



world of women



Don't jettison old pantyhose!

This entertaining exercise in re-cycling is simply a pair of pantyhose which might have found their way into the nearest litter basket if a little ingenuity and a bit of Christmas braid or ribbon hadn't intervened.

Using the top of a pantyhose as the head piece -- the elastic is turned under all around the head and blind stitched here and there. The legs are then secured at the top of the head and braided loosely with whatever bright bits and pieces happen to be at hand (glittery tinsel, rick-rack, a strand of pearls). The braid is coiled rosette fashion and fastened with a stitch or three at whichever position looks best -- new topping for your holiday pants suit or that slinky slip of an evening gown. It obviously helps to have sculptured features and a swan neck, but lacking these, it's still a festive way to cover a tired coiff! Styling by J.P. Stevens and Company, New York.

Delta Sigma Theta plan new program

Delta Sigma Theta, Inc., an action-oriented national public service sorority of 60,000 predominantly Black professional women, is expanding its program efforts "to help people, where they are, to move where they want to be."

Delta President, Mrs. Lillina P. Benbow, who is Acting Director of Housing Programs for the Michigan Civil Rights Commission, said the main thrust of the Delta Sigma Theta is to develop and implement grassroots programs to meet the needs of Blacks and other disadvantaged minorities in the 425 communities where Delta chapters are located.

Mrs. Benbow and members of the Delta Executive Board are in Atlanta for a week-long meeting to outline detailed plans for the sorority's 33rd biennial convention which will be held in Atlanta in August of 1973.

Mrs. Maynard Jackson, wife of the Vice Mayor, is chairman of the Delta National Projects Committee, and Mrs. Harriet Walton and Mrs. Mattie Greenwood, of Atlanta, are coordinators of the 1973 convention.

Present Delta programs, according to Mrs. Benbow, include the following:

--An 18-month rehabilitation program for 300 women ex-offenders -- 200 from the Federal Reformatory for Women at Alderson, West Virginia, and 100 from state and local institutions;

--A 10-city public information program designed to increase the number of poor and minority youth in the health professions;

--A talent Search Program to locate, identify, counsel, and place youth with potential in higher education opportunities; more than 10,000 youth have been served, and approximately 1,000 have been placed;

--A Right To Read program, with emphasis on tutoring young adults and returning veterans to provide them with the skills necessary to enter the job market.

Member drive begins

The League of Women Voters of Portland has designated September as membership month. Each League member will be encouraged to bring a friend to a local unit meeting or to the general meeting, September 13th. Active membership in the League is open to all women citizens 18 years of age and older. There are no educational requirements. Associate membership is open to all those who do not meet the requirements of active membership.

The organization and activities of the Democratic and Republican parties in Oregon will be the subject of the League's general meeting, Wednesday, September 13th, 9:30 a.m. to 1:30 p.m. at the Westminster Presbyterian Church, N.E. 16th and Hancock. The candidates for District Attorney, Desmond D. Connell and Harl Haas will be the luncheon speakers.

"The League offers something for everyone," according to Jane Cease, president.

Kindergarten signup begins

Parents of kindergarten-age children who have questions about how the one-half year program will operate this school year in the Portland Public Schools should call or drop in at local neighborhood schools for the answers, John Nellor, Director of Public Information for the city system, said.

Administrative and secretarial crews are now back at work in the 114 Portland school buildings and are available to assist parents in resolving kindergarten problems. They returned to duty August 21 following the summer recess. School opens September 5 for all students.

Kindergarten was reduced to half-time following the loss of the tax base measure in May. Under the reduced program, children will be offered two nine-week kindergarten sessions on a staggered basis, each child attending for a total of 18 weeks, for the most part.

Some local variations may exist among the various schools. In order for parents to find out details, they should contact local schools, Nellor said. Not all Portland schools will offer kindergarten this year.

Additional information about the kindergarten program generally can be had by calling either one of the three area offices or the Public Information Department.

Telephone numbers to call are: Area 1, 244-7341; Area 2, 255-7210; Area 3, 233-2487; year, but all eligible children will be assigned to a program at a nearby school.

Public Information Department, 234-3392.

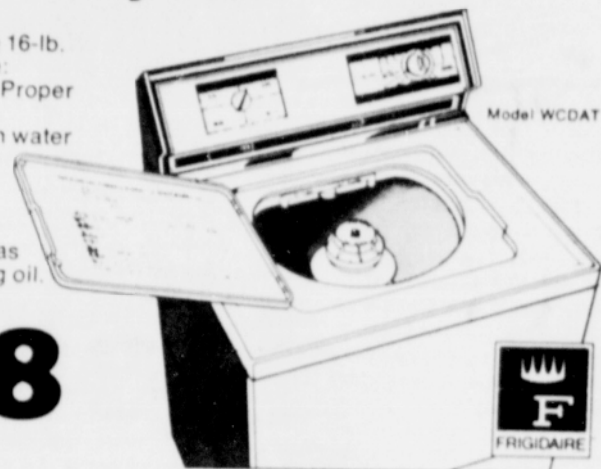
Parents may register kindergarten-aged children at their neighborhood schools between August 21 and September 5. A birth certificate, hospital or baptismal record are necessary for proof of age, Nellor said, and should be brought to school at the time of registration.

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WEIGHT WATCHERS

Busing, equal pay get support

Voicing their opinions loud and clear, the 600 delegates to the 37th annual convention of the National Association of Negro Business and Professional Women's Clubs, voted to join the dissent against the White House moratorium on busing. Also, they will use their influence to guarantee equal pay for equal work as performed by all women.

Closing their five day session at the Americana Hotel that was presided over by national president, Mrs. Rosalie McGuire, the nationwide or-

ganization of women's clubs also contributed over \$50,000 in scholarships and donations to needy individuals and organizations.

Another resolution that won unanimous agreement among the delegates was the one calling for continued federal aid to Black colleges to insure Black youngsters a quality education. They also pledged their support to consumer protection laws in labeling, especially in food and cosmetics.

In her report to the membership, Mrs. McGuire, a re-

tired Baltimore school principal, cited the fact that the \$,000 members throughout the nation had contributed over \$200,000 worth of volunteer hours in their various communities on such projects as tutorial and career guidance to young persons.

She also urged members to return home and initiate voter registration and voter education drives. "It's only through the ballot that we can hope to obtain justice in all walks of life," she told the convention.

ORANGE PECAN PIE

Wouldn't this Orange Pecan Pie make an elegant treat when you've invited company over after dinner for coffee and dessert? If you've adored the pie when you've ordered it in a fine restaurant, follow the directions for making your own at home. It's spectacular but it's simple!

- 3 eggs, slightly beaten
- 3/4 cup dark corn syrup
- 1/4 cup frozen Florida orange juice concentrate, thawed undiluted
- 2 tablespoons melted butter or margarine
- 1 teaspoon vanilla
- 1 cup sugar
- 1/8 teaspoon salt
- 1/2 teaspoon grated orange rind
- 1 cup pecans
- 1 unbaked 9-inch pie shell

Combine all ingredients, stirring in pecans last. Pour into pie shell. Bake in a 400 degree F. oven 15 minutes; reduce heat to 350 degrees F. and continue to bake 35 to 45 minutes longer. Filling will be puffy and moist in center.

"Homemakers" plan party

A "family party" celebrating the 10th anniversary of the Homemaker Service, a division of Family Counseling Service, is planned for Thursday, September 7, at 6:30 p.m. at Westminster Presbyterian Church.

The party will honor the UGN agency's 62 Homemakers and Miss Katherine Clark, retiring Executive Director of Family Counseling Service. Joining in the celebration will be Family Counseling Service board and staff members, members of the committee which administers Homemaker Service, friends and supporters in the community, and the founding committees.

Homemakers are being invited to attend "out of uniform" to put them in a real party mood, according to Mrs. William C. Scott, chairman of the event and a member of the Administrative Homemaker Committee.

Recollections by some of the Homemakers of their experiences on the job will be part of the program. "In recounting their funniest, worst or saddest experiences, the Homemakers will really be telling how invaluable their work is to our community," said Mrs. Scott.

"Homemakers prevent family break-ups by providing short-term emergency help in periods of crisis, usually caused by physical or mental illness," she continued. "They also enable elderly people to live in their own homes with dignity and safety by giving them part-time help on a long-term basis."

Homemaker Service has grown from the original team of five to a full-blown program utilizing 62 Homemakers and funded by public agencies as well as UGN, according to Mrs. Alvis Whitelaw, director of the service since 1965. The original supervisor was Mrs. Thelma Danielson.

Unfortunately, there are not enough Homemakers to meet the demand and at present 75 families and elderly persons are on the Homemaker Service waiting list, Mrs. White-

Americans will eat their way through an astonishing 7,000,000 gallons of ice cream this year, 1972. This is enough ice cream to make a mountain 400 feet square, and as high as the Empire State Building. Ice Cream manufacturers are not required by law to list the additives used in ice cream. Consequently, today most ice creams are synthetic from start to finish.

Some of the additives used in ice cream are: diethylglucol - an emulsifier instead of eggs; also used in anti-freeze and paint remover; pepperoni - used instead of vanilla, and also used to kill lice; and amyl acetate - used for its banana flavor, and also used as an oil paint solvent.

People with lactose intolerance who are unable to digest the milk carbohydrate, lactose, can still benefit from the many nutrients in milk by drinking it in smaller quantities and using milk and other dairy foods in recipes.

Decorations, designed by Mrs. Rosemary Darrow, also a Homemaker, will be red, white and blue houses, the Homemaker symbol, filled with fresh flowers.

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