers won't be compelled to meet the standards, which are scheduled to take effect in 60 days, but those who do would be allowed to disclose the fact on labels affixed to their products.

Niacin

By Kay Haraguchi, R.N.

Niacin is the third member of the B Vitamin family. Part of the body's needs for Niacin are manufactured by the body from protein foods. However, the body cannot make enough Niacin to meet all its requirements. Most of what we need must come directly from the foods we eat.

In the body, Niacin aids digestion and circulation. It helps to keep the mucus membranes (the body's inner skin) healthy. It assists in proper functioning of the brain and nervous system.

People who are deficient of Niacin are probably low in other B Vitamins, too. Some symptoms of a Niacin deficiency are a smooth, red tongue, bowel disturbances, headaches, dizziness and memory problems. Even neurotic-like behavior can result.

There are many good food sources of Niacin. Vegetables

containing this vitamin in the highest amounts are: kale, parsley, red kidney beans, baked beans with tomato sauce, lima beans, chickpeas, corn, lentils, mushrooms, okra, peas, soy beans and soy bean products, winter squash and canned tomatoes. Meats are all good sources, especially organ meats, poultry giblets, etc. Most enriched or whole grain cereals and flours and products of these are adequate to high in Niacin. Brown rice and wheat germ are good sources. Fruits providing the most Niacin are canned apricots, dates, and dried peaches. Almonds, cashew nuts and especially peanuts and peanut butter are good sources.

There's plenty of good food on the Niacin-rich list and you can be sure when you eat them that you are getting a bonus of many other nutrients!



Juanita Matthews, volunteer teacher at Parent's Child Center, accepts a gift of ice cream and donuts from the U.S. Marine Corps. Children are: Albert Williams, Jr., standing and April Matthews, left, visitors; Lisa Strong and Byron Kelly.

A Drug for those who stutter

Two British psychiatrists have reported successful tests of a drug that they said could bring relief to people who stutter.

Ten lifelong stutterers who had failed to respond to standard speech therapy were pronounced better after taking a drug called Haloperidol, the psychiatrists said.

The tests were carried out by Drs. P. G. Wells and M. T. Malcolm, who reported the re-

sults in the British Journal of Psychiatry.

Stuttering is the affliction in which a person repeats the same vocal sounds. In stammering a person is unable to utter the sound.

In their report the psychiatrists said Haloperidol was developed in Italy for the treatment of nervous twitching and grinning, believed to be related to stuttering.

Top women selected

Israel's Prime Minister Golda Meir tops the 1971 list of women most admired by the American people.

Mrs. Meir was third among last year's top ten, and fourth the year before. Mrs. Richard Nixon wins the second largest number of votes in the current survey. She was also second last year, behind Mrs. Dwight D. Eisenhower.

Newcomers to the 1971 list are Mrs. John (Martha) Mitchell, who is in eighth place, and Representative Shirley Chisholm who rounds out the top ten.

These annual audits were started in 1948, and are based on samples designed to represent the views of the entire adult population, 18 and older. Survey respondents are asked to give their choices, without being handed a list of names. This procedure, while opening the field to many possible choices, tends to favor women who receive a great deal of news coverage.

In the latest survey, a total of 1504 adults of both sexes were interviewed in a survey carried out December 10 to 13. The question asked was: What living woman in any part of the world "do you admire the most?"

Following are the top ten in the 1971 voting:

1. Mrs. Golda Meir
 2. Mrs. Richard Nixon
 3. Mrs. Joseph (Rose) Kennedy
 4. Madame Indira Gandhi
 5. Mrs. Dwight D. Eisenhower
 6. Mrs. Aristotle Onassis
 7. Mrs. Lyndon Johnson
 8. Mrs. John (Martha) Mitchell
 9. Sen. Margaret Chase Smith
 10. Rep. Shirley Chisholm
- For comparison, here is last year's list (1970):
1. Mrs. Dwight D. Eisenhower
 2. Mrs. Richard Nixon
 3. Mrs. Golda Meir
 4. Mrs. Joseph (Rose) Kennedy
 5. Mrs. Aristotle Onassis
 6. Mrs. Lyndon Johnson
 7. Mrs. Robert (Ethel) Kennedy
 8. Madame Indira Gandhi
 9. Sen. Margaret Chase Smith
 10. Mrs. Martin Luther King

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