

world of women



The Peninsula Park Citizen's Committee, which consists of parents in the community who are interested in the safety and betterment of the park, have sent a letter to the head of the city park department, Dale Christiansen, requesting the following: heating of the outdoor swimming pool, a bike path from the Northwest corner of the park to the Southeast corner, summer band concerts in the gazebo, combined day care and preschool in cooperation with Portland Community College, uniformed directors that can be easily recognized, and improved lighting in the park to further safer night use. The summer program will begin by June 12th.

Adams mothers effect coup

The last issue of the "Adams Community Newsletter" is hot off the press and the two editors are taking a well deserved respite from their self-started publishing careers.

Mrs. Bernice Buchanan and Mrs. Gloria Stuckel, both mothers of Adams students and active members of the P.

T.A., have published more than 13,200 copies of the "Adams Community Newsletter" during the past school year.

The two women decided to publish Adams' first newsletter last fall when they realized they were not the only parents who wanted to know more about the school's diverse and innovative curriculum.

After recruiting a staff of writers from the school faculty, they enrolled in Adams' print shop for a crash course in graphic arts. Under the auspices of instructor Dick Johnson, they learned how to edit news, lay out copy, make plates for printing and run an offset press.

Then with the help of ten print shop students, the novice editors published their first issue of the newsletter

and circulated some 2,200 copies to parents, students, business leaders and other interested citizens in the Adams High School neighborhood. The newsletter was an instant success, and five more issues followed on a monthly basis.

Financed jointly by the Adams P.T.A. and Dad's Club, the newsletter gave print shop students a chance to practice graphic art skills at no expense to the school as well as built better communication lines between the school and community.

Since the newsletter sustained its "best seller" standing in northeast Portland throughout the school year, it is expected back in circulation as soon as the editors recuperate from their initial coup in the publishing world.

Navy selects first female musician

The Chief of Naval Personnel announced the selection of the first female musician in naval history. She is Petty Officer Evangeline Gearidine Bailey, USN, 23, and she will be assigned to the U.S. Navy Band in Washington, D.C. Spokesmen of the Navy Band describe her as, "Pretty, petite and enormously talented."

Evangeline, a Hospital Corps woman at the Bethesda Naval Medical Center, enlisted in the Navy in September, 1971, and was a Hospital Corpsman third class. She comes from a gospel-singing, music loving family known in Virginia as the Bailey Gospel Singers.

She is the daughter of Mr. and Mrs. William Bailey, III of 1505 Ekstine Drive, Portsmouth, Va. Her father is a retired Navy man with 22 years of service. Evangeline said, "In my family, my father made you sing whether you wanted to or not. It was a way of life."

At five Evangeline was playing piano. At nine, while living with her family in New York, she studied at Steinway Hall. Most of her training has been in the classics and when she enrolled at Norfolk, Va., she entered as a voice major with a concentration in classical music, but there were other musical outlets as well. She was a member of the Washington Ford Foundation, a gospel group; a member of the Collegium Musicum, a chorus that sang every type of music; and she also appeared with the "Superlatives," a rock group patterned in the Supreme's style. While at Norfolk, Evangeline also appeared as Des-



Washington, D.C. . . . The first female musician in naval history, Musician Third Class Evangeline G. Bailey, pauses with U.S. Navy Bandsman Chief Musicians Robert A. Bell and John A. Reinhardt and Master Chief Musician David E. Zehner, (left to right). Miss Bailey is a twenty-three year old vocalist from Portsmouth, Virginia, and the U.S. Naval Hospital, Bethesda, Maryland.

pina in the Norfolk State Opera Workshop production of Mozart's "Così fan tutte."

The Music Branch of the Bureau of Naval Personnel has been searching for a qualified vocalist for some time and with the hiring of Evangeline hopes to open up Navy music to many more talented women.

"We are quite proud of our selection," said men of the Navy band.

Evangeline is now a rated musician instead of a hospital corpsman. One of the musicians added a parting thought, "Evangeline is just another example of the forward moving, now-thinking New Navy."

Humboldt joins clean up campaign

Residents of the Humboldt area of Portland will join in a neighborhood clean-up campaign on Saturday, June 3rd. The campaign is being spearheaded by the Humboldt Neighborhood Improvement Organization and the Portland Development Commission (PDC) through its Neighborhood Development Office. The area is bounded by Ainsworth on the north, Skidmore on the south, Garfield on the east and the Minnesota freeway on the

west. PTA, church, youth and service groups from the neighborhood have been invited to help in the campaign.

Several organizations have volunteered equipment or personnel for the clean-up. A U.S. Marine Reserve Unit will furnish three large dump trucks and have arranged for a reduced rate on ten drop boxes. The Portland Development Commission will cover the balance of the fee. Other large cardboard containers

for use as collection boxes have been obtained from Sears and Roebuck.

Tradedwell Stores are donating food for the workers. Community Care Association will help cook and serve refreshments.

Trucks and helpers will gather at 9:30 a.m. at Neighborhood Development Office #4, 4000 N. Mississippi. The clean-up will continue until 2:30 p.m.

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Dear Consumer

It's Grass Cutting Time: Be Careful

By Virginia Knauer
Special Assistant to President Nixon
for Consumer Affairs

What domestic appliance do you know of that can cut like a knife, shoot like a gun or explode like a bomb?

Your rotary power lawn mower can if it is carelessly used.

The most hazardous part of your mower is the fast rotating blade, but you should be aware of other hazards too. Rocks and other debris can be hurled from the discharge chute at high speeds. A mower gas tank being filled while hot can explode. A mower running in a closed garage can emit poisonous carbon monoxide fumes. Or loose clothing — even long hair — can be caught in a mower's exposed moving parts.

The power mower is a valuable tool for the modern homeowner, but it is not a toy and should be taken seriously. In 1969 an estimated 140,000 injuries were caused by mowers. Fortunately, there are two ways to reduce the injury toll: design a safer mower and increase consumer awareness about safety.

Improved safety features are becoming available on many models, such as discharge chutes that minimize ejection of dangerous objects and guards that keep the operator's feet away from the blades.

Look on your mower for the triangular silver-colored safety seal, sponsored by the Outdoor Power Equipment Institute, which indicates that the mower has been certified by an independent laboratory to meet standards set by the American National Standards Institute in 1968. In small print you will read:

"ANS B71.1-1968." The standards have been upgraded in 1972 so that later in the year you may see a new gold-colored seal labeled "ANS B71.1-1972."

However, the ANSI standard is voluntary and is only a minimum standard.

Here is where consumer safety awareness comes in. By investigating the safety features of the mower you buy and by paying a few extra dollars if necessary, you can get a mower whose safety features exceed the minimum. Ask your dealer for the free safety mowing guide published by OPEI or write to Outdoor Power Equipment Institute, 734 15th St. N.W., Washington, D.C. 20005.

The OPEI guide can be especially useful if you own a mower bought many years ago when safety features were fewer or if you have lost your owner's manual. Also, you should have your mower inspected annually by a serviceman to eliminate loose parts, cracked blades and other hazards.

To report a mower accident, write a letter to OPEI and send a copy to Food & Drug Administration, Bureau of Product Safety, Room 222-C, 5401 Westhard Ave., Bethesda, Md 20816. Include the manufacturer's name, the model number and the serial number. This will aid FDA in its efforts to gather data about product-related injuries.

POT ROAST WITH WINE GRAVY

4 to 5 lb. beef sirloin tip roast
1 clove garlic, slivered
2 carrots, cut in pieces
1 onion, cut in pieces
2 stalks celery, cut in pieces
Salt, pepper, MSG
Burgundy
1/4 cup flour
Water
Dash Worcestershire
1/8 tsp. granulated garlic
Gravy coloring, optional

Place roast in Dutch oven or roasting pan with slivered garlic, carrots, onion and celery. Season with salt, pepper and MSG. Add 1/2 cup wine, cover and roast at 325 to 350 degrees until tender, about 3 hours. Remove cover last half hour of roasting. Remove meat and keep hot. Remove vegetables with slotted spoon and puree. Pour fat off pan drippings, reserve 4 tsp. and place in saucepan. Stir in flour over medium heat until mixture is bubbly. Measure pan drippings and add enough water to make 2 cups. Stir liquid into roux and cook and stir until thickened. Season with Worcestershire sauce, granulated garlic and salt, pepper and MSG to taste. Stir 3 tsp. Burgundy and pureed vegetables into gravy. Add coloring to make a brown gravy, if necessary. Serve gravy over sliced roast. Makes 8 to 10 servings.

CURRY CREAMED ONIONS

1 lb. medium onions
1 can mushroom soup
1/3 cup milk
1/4 tsp. curry powder

Peel onions and cook in boiling salted water 20 minutes or until tender. Drain. Combine soup, milk and curry powder in saucepan. Add onions and heat, stirring occasionally. Makes 6 servings.

HERBED ONIONS

2 large sweet onions
6 fresh mint leaves
1 tsp. minced parsley
1/4 tsp. crumbled thyme
Salt
Coarsely ground pepper
1/2 cup oil
1/4 cup wine vinegar

Peel onions and slice crosswise about 1/4 inch thick. Mix mint leaves, parsley and thyme. Arrange onion slices in flat dish and sprinkle with some of the herbs, salt and pepper. Repeat layers, topping with the herbs, salt and pepper. Mix oil and vinegar. Spoon carefully over onions. Chill at least an hour or all day, spooning some dressing over onions now and then. Spoon carefully over onions, cold, or in sandwiches of thin slices of dark rye bread and cold ham or lamb. Use dressing for salads or as marinade.

STICKY CHICKEN

1 2-1/2 to 3 lb. broiler fryer
Flour
Oil
1 env. onion soup mix
1 1-lb. can stewed tomatoes
1 cup dry white wine
Pepper
8 oz. mozzarella cheese, shredded

Cut chicken into serving pieces and coat with flour. Brown in oil in large skillet, then place in shallow baking pan. Blend soup mix, tomatoes, wine and pepper to taste and pour over chicken. Bake at 325 degrees 1 to 1-1/2 hours. Sprinkle cheese over chicken last 15 minutes of cooking time. Makes 4 to 6 servings.

LEMON WHIPPED CREAM TOPPING FOR FRUIT CUPS

1/3 cup mayonnaise
3 tablespoons powdered sugar
3 tablespoons lemon juice
1/4 teaspoon grated lemon rind
1/2 cup heavy cream
Mixed fruit of your choice

Combine mayonnaise, sugar, lemon juice and rind. Mix until smooth. Whip cream until stiff. Fold cream into mayonnaise mixture. Serve as a topping for fruit cups. Make about 1 1/3 cups sauce.

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