

PORTLAND OBSERVER



world of women

Black children not protected

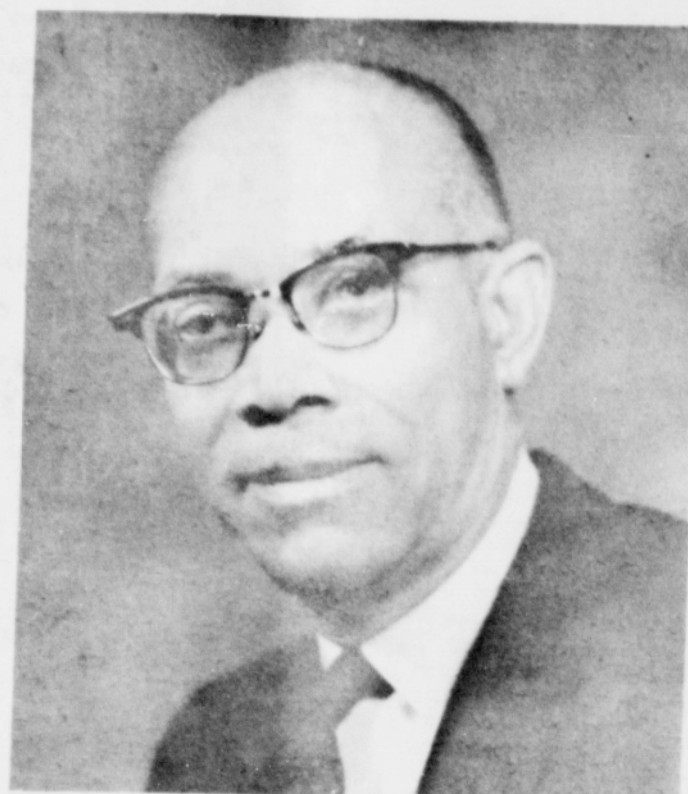
The number of black children who are not protected against polio would not be so alarmingly high if their parents could remember the days when this crippling disease was a constant menace, says Dr. Roland B. Scott, professor and chairman of the department of pediatrics at Howard University Medical School.

Dr. Scott was responding to government statistics which show that half of the children in many inner-city areas are not fully immunized against polio. In all, says the Center for Disease Control, a third of all children in the one-to-four-year age group have not received the full series of polio vaccine doses.

Dr. Scott and pediatrician members of the National Medical Association are urging parents to make sure that their children are fully protected against polio. The Association, with headquarters in Washington, D.C., is the nation's largest organization of black physicians.

"Those of us who were practicing in the days before the vaccine remember what a terrible scourge polio was," Dr. Scott asserted. "Paralysis is a dreadful thing, particularly when it afflicts a young person. And there were deaths, too."

"Then came the Salk and Sabin vaccines, which have almost eliminated polio. But I'm afraid the public is being lulled into a false sense of security."



Dr. Roland B. Scott

Dr. Scott considers it "amazing" that any child should be unprotected, considering that the vaccine is readily available and can be given quickly and painlessly.

"We have a vaccine that is extremely easy to give. It is taken by mouth, without the need for an injection, and it is both safe and effective."

Where many parents go wrong, Dr. Scott warned, is in assuming that the dose of polio vaccine given in the first year of life is enough. To help insure life-long protection, the American Academy of Pediatrics recommends five doses of the vaccine, including a final dose several years after the first four doses are given.

Dr. Scott blames parents' neglect of polio immunization on a "communication gap." "Our real fear is that the neglect of this essential protection could lead to an outbreak of polio. If that should happen, the children who are not immunized could become statistics. We want to guard against any child becoming a statistic, with all our power."

Cosmetic protection sought

Virginia Knauer, Director and Special Assistant to the President for Consumer Affairs, visited Portland following her keynote address at a Consumer Protection Conference for Educators in Seattle.

She was accompanied by Washington State Attorney General Slade Gordon.

Mrs. Knauer has spent much time attempting to get support for bills controlling cosmetics. Cosmetics injure about 60,000 people a year so seriously that they must seek medical help or lose time from work. Many thousands of additional cases go unreported. The customer has no way to protect herself against ingredients to which she may be allergic since manufacturers are not required to list the ingredients.

Since Congress has passed no legislation, although bills have been before it for years, Mrs. Knauer has gone directly to the cosmetic companies to request their cooperation. Colgate-Palmolive has promised to label all of their products, Ar-Ex, Almay, Mennen, Revlon and L'Oréal by Cosmair said they will inform their customers of their product's ingredients either on the label or at the point of sale.

The Food and Drug Administration proposed guidelines for cosmetic ingredient labeling three weeks ago and now Helene Curtis and Lanvin-Charles of the Ritz have said they will list ingredients on the label or at the point of sale.

During the morning session League members and guests will hear a discussion of election laws. Jean McCarthy, Chairman of the committee to reform the Oregon voters pamphlet will report on that committee's activities and recommendations.

Jean Young, Chairman of Oregon Federation of Republican Women and Allison Belcher, Chairman of Multnomah County Central Committee of the Democratic party will discuss party structure and operation.

Mrs. Carmen Weber is chairman of the meeting. Working with her are Mrs. Maris Bishopprick, Mrs. Grace Stedman, Mrs. Kathy Perry and Mrs. Helen Sharrer.

September is membership month for the League and each member is encouraged to bring a friend to the September briefing. All guests are welcome. For further information, call the League office.

PCC open child care center

Fall term Portland Community College will open child care centers at the Cascade center, 705 N. Killingsworth; and the Sylvania center, 12000 S.W. 49th Avenue. The centers are being developed by the college with 4-C (Community Coordinate Child Care) funds and are intended primarily for the children of low-income parents who are attending the college.

Three different programs will be available: A full-day program available at both Cascade and Sylvania will enroll children three to five years of age on a five days per week basis for at least five hours per day.

A half-day preschool educational program with planned activities to stimulate the growth and development of young children will be available at Sylvania only. Sessions will run Monday through Friday with the morning group designed for three and four-year olds and the afternoon for older fours and fives. Drop-in services for short-term and emergency care will be available at Sylvania only from 9 a.m. to 4 p.m. Appointments must be made by telephone with the center to insure that the college stays within the maximum number of children for which it is licensed.

The rule also applies to piece goods sold to consumers for home sewing; the piece goods must be accompanied by care labels that home sewers can attach permanently to the material.

The care label applies to imported and American-made clothes. The rule does not apply to footwear and gloves. The Care label instructions must fully inform the consumer how to wash, dry, iron, bleach, dry clean and otherwise regularly care and maintain the garment; be made readily accessible to the consumer (not hidden in a pocket, etc); and warn the consumer if an article needs special care or if an article appears to be washable, but should be dry cleaned.

Cool ideas beat the heat

Although you can't take the sizzle out of 90 degree plus days of summer, there are a number of things you can do to feel cooler and more comfortable.

Eat lighter meals with fewer spicy, heavy or fat foods. Eat cool salads with crisp, dark green leafy vegetables and other vegetables, plus a choice of tuna fish, shrimp, cottage cheese and fruit. Skimmed milk is recommended because of its low fat content.

Everyone eats less, but drinks more during the summer to replace the greater fluid and mineral losses. These losses are best replaced with fruit juices and water, or water which has been made more flavorful by the addition of lemon juice or other flavor.

Milk, fruit juices and water are better for health than soda pop which may help quench thirst but lack required nutrients. Wear loose-fitting, porous, lightweight clothes that absorb moisture and promote

evaporation. When walking in the sun it is a good idea to wear a lightweight hat. Don't ignore danger signals that warn of bodily distress, shortness of breath, tired muscles, dizziness or fatigue.

If you work at a desk and spend evenings watching TV, reading or going to the movies, begin your vacation activities slowly. Too much physical activity too quickly can put an excessive strain on your body.

To help cool your house, shades or blinds should be drawn during the day. Windows should be opened wide at night when the air is cooler. Don't permit air from an electric fan to blow directly on you. Turn the fan toward the wall, allowing the wall to deflect the flow of air.

If there are small children in the home, place the fan above them, out of their reach, possibly on a shelf. An air conditioner set up in a bedroom can help you to get a good night's sleep.

Let your youngsters invade the kitchen

It's time that you start letting your older kids help you prepare breakfast in the morning for the younger ones in the family. This will help kids to learn to take responsibility and the satisfaction in being a "helping" person and you, Mom, fifteen to twenty minutes for yourself.

Do it today, let your youngsters invade your kitchen to make this High Energy Cereal. It is a flavorful cereal made with nuts, raisins, wheat germ, orange rind, and the all new pink frosted corn flakes that are colorful, crisp and sweet, loads of fun to eat, and fortified with vitamins.

There is no baking; just mix ingredients and store in jar or container until time to serve. Serve with cold milk at breakfast or snack time.

Please and treat your youngsters to this High Energy Cereal that's filled with goodness. They'll like the taste. New Post Pink Panther Flakes are easy to fix and save you time in the morning with that extra hand in the kitchen.

ENERGY CEREAL

1/2 cup chopped salted peanuts
1/2 cup raisins
1/4 cup wheat germ
1 tablespoon orange rind
2 cups pink frosted corn flakes

Combine nuts, raisins, wheat germ, and orange rind. Store in covered jar or container. To serve, top each 1/2 cup of cereal with 1/4 cup of mixture. Serve with milk at breakfast or snack time. Makes 4 servings.

If you have forgotten to take the meat out of the freezer in time. Try fast defrosting. Just place product in water-tight wrapper in cold water or in closed double paper bag at room temperature. This will help to keep surface of product cool while it defrosts, thus protecting against bacteria growth.

Workshop

Do you like projects which are easy to do and quick to finish? Perhaps you'll be interested in the craft of felt and applique. Portland Community College will present an evening workshop Thursday, September 7th, in Hillsboro to demonstrate this entertaining activity. Artist Elsa Mann will conduct the workshop with materials provided for those who wish to participate.

tend the "Felt and Applique Workshop" at 7:30 p.m. in room 105 of Hillsboro's Mid-Hi School, 445 E. Lincoln. Bring your own scissors and embroidery needles. Admission is 75¢ and refreshments will be served.

For more information, contact Portland Community College, Community Services, 244-6111, extension 318.



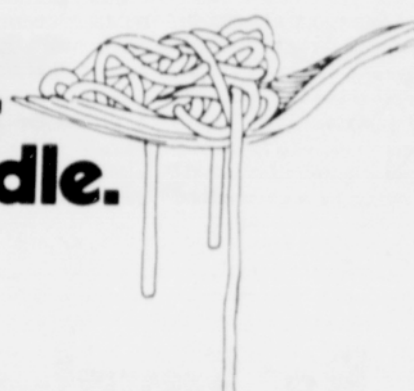
Electricity is 20 years behind the times: In price

While prices for most everything have risen, the average cost of a unit of residential electricity is actually less today than it was 20 years ago. Really! That makes electricity one of the greatest household values you'll find.

But, though it's behind the times in price, electricity's as modern as today in convenience. The typical home now has twice as many work-saving appliances as it did 20 years ago. After all, we're economical, but not old-fashioned!

Pacific Power

Use your noodle.



Nutritional research says yes to pasta (within limits, of course). All Weight Watchers® members say ohhh!

JOIN ANY CLASS ANY TIME

NORTH PORTLAND CARPENTER'S HALL 2225 N. Lombard Street
NORTH EAST PORTLAND MAKANATHA EVANGELISTIC CENTER 1222 N.E. Skidmore
Mon. 7:00 p.m. Sat. 9:30 a.m.
Thurs. 9:30 a.m.

EMANUEL HOSPITAL 3001 N. Gantenbein
Extended Care Bldg. (Community Room)
Thurs. 7:00 p.m.

PATTON CENTRAL UNITED METHODIST CHURCH N. Alberta & Michigan off Interstate
Wed. 7:00 p.m.

ST. JOHN LUTHERAN CHURCH 4227 N. Lombard Street
Tues. 7:00 p.m.

FOR FURTHER INFORMATION CALL

PORTLAND 288-6388

Weekdays 8:30 a.m. - 5:30 p.m.

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Consumers corner

By Dolores Grier

Have fun in the sun this summer. We get vitamin D from sunshine. The sun's rays striking the skin change certain substances in the skin into vitamin D. We all need vitamin D. But remember whatever your color - black, brown or beige - you should use sun-tan oil, to prevent drying, roughness, ashiness and wrinkling of the skin.

Whether you vacation on the beaches here in the U.S. or fly

to Puerto Rico, Jamaica, St. Thomas, Trinidad, Bahamas, or Africa, the sand will reflect the sun's rays and although you are in the shade or under an umbrella, you can get too much sun.

Buy a preparation that contains sun-screening ingredients and moisturizers to soften and condition your skin. If you have dry skin, use more oil. Read the label; know what you are buying before you buy.

After your purchase, follow the instructions as directed.

To be assured that the preparation will not be harmful to the skin, buy a U.S. product before going on vacation. The U.S. federal law, Food, Drug and Cosmetic Act, states that any product intended to be rubbed, poured, sprinkled, sprayed on or introduced into the human body must be safe and cannot contain any substances that may make it injurious to the skin. Remember: read the label; follow instructions as directed on product.

As of July 3 all articles of clothing leaving the manufacturer must have a permanent label giving instructions for care and maintenance. The new Federal Trade Commission regulation covers all garments including hosiery, that require care for their ordinary use.

The rule also applies to piece goods sold to consumers for home sewing; the piece goods must be accompanied by care labels that home sewers can attach permanently to the material.

The care label applies to imported and American-made clothes. The rule does not apply to footwear and gloves.

The Care label instructions must fully inform the consumer how to wash, dry, iron, bleach, dry clean and otherwise regularly care and maintain the garment; be made readily accessible to the consumer (not hidden in a pocket, etc); and warn the consumer if an article needs special care or if an article appears to be washable, but should be dry cleaned.

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or as little, as you want. Deposit and withdraw when you want. Earn the interest you want. So you'll never have to scrimp and scrape and stretch your budget to save. Come look over all our savings and investment programs. Pick the one that's best for you. Then, start saving. That way, you'll always have money to fall back on. Come rain, or come shine.

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