

world of women



MRS. RUTH SPENCER is a candidate for selection as the Black Caucus member for City Commissioner. The Black Caucus will recommend a Black person, to be selected at its Community Convention, to the City Council for appointment to fill the pending vacancy. The selection of a candidate will be made on Saturday, August 26, at Vancouver Avenue Baptist Church.

School district raises lunch price

Portland Public School students and employees face an average 18 per cent hike in hot-lunch prices during the 1972-73 academic year.

Elementary students and staff will pay five cents more and secondary students and staff ten cents more for the school district's hot lunches.

Ruth Smalley, coordinator of food services, said the increase in prices - spurred by skyrocketing food costs and termination of district subsidization - is the first in five years.

Hot lunches for elementary students will rise 16 per cent (from 30 to 35 cents), eight per cent for elementary staff (from 45 to 50 cents), 28 per cent for secondary students (from 35 to 45 cents) and 20 per cent for secondary staff (from 50 to 60 cents).

Elementary and secondary children from disadvantaged families will continue to pay only 20 cents (or nothing) for

hot lunches. The balance (or entire amount) is paid by federal funds. Federal funds also subsidize about 25 to 30 per cent of hot-lunch costs for all students.

During a typical year, student-staff patrons of school cafeterias and snack bars consume 37-1/2 tons of cheese, 67,800 gallons of ice cream, 270,000 ice cream cups, 50 tons of french fries, 50 tons of ground beef, 14-1/2 tons of fish, 108,000 bags of potato chips, 96,000 bags of corn curls and 300,000 gallons of fruit juices.

Food is prepared locally in 68 elementary and 14 high schools. Those kitchens also prepare and transport hot lunches to 28 elementary and 26 early-childhood-education centers.

Mrs. Smalley pointed out that school lunch prices in Portland will remain equal to or less than prices in suburban school districts.

The invisible pollutant

By James L. Mack, M.D., President of Oregon Thoracic Society

We can close our eyes to wipe out the world. But we can't shut our ears.

The decibel count in our industrial society is soaring. Jet planes streak across our skies. Trucks and millions of cars pound our highways. Rock music chokes the airwaves, and television sets turned up too high assault our silence.

Noise bombardment affects our hearing and high levels can cause permanent hearing damage. Experiments have shown exposure to high levels disrupts sleep and rest patterns, causes irritability and mental distress, and reduces work capacity. An abnormal heart rhythm may be associated with long-term occupational noise exposure.

For reasons not yet fully understood, noise even affects the way we breathe. A recent

report prepared by the U.S. Army shows that our rate of breathing actually decreases from exposure to noise. And the heart rate and blood pressure increase. Experiments on animals showed that exposure to high levels of noise also damaged the kidney, liver and stomach, as well as caused deviations in brain waves and skin resistance.

We can, of course, start wearing earplugs and insulated helmets. But we can also demand that top levels for noise be established at the places where we work and the cities where we live.

Noise is polluting our planet and altering the way we breathe and live. Fighting pollution is a matter of life and death. To join the fight, see your local tuberculosis and respiratory disease association.

Waistline nipper

- | | |
|---|----------------------------|
| 4 cups creamed cottage cheese, well drained | 2 teaspoons cornstarch |
| 2 tablespoons minced celery | 1 teaspoon sugar |
| 1 tablespoon minced onion or chive | 3/4 teaspoon salt |
| 1 tablespoon chopped red pepper | 1/2 teaspoon paprika |
| 1/2 teaspoon salt | 1/2 teaspoon dry mustard |
| 1/4 teaspoon pepper | 1 cup Florida orange juice |
| 4 cups Florida orange sections, drained | 2 tablespoons salad oil |
| | 1/4 teaspoon Tabasco |
| | 1/4 cup catchup |

Toss all ingredients except orange sections. Refrigerate about 1 hour to let flavors blend. Place salad in large bowl or arrange in individual servings. Garnish with orange sections. Serve with Low-Calorie Dressing.

GOLD MEDAL SUPERB QUALITY WIGS AND THINGS!

MONEY BACK GUARANTEE! NATURAL PART LOOK Style "A" \$9.98 Stretch Wig Tapered sides & back. \$7.95-\$19.50 Stretch Wig	"FREEDOM" AFRICAN WIG! 18kt. Gold Finish with every order Tiffany Wide-band textured \$9.98 18kt. gold electro. \$19.98 Permanent curl, even in rain. Style "B" \$9.98 Stretch Wig	FREE Golden Cross 18kt. Gold with every order Tiffany Wide-band textured \$9.98 18kt. gold electro. \$19.98 Permanent curl, even in rain. Style "B" \$9.98 Stretch Wig	FREE! Afro Pick Comb! with every afro wig Sterling silver \$5.99 Plastic \$2.99 Tinted \$4.99 Style "C" \$4.98 Stretch Wig
--	--	--	---

Has the perfect look, shape, feel, and shine!
100% human hair
Top Piece gives you hair you need
100% human hair
Top Piece gives you hair you need
100% human hair
Top Piece gives you hair you need

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____



ST. LOUIS Mother of the Year, 1972, Mrs. Lela Hicks (left); Pearl White, narrator and producer of St. Louis Chapter of Zeta Sigma Gamma Rho Sorority's "Open Road" program; and Mrs. Theresa Balden, 1970 Mother of the Year. The St. Louis Mother of the Year Presentation is a non-profit project sponsored by Chuck Finney Associates, a black owned advertising and public relations firm.

Dear Consumer

Check Refrigerators, Stoves Before Buying

By Virginia Knauer

Special Assistant to President Nixon for Consumer Affairs

I recently redid my kitchen. New stove, new refrigerator, the whole thing.

Before shopping for these appliances, I checked with some of the Federal Government's purchasing experts. They suggested a number of tests that I—or anyone—could perform in a store to compare the efficiency and safety features of stoves and refrigerators.

- Of course, I had to make some basic decisions myself.
- Did I want an electric or gas stove?
- Did I want a side-by-side freezer-refrigerator combination, or did I want a refrigerator with the freezer at the top or at the bottom?
- Then I had to take into account the amount of space available in my kitchen for each appliance and how much oven capacity and freezer-refrigerator capacity I needed for my family.
- The government's purchasing experts really were not qualified to advise me on these questions, but their checklist for safety and efficiency was very useful. You may want to use it too:
- Amperage rating for refrigerators. You can usually find this on a plate either on the back or in some other inconspicuous place. The higher the amperes, the higher the cost of operation.
- Shelves. Adjustable refrigerator shelves and half shelves allow you to make the most efficient use of the interior space. The shelves should fit close to the back and sides but should be easily removable for cleaning.
- Condenser. The condenser is the long tube with parallel metal fins that meanders along either the back or the underside of the refrigerator. It should be cleaned at least every six months. Ask for a demonstration to see how easily this can be done.
- Air vents. Cold air vents in the freezer should be designed to prevent packages
- and containers from blocking the flow of cold air.
- Safety. Avoid refrigerators with sharp edges on the door and sharp handles as well as those with unprotected lightbulbs inside the cabinet. Stoves should have a safety certification label—Underwriters Laboratory for electric stoves and American Gas Association Institute for gas stoves.
- Placement of controls. The stove controls should be easy for you to work, but difficult enough to discourage a small child, or they should be placed so they are out of reach. Check to make sure you do not have to lean over a hot burner to reach the controls.
- Stability. You should check all of the removable elements of the top of the stove to make sure they fit firmly in place without tilting.
- Oven. Put a piece of paper between the oven door and the body of the stove; if the paper pulls out easily, you are going to lose heat.
- Racks. Pull the racks almost out of the oven, put your hand on them with a little pressure to make sure they do not tilt or bend. This can be very important when you are pulling a heavy roast out of the oven or basting a turkey. Try the doors to make sure they stay open.
- And for both stoves and refrigerators, read the instruction books and guarantees before buying. Get answers to your questions before you buy, not after the appliance is installed.

DAY CARE MOTHERS



CARE FOR BABIES IN YOUR HOME.

\$3.50 a child per day

AMA
Family Day/Night Care
4635 N.E. 9th 288-5091

CUCKOO CLOCK



CUCKOOS from GERMAN BLACK FOREST
Now \$8.95 only
postpaid - duty-free
Shipped Direct To You from EUROPE

This low price possible only through our unique direct import plan. Genuine German CUCKOO CLOCK with weight and pendulum movement. Excellent timekeeper. Cuckoo chirps every quarter hour in clear pleasing voice. HAND CARVED in traditional design by the famous Black Forest wood carvers. Antique walnut finish. Perfect for den, bedroom, alcove, child's room or kitchen. Shipped direct from Free Europe in export packing with strange foreign stamps. Order as gifts, too, each shipped direct. (Not more than one addressed to the same person.) Send only \$4.95 for each. No C.O.D.'s. Postman collects 15% foreign packet charge which can't be prepaid. Satisfaction or money-back guarantee.

MAIL ORDER MARK - Dept. 22
2701 Sterling Rd., Suite 237
Monroe, Louisiana 71201

Please send me the cuckoo clock. If I am not completely satisfied, I will return it within 10 days for a full refund.

Name _____
Address _____
City _____ State _____ Zip _____

For all phases of beauty visit

International Boutique



STYLISTS

Ethel Bates
Bernetta Holder
Faye Innis

MANICURIST-

Addie Ward

5515 N.E. 30th Ave. 288-9889

17-Piece Deluxe Cutlery Set



Stainless Steel
Blades
Guaranteed to
Stay Sharp For
30 YEARS

Yes, you get all 17 super-sharp knives for only \$9.95! Deluxe set includes all the knives you need for food preparation, carving and serving - shipped direct to you from the manufacturer in Solingen, West Germany! You would normally expect to pay \$2 each for knives of this quality and handsome design. This big 17-piece set of imported Cutlery is actually guaranteed not to need sharpening for 30 years from date of purchase! Order TODAY. Supplies limited.

MAIL ORDER MART, Dept. 16
2701 Sterling Rd., Suite 132
Monroe, Louisiana 71201

Please send me the 17-piece imported knife set. If I am not completely satisfied, I will return it within 10 days for a full refund.

Name _____
Address _____
City _____ State _____ Zip _____

Parents invited

All students who will be bused from Irvington to Atkinson school, and their parents, are invited to a dessert at Atkinson Elementary School, August 31 at 7 p.m. For further information, call Dick Derby at 232-3805.

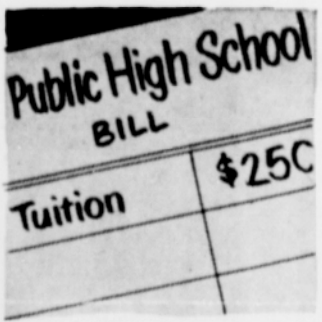
THE FAMILY LAWYER

Tuition for Public School?

Squeezed for funds, a board of education decided to impose a tuition fee on all high school students. In short order, indignant parents went to court to complain. They pointed out that the state constitution called for a system of "free" public education.

In reply, the board argued that it was simply using its discretion to ease a tight financial situation. But the court decided that tuition was indeed unconstitutional.

"The right of children to attend public school," said the court, "is not dependent on the discretion of anyone."



With education costs climbing, there has been renewed interest in the idea of charging fees of one kind or another to public school students. But tuition, at least, has usually been ruled out because of the requirement that education should be free.

Lesser fees, too, have been rejected by the courts more often than not. In another case, a school board tried to charge pupils for their textbooks. The board's theory was that "free" education referred merely to the school building and the teachers - not to "extras."

However, the court held this fee unconstitutional also, saying that books are an integral part of the educational process. The judge commented:

"No education of any value is possible without school books."

Nevertheless, another school board did succeed in collecting a textbook deposit from its students. This time, the plan had two features that made it more palatable:

- 1) the deposit was waived for any student who could not pay it; and
- 2) the deposit was refunded at the end of the semester, if the books were returned in reasonably good condition.

A court decided that this kind of a fee was too minor a burden on the educational process to be objectionable. All it amounted to, said the court, was a practical method of encouraging students to take good care of their books.

A public service feature of the American Bar Association and the Oregon State Bar Association. Written by Will Bernard.

WEIGHT WATCHERS

For other class locations, days and times, call: 288-6388