FASHION NOTE: Chic is augmented with a Aermidi shirt for the woman who has learned to put together her own wardrobe, from the Robert Hall International Studio. Skirt is of camel and in the new wrap-around mode.

Household Hints

By United Press International

When buying a refrigerator check the capacity of the crisper. It's usually stated in quarts. Also determine if the crisper is deep and long enough to hold the vegetables you purchase most often. Some crispers have a humidity seal to hold moisture which does the best job in assuring freshness of vegetables.

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A thin coat of floor wax on leather shoes keep them waterproofed.

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Never add liquid starter to a fire that has died down and needs reviving. A dangerous flare-up may occur. Deaths of backyard chefs have occurred from misuse of this combustible liquid.

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Today 43 per cent of all women are in the labor force. In 1920, only 20 per cent were workers.

Although construction industry journeymen work at many different crafts, 70 per cent of them are employed in seven major crafts: brick masonry, carpentry, electrical work, excavating, grading, and road machinery operation, painting, plumbing, and truck and tractor driving.

Forty five per cent of all poor black families live in the cities, and 23 per cent of all black city families of age, and 15 per cent formerly received public assistant.

Bankers to hold St. Louis meet

WASHINGTON, D.C. — The National Bankers Association, an organization representing the interests of black-owned banks, will hold its 43rd annual convention in St. Louis, Mo., on Oct. 15-17, according to Dr. Edward Irons, executive director of NBA.

"This convention portends to be one of the most significant in the history of Black banking, primarily because the Association will be gearing up for the most productive decade in its history," said Dr. Irons.

Convention theme will be "NBA and the 70s — Growth in Numbers — in Quality — in Service."

"The member banks," Dr. Irons added, "will explore various means of increasing their resources and their impact on the economic development process of the areas they serve."

Some of the top leaders in finance, banking, banking education, and from the Federal Government will participate in the convention.

WASHINGTON — A task force of the National commission on the Causes and Prevention of Violence recommended last week that use of marijuana be legalized for persons over 18.

"There is no reliable scientific evidence of harmful effects, nor is there evidence of marijuana to hard narcotics," the group said in a report.

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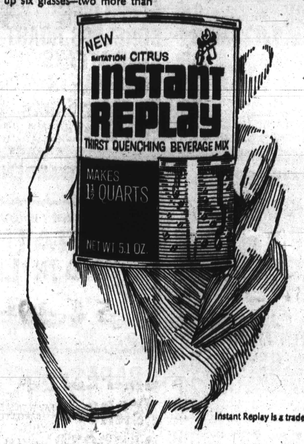

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Light Housekeeping

By LULA MACKAY

....An unhappy marriage is seldom a one-sided affair. It is two people getting on each other's nerves and trying to change each other. Both partners need guidance to avoid being an addition to the one-in-four marriage-failure statistics. Noted psychiatrist and psychoanalyst Frank S. Caprio, M.D., and Frances Spatz Leighton have a new book, "How to Avoid a Nervous Breakdown", that presents such guidance, including the seven basic rules for marital happiness and to help couples just relax and enjoy each other in spite of the fact that they are married.

The basic rules include:

Avoid unpleasant conversation.

Try to understand the psychology of your mate and put it to use.

Do not try to mold the other person into your way of thinking about everything.

Complain as little as you can.

Refuse to drift into an inadequate sex life.

Do not count on your mate too much for your happiness.

Bring in outside interests to make your married life more stimulating.

The authors emphasize that it is useless to think "My whole life would have been different if I had only married someone else." Passing the buck, they say, does not help make your marriage a success. It only makes you weaker.

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The Beauty Bit: The best way to have a figure like a beauty contest winner is to ask someone who has one how she got hers.

One such beauty says that a woman should never ignore a chance to exercise. If she doesn't have time for an elaborate schedule, she can always exercise while she is doing household chores.

Walking upstairs, she can go slowly, keeping the back straight and pressing down on the front part of the foot. By pushing down and tightening the muscles of her legs she can help firm and tone them in an everyday activity.

Similarly, the most common problem a woman has is weight on the midriff and stomach. Half the problem is solved by remembering to hold in her stomach, tightening the muscles.

To slim down the waist, utilize a few minutes while you're waiting for the iron to heat, timing something on the stove or watching the news. Stand about six inches from the wall with your back to it. Keeping your feet stationary, twist around from the waist. Touch the wall with the palms of both hands and twist back to your original position.

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Dollars and Sense: Very small children like toys that can be made from practically nothing just as well as the store bought ones you pay a pretty penny for. A toddler will love a "train" made with a cereal box which you have punched a hole in and put a string through, which has cost you only a few minutes.

Do you buy the little girls dresses with skirts long enough to allow some growing . . . letting the hems down when necessary?

Do the same thing for boys, buying their shirts with the sleeves too long. Turn the cuff of each up at the seam and change the button to the other side of the cuff. This makes it look like a French cuff with a cuff link. With growing the cuff can be turned down and the shirt worn much longer.

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Recipe of the Week: Looking for a new and tempting salad to heighten a menu?

Crisp tossed greens, luscious ripe tomatoes and fresh marinated mushrooms make this "Mushroom Salad Monterey" a real taste treat on a warm Indian Summer day. The well-seasoned marinade serves as dressing that can be kept for several weeks in a tightly covered jar in the refrigerator.

Salad Herbs, Nutmeg and Beau Monde blend and enhance the delicate mushroom flavor, making it stand out as the star in this tossed salad bowl.

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Perfect as a crisp accompaniment to dinner, this is an excellent light luncheon salad served with cheese bread and tea — or for the teens in the group, team it with grilled cheese sandwiches and ice cold milk.

Mushroom salad monterey is made with one quart sliced fresh mushrooms, six tablespoons olive oil, two-third cup Spice Islands Garlic Flavored Red Wine Vinegar, one teaspoon Spice Islands Beau Monde Seasoning, one teaspoon Spice Islands Salad Herbs, one-fourth teaspoon Spice Islands Ground Nutmeg, one-fourth teaspoon Spice Islands Cracked Java Black Pepper, four firm-ripe tomatoes, crisp salad greens, and Watercress for garnish.

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Turn mushrooms into a deep, glass bowl. Combine oil, Garlic Wine Vinegar, Beau Monde, Salad Herbs, Nutmeg and Pepper in a small saucepan. Bring mixture just to a boil. Remove from heat; pour over mushrooms. Toss lightly until mushrooms are well-coated. Cover and chill 3 to 4 hours. To serve, wash and wedge tomatoes.

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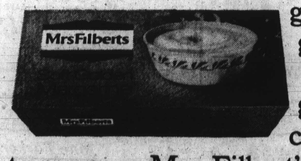

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NDPA Sees Alabama Ballot As Alternative To Revolutionaries

HUNTSVILLE, Ala. — A 23-year-old white youth from Syracuse, N.J., admittedly a "Carpetbagger," is one of the many northern idealists who have flocked South to work with Dr. John L. Cashin, in his gubernatorial campaign.

His name is David. And he sums up his goal this way:

"The Black Panthers, the black separatists and the extremist militants are saying, 'We've tried everything. Revolution is the only way black people in the U.S. will ever attain their rights.'

"Well, they're wrong. They haven't tried everything. They haven't worked hard enough for a true ballot-box revolution, the way John Cashin is doing. That's why I'm here. I think he's got the real answer."

On a slate containing a smattering of liberal white, native-born Alabamians, they are seeking some 100 offices in 25 Alabama counties (ranging from sheriff to probate judge), 49 seats in the State House of Representatives Six seats in the State Senate.

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Such a massive try for elective office has not been seen, in Alabama, since the Reconstruction Era.

Of Alabama's 67 counties, at least 20 have a population that is more than 50 per cent colored. Macon County, for example, is 84 per cent black. Lowndes and Green Counties are each 81 per cent black.

The blacks, and their white friends, are all members of what alarmed members of the Alabama Old-Guard already fear is a new, permanent force in Alabama politics. It is the National Democratic Party of Alabama.

Dr. Cashin and other dignitaries kicked off the party's campaign Sunday with a rally on the Capitol steps in Montgomery.

Cashin's dental practice for a decade and a half has been among a Huntsville clientele that is, and has always been, predominantly white. His patients — and personal friends — include some of Alabama's oldest and most distinguished families.

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He has recruited many of these as members of NDPA. His aides insist that far from being a black party, NDPA and its candidates are a new, truly solid force in the South, "running in an effort to bring together Alabamians of every persuasion."

The party's 29-plank platform includes a demand for stricter controls over industry to prevent the pollution of water and air, an outcry against the State's controversial Wallace-Cater Act, which provides tax exemptions for new industry, and a call for the end of the state liquor monopoly.

In addition to a full slate for statewide offices, candidates are seeking 100 county-level offices ranging from sheriff to probate judge in 25 counties.

Six of the eight congressional districts have contests as do 49 House and 6 Senate seats in the legislature.

The NDPA candidate for lieutenant governor is Isaiah Hayes III, a steel industry labor leader.

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Even though nationally he heads the American Independent Party, within Alabama George C. Wallace is still known as a Democrat and is titular head of the Democratic or "rooster" Party. He is running as a Democrat on Nov. 3 in his try to regain the governorship.

Republicans have not fielded a candidate against Wallace.

Alabama permits straight-ticket balloting. This allows voters, many of whom are illiterate, to mark a singer "X" under a party symbol at the top of their ballots, and thus cast a vote for the entire party slate.

Hence the designations "Eagle Party" and "Rooster Party," and the value of these symbols on the November ballot.

The white candidates are typified by Attorney Jack Drake, a candidate for circuit judge in the 17th Judicial District.

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Among the blacks are such people as these:

James Hicks, Ph.D., an economist, for the State House of Representatives from Madison County.

John Hulett and Thomas J. Smith for sheriff in Lowndes and Marengo counties, respectively.

S. W. Hereford III, M.D., candidate for Coroner, Madison County.

Frank Hale, Ph.D., president of tiny, 800 student Oakwood College for District 8, State Board of Education.

A candidate named Hasty Kim Yew is running for Place 17 in House District 14. Miss Aaron Bibb seeks to become Circuit Court clerk in Morgan County. In another downstate county, two black women are running, for tax assessor and tax collector.

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About 25 women are running, all on the Eagle ticket.

M. W. Martin of Martin Associates, is handling national aspects of the campaign. He can be reached at 38 Ward Plaza, Teaneck, N.J., phone (212) 962-0760.

Mrs. Joan C. Cashin, manager of the NDPA Huntsville office is taking care of in-state affairs and can be reached at 416 Owens Drive, SE, Huntsville, Ala. 35801, phone (205) [illegible]

Voorhees adds 26 to faculty, staff

DENMARK, S.C. — Dr. Harry P. Graham, acting president of Voorhees College, has announced the appointment of 26 new faculty and administrative personnel.

Thurston Delaine, former financial aid officer has been named director of institutional research. Arthur J. Clement has been named career counseling and placement director.

Mr. Clement served as director of admissions the past year. Rufus N. Ragan, formerly acting development director has been named director of financial aid.

Other appointments are Nathaniel Abraham, director of public relations; Earl F. Brown Jr., director of special projects; James E. Cromer, comptroller; W. J. Dail, supervisor of data processing center; Raymond N. Kuma, director of personnel; L. A. Warner, director of development and W. Z. Wilson, director of admissions.

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In the area of instruction, Monday P. Akpan, business administration, William Bridgewater, history; Clifford Eckstrom and Norma Neshit, business administration; Gordon French, speech; Jean B. Georges, French; Robert Irwin, accounting; Mrs. Dorothy Lee, English; Mrs. Catherine Moore, education; Patricia Patterson, physical education; Elbert Sanders, history; and Dr. Donald Volz, history.

Other appointments are Willie M. Carswell Jr., director of the counseling bureau; Mrs. Barbara Carswell, nurse; Mrs. Jo Ella C. Ferrell, librian; Ernest Davis, security officer; Jonathan Goodman, maintenance, Sarah Lowery, voucher and accounts receivable clerk; Lillian V. Ella Myers, Sara L. Reese, Gwendolyn P. Scott, Mrs. Carolyn J Woodbury, and A. Lucille Faulkner, secretaries.

A trio of 1970 graduates were also added to the staff as house directors, James Tindall, Elester Garrett, Anderson, art; Pamela and Bobby Gary.

Senior citizens get new quarters

PHILADELPHIA — Dedication ceremonies for Emlen Arms Apartments, a Philadelphia Housing Authority residence for elderly citizens located at 6733 Emlen St., were held Tuesday.

City officials, state and congressional representatives as well as senior citizen organizations and community groups attended the dedication.

The Emlen Arms Apartment is a federalist style building constructed in the third decade of this century as a nine-story luxury apartment building located in historic Germantown. Now, modernized and redesigned, the building will accommodate senior citizens as single persons in 74 efficiency apartments and 18 studio-bedroom apartments, and senior couples in 83 one-bedroom apartments.

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The dedication ceremonies officially marked Emlen Arms Apartments as the first Philadelphia Housing Authority development completed and opened for occupancy under the turnkey program.

The turnkey program is a new concept by which private developers produce needed housing units according to federal and local housing authority standards. Following approval of a rehabilitated or newly constructed accommodation by the authority, the developer of Emlen Arms then sells the accommodations (turns the key over) to the authority. The developer of Emlen Arms is Housing International, Inc. The architect is Samuel I. Oshiver and Associates.

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Costs and time savings, two of the most welcomed advantages of the turnkey program, were well realized in this first of a series of turnkey developments. The rehabilitation of Emlen Arms has been completed in less than two years. Complete costs were 15 per cent less than conventionally constructed developments of similar size.

Claflin student awarded high school alumni grant

MARION, S.C. — Theron C. Godfrey, a 1970 graduate of Palmetto High School and now a student at Claflin College in Orangeburg, was the recipient recently of an Alumni Scholarship from the class of 1960.

Miss E. Blake and Miss M. F. Harrison were advisors of the class.

The class held its 10-year reunion during last year and participating members included: Mrs. Clara Benjamin Neal, president; Mrs. Doris Williams Marshall, historian and assistant secretary; Miss Virginia Reaves, business manager; the Rev. Franklin Reaves, treasurer; Jimmy C. Neal, Mrs. Willie D. White Reaves; Miss Azalee Johnson, Mrs. Mary C. Davis Jones, Bobby Joe Lewis; Mrs. Dessie Holloway Wilson, Mrs. Mary Melatie McNell, Alfonza Campbell, Miss Yvonne Davis, Mrs. Louise Lane Burnett, Mrs. Barbara Hairston Sessions, Mrs. Carrie Brunson Jones, Earl Simmons and Miss Annie Ruth Miles.

Guest soloist for the reunion was Miss Janie Ruth Furnace, with Miss Harrison as accompanist.

Principal W. L. Page delivered the "Principal's Message."

Out-of-town guests for the reunion were Mrs. Mayola L. Barnes and Mrs. Eloise Grice, former teachers of members of the class of 1960. Mrs. Nannie H. Legette was also present.

Former Palmetto High School teachers present for the occasion were Mrs. L. B. Conner; Mrs. E. R. Lewis and Professor J. A. McClain.

Miss E. Blake planned the reunion.

Brooklyn pastor in East Africa

BROOKLYN, N.Y. — The Rev. Gardner Taylor, pastor of the Concord Baptist Church, has accepted an invitation to preach in Zambia and Malawi in nationwide Evangelistic Crusades being sponsored by churches in both countries.

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