

## At Home with Cal

by/ Crl R. Williams

Sewing your own wedding gown can save money and provide a gown that is uniquely yours.

Start sewing for the wedding day as early as possible and learn what construction techniques are best for your fabric. Working with special fabrics will take more time and thought than usual.

Traditional bridal fabrics include sheer fabrics like organza, organdy, voile, and chiffon; dull luster and slipper satins; and alencon, chantilly, and Venetian laces.

For sheer fabrics, underline see-through areas to make those parts of the garment less transparent and more durable. Be sure that the underlining fabric is compatible in care and sewability with the outer fabric.

When sewing sheer fabrics, take time to sew perfect seams, seam finishes, closures and hems as these details are visible. French seams or self-bound seams look finished and are small and

inconspicuous. Tissue paper on one or both sides of the seams will help the sewing machine handle the fabric in neat seams. Hand basting may be necessary if the fabric is slippery.

For satin, remember that the shine comes from smoothness. Avoid wrinkling, snagging, or puncturing it with misplaced pins or stitches. A test garment to check the fit of the pattern would be wise since altering a satin garment is impossible.

Satin should be underlined to reduce pull on the seams and prevent imprints of seam allowances on the right side. Cut out satin garments using the "with nap" layout on the pattern and keep fine silk pins within the seam allowances.

Be sure to mark the underlining rather than the satin, and handle satin as little as possible throughout the construction. It is recommended to test construction techniques on samples of the fabric before applying them to the garment.

Laces require many special construc-



CAL WILLIAMS

tion considerations and techniques. Unless you are a knowledgeable seamstress with several reference books on sewing with lace, stick to lace trims and motifs that are easier to handle.

## Skateboard presents dangers

SALEM -- Each year more than 370,000 kids between the ages of ten and seventeen are treated in hospital emergency rooms for injuries resulting from skateboard accidents. At least 98 percent of these injuries could be avoided by using basic safety precautions, according to the U.S. Consumer Product Safety Commission.

If you're one of the twenty million Americans who test their skills surfing on concrete or are the parent of a skateboard acrobat, here are some safety pointers from the Oregon Consumer Services Division.

1. Buy a board at a reliable store; beware of cheap or used boards. Test your weight and foot size on the board. The deck should have a non-slip surface. Ask the salesperson which wheel fits your style. Get instructions on the care of your board and get the manufacturer's address or guarantee.

2. Wear full protective gear including a helmet. Pad your clothes at the knees, elbows and hips and either buy special gloves or pad some gloves or mittens. Wear good traction shoes. Remember, you can achieve speeds up to 50 m.p.h. on a skateboard.

3. Practice falling and rolling before getting aboard a board. To fall "correctly," get in a tuck position (elbows in), roll on your hips or shoulders and tuck your face under your arms. Never try to break your fall with straight arms or knees. Wrists shatter, so do elbows.

4. Check your board everytime you skate. Be sure nuts and bolts are tight and that no cracks are developing in the board or wheels. Don't ride someone else's board.

5. Warm up with stretching exercises and knee and back bends before taking your first run. Stop skating and rest when you become tired.

6. Avoid skateboarding in heavily traveled streets or through intersections. Check your route for cracks and debris before starting.

The Safety Commission reported 25 deaths from skateboard-related injuries from February, 1975 through July, 1977. All the victims either fell from the board and struck their heads or were struck by cars while riding their boards.

One-third of all persons injured on skateboards had been skating for less than one week and one out of three accidents occurred when skateboards struck irregularities in the riding surface. Only two percent of all injuries were attributed to the skateboard itself.

## South Africa

(Continued from Page 1 Column 4)

The struggle in South Africa is an American struggle too. The forces that perpetuate legalized racism in South Africa also perpetuate racism here. Consider, for example, the economic links. It is American computers, Ford, G.M., American Motors trucks and heavy equipment, American oil companies and their oil processing machinery that make it possible for the Vorster regime to carry on its odious apartheid system. If this country were to apply pressure to these corporations to withdraw their millions of dollars in investments and stop supplying the government with sophisticated machinery, the system of apartheid would have to give in to the justifiable demands of the Blacks and thus defuse the ever-ticking time bomb.

## Invitation to Bid

CITY OF MILWAUKIE  
CLACKAMAS COUNTY, OREGON  
WATER DISTRIBUTION SYSTEM IMPROVEMENT

Notice is hereby given that the City of Milwaukie, Clackamas County, Oregon, will receive sealed bids for the installation of 2,236 lineal feet of 6-inch ductile iron water mains, 1,624 lineal feet of 3/4-inch copper services, 9 fire hydrants, and miscellaneous fittings.

The construction site for this project is in the City of Milwaukie, Oregon, on S.E. 22nd Avenue, S.E. River Road, S.E. Bluebird Street, S.E. Wren Street, and S.E. Sparrow Street.

Bids will be received at the office of the Public Works Director, City Hall, 10722 S.E. Main Street, Milwaukie, Oregon 97222, until 2:00 p.m. June 16, 1978 at which time the bids will be opened and publicly read aloud.

Each bid shall be in accordance with the Plans and Specifications and other Contract Drawings now on file at the office of the Public Works Director, City of Milwaukie, 10722 S.E. Main St., Milwaukie, Oregon 97222. Copies may be purchased for a nonrefundable fee of \$10.00 at the office of the Public Works Director, Milwaukie, Oregon.

Bidders and/or Contractors are notified to examine thoroughly the Bid Instruction, Proposal, the form of the Contract and the Plans and Specifications. If there be any doubt or obscurity as to the meaning of same, intending Bidders or Contractors should ask the Engineers for an explanation before submitting their Proposal.

Each bid shall be accompanied by a Certified Check, Cashier's Check or Bid Bond made payable to the City of Milwaukie in an amount not less than Five Percent (5%) of the amount of the bid.

The City of Milwaukie reserves the right to reject any and all bids or waive any informalities in the bidding.

The City of Milwaukie reserves the right to determine which bid or Bidder is the best and most satisfactory Bidder.

No Bidder may withdraw his bid for a period of sixty (60) days after the day of bid opening.

All work will be subject to the prevailing wage rates established by the U.S. Department of Labor, the Equal Employment Opportunity requirements, and the 10 percent Minority Business Enterprise requirements.

By Order of:  
The City Council  
Milwaukie, Oregon

## MULTNOMAH COUNTY

### JANTORIAL SERVICES

Bids due June 26, 1978, 2:00 p.m.

Bid #B62-300-4053

Sealed proposals will be received at the Purchasing Office, 2505 S.E. 11th Portland. For furnishing supplies, equipment, and personnel to provide custodial services at ten (10) locations of Multnomah County buildings for a one year period. Two (2) locations are under the guidelines of the minority set aside program.

(Certified Minority Contractors with the State.)

Non-Discrimination in Employment. Bidders on this work will be required to comply with the provisions of Federal Executive Order 11246. The requirements for Bidders and Contractors are explained in the Specifications.

Specifications are filed with the Clerk of the Board of County Commissioners and copies may be obtained at Purchasing Office, 2505 S.E. 11th, Portland. Failure to attend the pre bid inspections shall be cause for rejection of bids.

No bid will be received or considered unless the bid contains a statement by the bidder as part of his bid that the requirements of Section (4) 279.350, shall be met.

No proposal will be considered unless accompanied by a check payable to Multnomah County, certified by a responsible bank, or in lieu thereof, a surety bond for an amount equal to ten per cent of the aggregate proposal. The successful bidder shall furnish a bond satisfactory to the Board in the full amount of the contract.

Multnomah County reserves the right to reject any or all bids.

Richard W. Tydeman, Purchasing Director  
MULTNOMAH COUNTY, OREGON

## Black educators discuss vocational education

How Black Americans can help solve some of the problems in vocational education was one of the issues brought out at the "First Annual Conference of the National Association for the Advancement of Black Americans in Vocational Education (NAABAVE) in Dallas, Texas, in early March of this year. More than 250 Black Americans attended this conference from more than thirty states.

NAABAVE was established less than a year ago on the assumption that there are problems idiosyncratic and/or unique to ethnic minority participation, in general, and Black American participation, particularly, in vocational education. The conference director and NAABAVE President, Dr. N. Alan Sheppard, of Virginia Polytechnic Institute and State University, (presently on leave to the Federal Council on Aging) states that the belief is shared by many that

NAABAVE can effectively bring many problems to closure and provide an experimental and rational basis for increasing Black participation at all levels of vocational education, especially in administration and leadership positions.

Group topics at this conference were: (1) "The Critical Issues of Conceptualizing Legislating, and Implementing New Vocational Education Programs Responsive to the Needs of Black Americans," (2) "Recruitment and Retention of Black Students in Vocational Education at the Secondary and Post-Secondary Levels," (3) "Critical Issues in Providing a Career Information Exchange within NAABAVE: Why, What, How?," and (4) "The Image of Vocational Education: Should it be Changed?"

The keynote speaker for the NAABAVE Conference was The Honorable Shirley Chisholm, U.S. House of Representatives, Her topic

was: "Critical Issues in Vocational Education for Black Americans." Ms. Chisholm stated that basic skills are essential for all students with special needs and that basic skills need not be academic!

Another major address was delivered by The Honorable Ernest Green, U.S. Assistant Secretary of Labor. Green stressed the necessity for CETA and Vocational Education to work together for the benefit of all youth to help solve some of the youth unemployment problems.

To find out how you can assist NAABAVE and for future or general information on activities of the National Association for the Advancement of Black Americans in Vocational Education please write to: Dr. N. Alan Sheppard, Deputy Assistant, Federal Council on Aging, Room 4244, HEW North, 330 Independence Avenue, S.W., Washington, D.C. 20201.

## Allen Temple CME schedules summer revival

The Annual Summer Revival will be conducted at Allen Temple C.M.E. Church, 4236 N.E. 8th Avenue, beginning Monday, June 19th and ending June 23rd. Services begin each night at 7:00 p.m. with Devotional Services led by officers of the church assisted by officers from visiting churches. Several churches of the city will participate in the revival services each night furnishing choirs who will begin the processions at 7:30 following the Devotional Services.

Churches furnishing choirs for this revival service will be: Monday night,

Mount Olivet Baptist Church, Reverend John H. Jackson, Pastor; Tuesday night, Morning Star Baptist Church, Reverend Sylvester McCullum, Pastor; and First A.M.E. Zion Church, Dr. George W. Maize, Pastor; Wednesday night, New Hope Baptist Church, Reverend A. Bernard Devers, Pastor; Thursday night, Vancouver Avenue First Baptist Church, Dr. O.B. Williams, pastor; Friday night, Bethel A.M.E. Church, Reverend L. Fisher Hines, Pastor and St. Mark Baptist Church, Dr. E.C. Wilder, Pastor. The choirs of Allen

Temple Choir will also sing during the revival, both Young People and Adult Choirs. Thursday night is special youth night.

Evangelist preacher for the Revival will be Dr. Jesse L. Douglas, Pastor of Jamison Memorial C.M.E. Church of Kansas City, Missouri. Dr. Douglas has conducted the revival preaching and singing in Portland for the past three years. He is noted as one of America's greatest Gospel singers and preachers. He has travelled throughout the United States in Gospel Concerts, conducted city-wide revivals and revivals for several denominational churches in America. He has records of his Preaching and Gospel singing campaigns. Dr. Douglas is a native of New Orleans, Louisiana. He was guest soloist at the C.M.E. Church General Conference in Birmingham, Alabama where he brought everyone to their feet with his powerful Gospel singing.

Prior to the beginning of the revival on Monday there will be a twelve hour Prayer Vigil conducted at Allen Temple in preparation for the revival. The Prayer Vigil will begin Saturday, June 17th at 7:00 p.m. and end on Sunday, June 18th at 7:00 a.m. Pastor T.L. Strayhand and members welcome the public to all of these services.

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Sunday School	9:30 a.m.
Morning Worship	10:30 a.m.
Evening Service 2nd, 4th and 5th Sundays	7:00 p.m.
Communion 1st Sunday	5:00 p.m.
Wed. - Family Prayer Meeting and Bible Study	7:30 p.m.
Friday - Brotherhood Fellowship Service with Morning Star 3rd Sunday	7:00 p.m.

Prayer and Pastor Phone: 281-6476  
Church Phone: 281-0163

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Morning Worship	11:15 am	
"Showers of Blessings Broadcast"		
KGAR 1550	11:30 am-12:30 pm	
YPBC	6:30 pm	
Evangelistic Worship	8:00 pm	
Tuesday-Friday	Noon Day Prayer	

84 NE Killingsworth  
281-0499

**ALLEN TEMPLE CME CHURCH**

Corner of 8th and Skidmore  
Sunday School 9:30 a.m.  
Sunday Worship 11:00 a.m.  
Christian Youth Fellowship 6:00 p.m.  
(Second and Fourth Sundays)

Reverend Thomas L. Strayhand, Minister

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