



Master doll crafter teaches doll making

What can you do with a sense of humor and an enjoyment of sewing? Make a doll. A doll can be a playmate for a little girl, a powerful social commentary for a big girl, a pillow for your sofas, and a reminder to tickle the "funny bone". Dolls make great presents, money-makers, and conversation items in your home.

Master doll crafter Eleanor Van DeWater will conduct a special one-evening workshop on dollmaking March 15 at Portland Community College, Cascade. Eleanor will help participants construct a basic doll using a nylon stocking and dacron batting. The informal session will also furnish ideas for various types of

dolls, with a demonstration in making and cutting simple dolls and clothing. Mrs. Van DeWater will also show slides of her work.

The nylon stocking dolls were chosen as a group project for the workshop because of their rapid construction features, plus the wide variety of expressions which can easily be created. Participants are asked to bring a long sharp needle, scissors, dark brown thread, and a good nylon stocking. The daeron batting will be provided. The workshop will be held at PCC's Cascade Commons, 705 N. Killingsworth, at 7:30 p.m. Admission is \$1.00. For more information contact PCC Community Services, 244-6111.

Tea honors Ruth Haefner

The Portland Branch, American Association of University Women is holding a Fellowships Tea expressing the wider meaning of Fellowships by honoring Miss Ruth Haefner at Westminster Presbyterian Church, 1624 NE Hancock, Saturday, March 10, from 2 to 5 p.m.

A book has been compiled from letters received from all over the world honoring Miss Haefner's 79th birthday and it will be presented to her.

Her involvement in community affairs started immediately after college and still continues. Few people reach this age with so large and consistent a contribution to the cause of public affairs and human rights. More amazingly, she still continues to undertake new projects, speaking out with courage verbally and with deed.

Miss Haefner has spent many years behind the scenes, contributing towards reconciliation and understanding in the cause of justice. She has volunteered

her time and resources to organizations such as the NAACP, the Women's International League for Peace and Freedom, the Albina Neighborhood Council, which she chaired in 1964, and the Ad Hoc Police-Community Relations Committee. She first joined AAUW in 1932 and has initiated the "We, the People" study group in the fields of Black Studies, Indian Studies and Penal Reform. She was honored by AAUW last spring by having a Name Grant Scholarship named for her.

Miss Gail Strong, teacher at Sabin Elementary School and Oregon District winner of the Metropolitan Opera audition, will sing at the tea. She will be accompanied by Mrs. Lucille Wyatt.

Mrs. John Clark is general chairman for the event. Miss Maurine Lober is in charge of refreshments and the Recent Grads Study Group will provide the decorations.

The public is invited to come and greet Miss Haefner.

We A People

We a people, strong and brave.
To us beauty and pride God gave.
We a people, dark and bold.
Some young, some old.
We a people, intelligent and wise.
With wooly hair and dominant eyes.
We a people fighting to be free.
For that to be accomplished we need
UNITY!!!!

pamela marshall

Blacks and hypertension: Mystery within a mystery

(First of a series)

High blood pressure, known medically as hypertension, is one of the unsolved mysteries of science. For Black Americans, it is a mystery within a mystery.

Why? Because, in over 90 percent of all cases, the exact cause of hypertension can't be determined. Because science has not found a cure - only ways to keep it under control. And because science also doesn't know why this killer disease is particularly vulnerable to Black Americans.

Consider these facts: *Black Americans are twice as likely to have high blood pressure as white Americans. *When a Black American develops hypertension, he will probably do so at an earlier age. It will be more severe and more deadly.

*In most cases, a Black American will die seven years sooner than a white American who develops hypertension at the same age. The cause of death, in all probability, will be heart attack or one or more of the complications of high blood pressure - hypertensive heart disease, kidney failure or stroke.

What causes this abnormally high incidence of hypertension among Blacks? Science doesn't know for sure. But there are theories and a leading one is heredity. Suggests the American Heart Association:

"Take a hard look at your family history. How many people in your family - parents and grandparents, brothers and sisters, uncles and aunts develop high blood pressure early in life? How many died of stroke, heart attack, kidney failure or hypertensive heart disease - usual end results of hypertension? If they have, there's a good chance you have inherited an abnormal tendency for high blood pressure, high blood chole-

sterol or diabetes." This applies to Americans in general, and to Black Americans in particular. For, although it has not been proven that heredity plays a major role in causing more high blood pressure in Black Americans than white Americans, it is known that an abnormal tendency toward hypertension can often be inherited.

Doctor Frank A. Finnerty Jr., professor of medicine at Georgetown University Medical Center in Washington, D.C., believes heredity is a key factor. He contends that Black Americans "inherit bad blood vessels" from ancestors not too many generations removed. He also points to the high salt content in the diet of most Black Americans and the stresses of ghetto life - two factors missing from the life style of Africa.

"Blacks in the inner cities," he says, "eat a tremendous amount of food high in salt. Blacks in Africa don't have sodium level in their diets, and aren't subject to the same stresses as Black Americans. And African Blacks have no more hypertension than whites from the same areas."

Doctor Jeremiah Stamler, professor and chairman of the Department of Medicine at Northwestern University in Chicago, contends: "Hypertension is THE most important disease of Black Americans."

The late Doctor John B. Johnson, who at the time of his death last December was director of cardiovascular diseases at Howard University in Washington, D.C., agreed. The famed Black cardiologist drew a sharp distinction between sickle cell anemia - an ethnic blood disease which affects Blacks almost exclusively - and hypertension: Only one in every 500 Black Americans has sickle cell anemia. One hundred in every 500 Black Americans have high blood

pressure. He told an American Heart Association panel during the organization's 1972 annual meeting:

"Sickle cell disease is relatively unimportant in comparison to hypertension. Yet, it is recognized as a public health problem. Veneral disease is less epidemic among Americans Black and white. VD, too, is considered a public health problem. Why not hypertension?"

During his long career, Doctor Johnson was a major spokesman in his specialty of cardiology, and throughout the medical and health professions. And before his death at age 60, Doctor Johnson saw evidence that his years of effort to have hypertension declared a public health problem, and to bring about a significant government effort to detect, treat and control this disease among thousands of hidden hypertensives, had borne fruit.

Last July, the Department of Health, Education and Welfare launched a program to set standards for treatment, to shape an educational program for both the public and the professions and to study the "impact of an expanded hypertension program on the health care delivery system, and (to provide) an assessment of the need for additional resources."

At the beginning of 1973, the HEW launched the initial phase of its program to seek out hidden hypertensives. This action, in a sense, stands as a monument to Doctor Johnson, one of the prime movers in the field of heart diseases. It was Doctor Johnson's hope, and is today the hope of those who carry on his work at Howard University, that the HEW program will eventually provide new clues to the mystery of hypertension, and the mystery within the mystery of hypertension and Black Americans.

SAT. 10-6 • SUN. 12-5
2600 N.E. UNION
RALEIGH HILLS

Lampus

3 CYCLE Automatic Filter-Flo WASHER

90-DAYS SAME AS CASH!

FILTER-FLO WASHING SYSTEM
Traps lint-fuzz in non-clogging, moving filter. Also serves as a detergent dispenser.

PERMANENT PRESS CYCLE
Special Cool-Down Spray to Reduce Wrinkling.

Low Cost 30" Range
• Easy Set Oven Timer
• Push Button Controls
• 23" Master Oven
• Easy-to-Clean High Speed Calrod Surface Units
• Roomy Storage Drawer
Priced with trade

PERFECT FOR TODAY'S NEW WORLD OF FABRICS

- Three water saving load level selections.
- Three water temperature selections including a special cold water wash and rinse setting.
- Permanent Press cycle means less ironing. Cool-down spray rinse helps prevent hard creases.
- Delicate selection shortens wash time; protects fine fabrics and fragile clothes.
- Extra wash lengthens normal cycle for maximum washability without extra water or detergents.
- Soak cycle helps prepare heavily soiled and stained fabrics to launder truly clean.
- Positive Water fill allows the selected amount of water to enter tub regardless of water pressure variation.
- Hydropower wash action - vigorous water action combined with exclusive basket design.
- Unbalanced load control - unique cable suspension plus automatic self leveling absorbs vibration.
- Porcelain enamel, top, lid, wash basket and tub. Priced with trade

YOUR CHOICE

- Filter-Flo Washer
- 30" Auto. Range
- Big 406 lb. Freezer
- Refrigerator
- Dishwasher
- Quilted Sofa

\$179

CASH PRICE

YOU CAN TAKE IT WITH YOU. INSTANT CREDIT!

Deferred Payment Price 222.00
 24 Monthly Payments of 9.25
 Annual Percentage Rate 21.00

Topload Portable Dishwasher
 • 3 Level Thoro-Wash Power-Flo Mechanism
 • Automatic Detergent Dispenser
 • Lift Top Rack
 • Soft Food Disposer

Big 406 lb. Freezer
 • UPRIGHT CONVENIENCE
 • Positive Safety Door Latch
 • Fast Freezing
 • Door Lock

11.5 cu. ft. Dial-Defrost Refrigerator
 • Full-width freezer holds up to 64 lbs.
 • Chiller Tray holds up to 19 lbs.
 • Dial Defrost convenience
 • Huge porcelain-on-steel vegetable bin
 Priced with trade

Superbly Styled Deluxe QUILTED SOFA with Bold Wood Post Arms

\$179 Reg. 249.95

Matching LOVESEAT Available

DR. JEFFREY BRADY
 MODERN DENTAL PLATES
 PARTIAL PLATES AND EXTRACTIONS
 Immediate Restorations
 Plates inserted immediately after teeth are extracted
 • Partial Plates
 • Dental Plates
 SLEEP DURING EXTRACTIONS
 SODIUM PENTOTHAL GIVEN BY REGISTERED ANESTHETIST
 PARK FREE - ANY PARK 'N SHOP LOT
 HOURS:
 Weekdays 8:30 to 5:00
 Saturday 8:30 to 1:00
 NO APPOINTMENT NECESSARY
DR. JEFFREY BRADY
 DENTIST
 SEMLER BUILDING
 S.W. 3rd & Morrison
 Portland, Oregon
 Phone: 228-7545