

PORTLAND OBSERVER

world of women

Sickle cell test results announced

Results of sickle cell anemia testing among 325 Adams High School Black students indicate approximately 6% carry the trait in their blood, according to Ed Schott, Emanuel Hospital assistant vice president and coordinator for hospital participation in the program.

Laboratory testing has been done at Emanuel, using automated equipment developed for the purpose by Nigel Pickering, M.D., chief hospital clinical pathologist.

The disease is found almost exclusively in Blacks and is inherited. Schott said that the 6% figure is somewhat under the average incidence of the trait but the small number tested may be a factor. The trait is also more common in malarial areas.

Next step under the program will be to test approximately 600 Jefferson High School students in late February. Laboratory work for students at the two schools is being financed by funds from The Johnson Foundation and The Collins Foundation.

The local effort to control the disabling disease, which attacks one out of 500 Black Americans, is a joint effort of a number of local organizations, including the Albina

Ministerial Alliance, the Portland Section of the National Council of Negro Women, the University of Oregon Medical School, Pacific Northwest Bell, Model Cities Clinic, the People's Free Clinic, Permanent Clinics, and the high schools themselves, which are doing follow-up notification and coordinating. A Sickle Cell Anemia Foundation has been established with Sidney Wicks of the Portland Trailblazers as honorary chairman.

If screening tests were positive for the sickle cell characteristic, a second, more complex test was made at Emanuel. Follow-up test confirmed accuracy of the preliminary screening on the automated laboratory equipment "100%", Schott said. None of the students carrying the trait had the disease itself.

Dr. Pickering developed the equipment to reduce costs and increase accuracy of testing in the absence of commercially-available automated facilities for mass sickle cell determinations. Emanuel has been doing sickle cell testing in its Family Planning Clinics, and the tests have also been available to appropriate patients in the Maternal and Infant Care project housed at Emanuel.



Miss Irene White displays the latest in little girls' styles. Irene, who is 5 years old, attends St. Martin's Day Nursery. She is the daughter of Mr. and Mrs. Charles White.



Black women meet

Over 200 distinguished black women from across the nation will gather in Chicago this weekend for a major black women's symposium. Sponsored by the Washington D.C. Black Women's Community Development Foundation, the two-day plenary session delegates will examine relevant issues. According to Mrs. Inez Reid, executive director of the Foundation, the symposium "offers a rare and rich opportunity to communicate and share experiences on some very delicate and pressing issues which face the black woman today."

The conference is titled "Black Women: The Ties that Bind -- Program for Action."

The program will include workshops, documentary films, panel discussions and dramatizations. Panel discussions will include "Community Control", chaired by Blodette Edwards from Ocean

Hill-Brownville; "Pan Africanism", chaired by Joyce Ladner, a Howard University sociologist; "The Republic of New Africa (RNA)", led by Mrs. Georgia Collins of Georgia; and "Women's Liberation", headed by Helen King, former Ebony associate editor.

Dramatist Val Gray Ward said of the conference, "I hope this conference will bring black men, black women and black children closer together, so that we can liberate ourselves. We have a very serious problem with some black men thinking the black woman's role is just in the kitchen. And yet, black women aren't trying to compete with black men. My own role will be to remove some of the stereotypes and work for our liberation. Control of our communities and control of our schools -- these are just some of the things we hope to deal with at the conference."

Becoming a woman

by Elizabeth Churchwell

Yesterday I was a girl, thinking only of girlish things—clothes, exotic perfumes, dazzling earrings, my first make-up session, and maybe even boys!

Each year I grew older I began learning all about life and the important things my mother told me about, such as a woman's pride, concepts of life, and my personal morals to follow.

It is up to an individual to choose what road in life she

wants to take, whether it's a career, housewife -- or just sitting around, walking the street.

I know I sometimes wish, if I could be born again, my life would certainly be different and better; and for this day and society, bettering yourself is quite an adjustment in life.

Womanhood is a precious gift from Mother Nature. No one should deny us our rights to be women, no matter what we say or do.

We were put here to love and be loved, to bring little ones into a better generation and to share our man's life for as long as we both shall live.

Yes, now I've put all my foolish, girlish ways behind and taken a step toward being a woman. You know, to me it's a beautiful feeling! But keeping it is truly a step toward the coming years. At least I'll try, and with a great amount of confidence and maturity I can and will succeed.

Coalition of outs

This system "has meant that if you weren't born both white and male, you were in some kind of difficulty." That is why, said Gloria Steinem on the television program Issues and Answers, the women's movement for equal rights is seeking a "coalition of the outs" to wrest change from a white, male dominated society. Rep. John Conyers, Jr. (D-Mich.) agreed saying there were areas of alliance between blacks and women's liberation efforts. Miss Steinem, a major voice in women's lib, added, "We are going for the whole thing, which is called humanism, which means that no human being should be born into an inferior role simply because they look different, whether the difference is racial or sexual."



390 CUTE SWEATER

Wear this knit slipover with skirts or slacks—it's a charmer. The trim is crocheted and gives a pivot effect. Pattern No. 390 gives the instructions for making sizes 12 to 16.

Send 30 cents plus 10 cents for postage and handling to MARTHA MADISON (care of this newspaper).

For New Spring and Summer Sewing work book send 50 cents. Contains free coat pattern and instructions and a coupon for the pattern of your choice.

Secrets of Meringue pie

The secret of the perfect meringue pie is in the eating. Eat it fresh, within two or three hours—no longer--of the time it is prepared.

There are other critical considerations, but the most important, probably, is the time between oven and plate. Cornstarch fillings, especially, start to form a crust within two hours which soaks syrup from the meringue.

There are other pitfalls. Has the filling been thoroughly cooked so the starch has time to swell and thicken? If in doubt, be sure with a minute time following recipe directions.

Insure perfect results further by spreading the meringue over the hot filling and then seal it to the crust at all points. Without total coverage the meringue shrinks as it bakes and after it's out of the oven, to hasten weeping and crust-sagging.

If the pie is not eaten soon after it is baked, hopefully, then it must be refrigerated. Refrigeration spils the otherwise perfect meringue pie. Freezing is a no-no too.

Bringing up baby can cost plenty

The \$150,000 figure for the typical mother is broken down into a series of categories. The study estimated that the cost of raising a child to age 18 is \$34,464. This covers costs of childbirth, housing, food, clothing, transportation and medical expenses. The authors assumed further costs of \$5560 for four years of resident at a public university -- more than a community college but much less than \$11,972 estimated cost at a private institution. The estimate for the typical mother's lost wages for 14 years was \$58,437, bringing the total cost for the first child to \$98,361.

Additional children, assuming they were spaced two years apart would, typically, cost \$48,793, the study said. The direct costs would be about the same as for the first child, but only two rather than 14 years of lost wages would be added.

The analysis of these "opportunity costs" was a unique aspect of the study. Discussing their inclusion, the authors said:

"To some, the pleasure of parenthood far outweighs the money foregone due to having children. For other women, however, the loss of earnings is a relevant consideration. Having a child will not only mean giving up one life style for another, but also potentially giving up one standard of living for another."

The authors of the study were two commission economists, the late Ritchie H. Reed and Susan McIntosh.

While the study found wide variations in child costs according to the mother's education level, it found almost no variation according to residence:

"It costs slightly less to raise a child on a farm, but the costs in a rural non-farm place or an urban place are practically equal."

Regional variations were somewhat greater, the study found. Direct costs up to age 18 were about \$3250 higher in the West than in the North

Central region. The figure for the Northeast was about

the same as the typical national amount. It costs the typical American family between \$80,000 and \$150,000 to rear two children and put them through college, according to a Federal research study.

The study, one of a series of reports for the Commission on Population Growth and the American Future, is thought to be the first to make complete long-term estimates of the dollar cost of being a parent.

The \$80,000 figure is the estimated total of the direct costs of two children. The report also calculated the wages a typical woman could have earned had she not borne the children and stayed home until the younger reached 1. Adding these wages brings the total to \$150,000.

The study's authors said they were being conservative. They acknowledged the difficulty of encompassing costs like music lessons, corrective shoes, and orthodonture. "It is, therefore, impossible to talk about the cost of a child except as an abstraction, the study said."

Our American word "cookie" comes to us from Holland by way of the Dutch who settled New Amsterdam (New York). The Dutch called a cookie a "koekje," a diminutive of "koek," meaning cake. As in many cases when adopting new food, the English took the sound and gave it their own spelling. The British today call our cookie a "biscuit" or "cracker."

Chilling the dough helps the process of rolling out cookie dough for cutting. A pastry cloth, lightly sprinkled with flour, and a stockinette rolling pin cover help prevent the dough from sticking. Dip cookie cutters in flour before pressing into dough. And when you reroll the trimmings, merely lay them together with edges slightly overlapping and press with a rolling pin. Wadding them together before re-rolling will toughen cookies.

MUSHROOM VEGETABLE SOUP

- 2 10-1/2 oz. cans condensed beef broth
- 2 soup cans water
- 1/2 tsp. dried oregano
- 1/2 tsp. dried marjoram
- 1/2 tsp. celery seed
- A few drops Tabasco
- 2 T. chopped parsley
- 1 clove garlic, crushed
- 1/2 c. chopped onion
- 1 c. sliced carrots
- 1 med. zucchini, chopped
- 1 6 or 8 oz. can sliced mushrooms

Combine all ingredients in a medium saucepan; bring to boil. Reduce heat and simmer, covered, 1/2 hour. Serves 6 (35 calories per serving).

MUSHROOM CHICKEN

- 1/4 c. finely-chopped onion
- 1/2 c. finely-chopped green pepper
- 1 c. finely-chopped celery
- 1 clove garlic, minced
- 1 tsp. Italian seasoning or mixed herbs
- 2 3 or 4 oz. cans chopped mushrooms
- 1 broiler - fryer chicken quartered
- 1/4 tsp. pepper
- 1 tsp. salt

Combine onion, green pepper, celery, garlic, herbs and mushrooms in a small bowl. Sprinkle chicken on both sides with salt and pepper; place in a lightly greased 13 x 9 x 2" baking dish and top with mushroom mixture. Cover and bake in a 375 degree oven for 30 minutes, or until chicken is tender.

Reliable electricity a plug for healthful living

Better health begins with having the most modern medical treatment and care available.

Science has developed the computers, the heart monitors, and the vast number of medical machines that make this treatment and care possible.

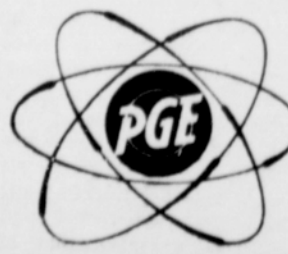
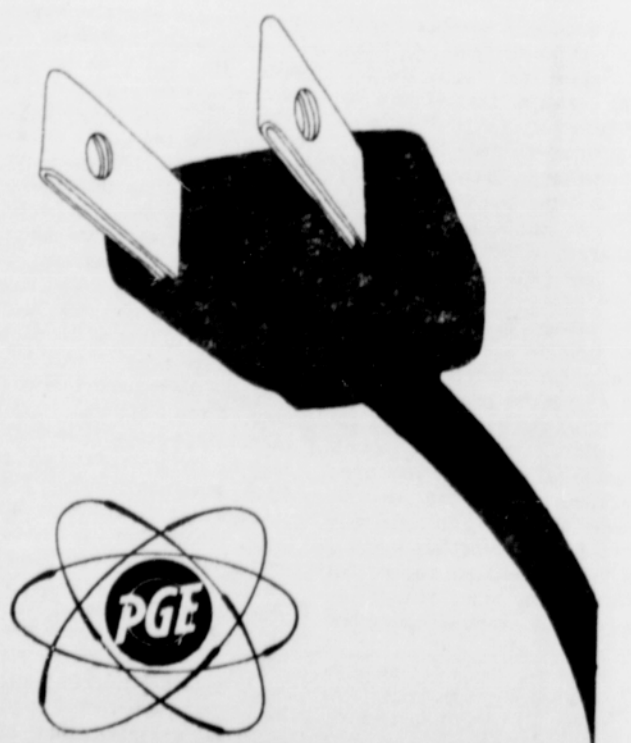
Electricity makes them work.

Here in Oregon, much of the electricity our medical centers need is provided by Portland General Electric Company.

Power from PGE is the heart of virtually every function in these centers. In laboratories. In diagnostic clinics. In modern climate control systems that maintain constant indoor comfort levels. In large hospital kitchens where it helps prepare thousands of meals, quickly and easily, day in--day out.


To keep ahead of your ever-growing electrical demands, PGE is building new generating plants which are essential for reliable electric service. Energy from the atom, which is clean to make and clean to use, will provide adequate supplies of electricity while preserving Oregon's matchless environment. If you'd like a free booklet on "Why Oregon needs more power," write or phone PGE.

Portland General Electric Company
Providing clean energy for a better life.



OUR AIM
Is to
Ease the Burden ...

Thoughtful meticulous attention to every family wish is assured by our many years of experience



C Don Vann

Vann's MORTUARY

5211 N. Williams Avenue 281-2836
Portland, Oregon