Now she's a scientist, not a sewing teacher

DURHAM, N.C. — Years ago, Dr. Imogene Ford of North Carolina College's department of home economics would have been a sewing teacher.

Today, with a new doctorate in the field of clothing and textiles, she is a behavioral scientist, and the difference is more than a choice of words.

"Not long ago, home economics taught people to prepare their food from the basic ingredients, and to construct their own clothing, in the interest of economy. Today, prepared foods are no more expensive than foods made from scratch, and manufactured clothing is much less expensive than anything a person might make for himself," Dr. Ford says.

* * *

"IF A WOMAN sews her clothes today, her concern is for design — a better looking costume than she can buy. We may still teach construction — we do — but now the idea is to show the student what to look for when purchasing."

Primarily, Dr. Ford says, the responsibility of the home economist who specializes in clothing and textiles today lies in the realm of psychology and sociology. It is her job, according to Dr. Ford, to "know not only what people need and want, but to know what is provided and what can be provided."

* * *

DR. FORD received her doctorate in the field from Penn State University College of Human Development. This pioneering program concentrates on answering the questions relating to demand and supply of basic materials and luxury items. Clothing and textiles at Penn State is a division of a program in Man-Environment Relations.

Because of the need to know what is available to supply people's needs in clothing, education in Dr. Ford's field must continue. She will attend on October 30 an Eastern Regional Conference on Textiles and Clothing in Hartford, Connecticut.

* * *

AT THIS conference Dr. Ford will encounter representatives of many of the major manufacturers of clothing and textile products in the United States. "We are concerned not only with curriculum, but with the economics of clothing and textiles."

Dr. Ford believes that a realistic appraisal of the behavioral science approach to clothing and textiles would be that most of the effort must be in the direction of finding products available to meet the need of persons served. She doubts, she says, that much progress can be made by approaching the problem by saying "people need this, now let's get the man-Manufacturers, she says, are justly more concerned with creating a need for what they make than with discovering needs and trying to meet them.

FASHION NOTE: Handsome is as handson-tweeds . . . worn right down to the toes. The only look for the big casual looks of 1968 are herringbone tweed pattern stockings worn with down to the earth casual shoes, as seen at left. To make the story complete the hosiery and shoes should be color coordinated with the costume . . . red herringbone with black and red kid, or navy with navy and red, or brown with beige and brown. From the night they invented champagne, a look as as elegance itself, champagne peau desole theatre shoes, worn with sheer ribbed hosiery in two shades of champagne (center). At right, dark legs are patterned with vertical chains of diamond, worn with Florentina's up-to-the-minute patent. To complement the slender pattern of the hosiery, an angular heel, a roundly squared top.

Family Fare

Fashions and Food, Social, Homemaking

Wine cookery temots taste

Several centuries ago some unknown benefactor of mankind thought: "If wine goes so well with the food, why not use wine in the food?"

With that, this ancient genius used half a flagon of wine to baste the roasting goat.

Wine has held an honored place in American kitchens since the days when the colonists and the Indians were still trying to run each other out of the country.

* * *

MANY OF US would, if, we looked into the matter, find that wine figured in some of the recipes that our grandmothers learned from their grandmothers. And still, it always comes back to a few basic techniques.

First, wine is a good marinade for meat and fish. After two hours in a wine marinade, any meat will keep some of the wine flavor and be more intriguing because of it. Wine also tenderizes meat when it is used this way.

* * *

SECOND, wine makes an excellent baste, or primary ingredient in a baste. Fowl is always a candidate for a wine baste. So are most beef or other roasts.

Third, wine is good for poaching fish. Most California wines are suitable.

Fourth, wine does wonders in soups and in stews or casseroles that have meat in them. It replaces the water partly or completely.

For covered oven dishes, wine can be added right at the beginning. For "stove-top" dishes, most should go in at the beginning, then a third or less of a cup added about fifteen minutes before serving.

* * *

FINALLY, wine instead of water in a gravy or meat sauce, helps those joyous ornaments to good food. Two tablespoons of Port add richness of flavor and color to a meat gravy.

A tablespoon of Sherry does well with poultry gravies and sauces — especially since it retains the light colors natural to them. And you can always enjoy wine with dinner, too.

MISS LENNA MEANS, registrar at Fayetteville State College, left, welcomed Mrs. Kenneth White of Wilmington and her daughter, Etta, during Freshman orientation, last week.

Household Hints

To season a skillet that has been burned or is sticking, simmer over low heat with salt and a small amount of salad dressing.

Under your jogging togs and inside your sneakers dust super-absorbent baby powder. Keeps clothing from sticking and feet from burning.

One of the simplest foods to freeze, fresh pineapple only needs to be wrapped air tight in heavy duty plastic bags or plastic film. It does not need ascorbic acid or a sugar syrup.

When enameling small pieces such as tables and chairs, a work bench makes a convenient working height, acording to the National Paint, Varnish and Lacquer Association.

Place these small pieces upside down on the bench and do the underneath surfaces first. Then, turn them rightside up and finish painting. A bench makes it easier to do the best possible job of applying the paint. You'll be able to spot drips and uneven areas quickly.

Wives would forgive one misbehaviour

NEW YORK (UPI) — More than seven (our of 10 American wives believe a single act of adultery by husband or wife should not necessarily be grounds for divorce, according to a magazine poll.

The ladies Home Journal said 1,272 readers who responded to its questionnaire asking whether they believed the statement that "A single act of adultery by either partner should not be cause for divorce" was true.

The magazine said 35 percent said it was "often true," 39 per cent said it was "sometimes true" and 22 per cent said it was "rarely true."

* * *

MOST OF the women endorsed as prescriptions for happy marriages:

Understanding by the husband of the wife's sexual needs instead of treating her as a mere "sexual object," 83 percent.

Behavior between husband and wife as courteous as when they were courting, 88 percent.

Respecting of each other's opinions even when they disagree, 95 percent.

Efficiency by the wife in living within her husband's income, 86 percent.

The magazine also reported that nine out of 10 women believed a woman who married a man with the idea of reforming him was destined for divorce.

Don't short change your child by comparing him with others

By PATRICIA McCORMACK

NEW YORK (UPI) — This child next door, same age as your youngster, quotes poets, adds without counting on fingers or toes — and otherwise demonstrates a streak of genius.

Do wrong by your boy or girl. Every chance, say:

"Why can't you be bright like that?"

Shortchange your schoolage child again everytime he asks a question. For instance:

"I can't take time to answer silly questions like that."

He'll never guess you don't know the answer or are too lazy to help him look it up. He'll also, it's a bet, go through school getting the least return on his talents.

* * *

PARENTS who take such wrong turns are not lifting a finger to help their children get the most out of school. They are neglecting a vital parental duty.

This is according to "A Briefing For Parents" — compiled by the National Education Association in cooperation with the National Congress of Parents and Teachers.

TIPS DESIGNED to help you contribute to making the child's school years a period of intensive learning, deepening understanding and growing maturity, go like this:

Make sure he follows the basic rules of good health — that he eats a balanced diet, gets plenty of sleep, and takes physical exercise. Train him in the art of self preservation, including safe procedures for dealing with traffic, health hazards, animals, strangers. Set an example by your own respect or good health habits and safety rules.

Consider development of his emotional health, at least as important as physical health. Help him see himself as a person who can and does succeed. Praise his accomplishments. When he has a discouraging experience, remind him of some of his successes.

Encourage him to talk about his problems. Listen when he does.

Teach your child to make wise use of his time but don't pressure him by making him think free hours are wasted ones. Some children have no chance just to be children, to watch clouds passing by or peer at stars. Their well-meaning parents schedule so many structured after-school activities that school work and their childhood both suffer.

Keep the home relaxed and free from unnecessary tension. Don't put him under the stress of parental demands to work beyond his capacity. Just encourage him to live up to his abilities.

CHILDREN, the experts remind, are little copycats. They don't think much of the school or teachers if they hear you beefing about them.

When you don't understand something going on at school or don't approve of it, asking the child is the wrong approach. That will just make him feel worried and insecure.

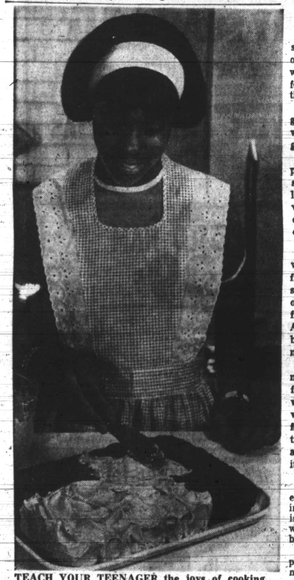
Go to the school and ask someone on the staff.

* * *

Keeping track of allowances, figuring change from the grocer can help with arithmetic.

Develop the "Let's look it up" habit when answers aren't rolling off your tongue. Your copycat will follow your example until "look it up" becomes habit.

Teenagers get kick out of cake-baking



TEACH YOUR TEENAGER the joys of cooking. Teen-age cooks seem to have a special hand with fancy cakes, especially seem to have a special hand with fancy cakes, especially for a party. Let her make from a mix, then use her own ingenuity in the decorations.

Like pretty hairbands and bangle bracelets, fancy cakes seem to appeal to teen-age girls. Especially party cakes they can bake and decorate themselves.

Even a daughter who grumbles at the idea of peeling potatoes or ashing lettuce will brighten when you mention that magic word, CAKE.

Why not reward your young junior cook by helping her make a beautiful cake this week?

Then let her invite a few friends in to enjoy the cake. When she hears the compliments, "Wow! What a cake!" and sees those empty plates, you'll find yourself with a new cook in the kitchen.

* * *

MOCHA SPICE CAKE requires one package German chocolate cake mix, four teaspoons instant decaffeinated coffee, one-half teaspoon cinnamon, one-fourth teaspoon allspice, one-fourth teaspoon nutmeg, one and one-fourth cup water, two eggs, and rich coffee frosting.

Combine ingredients in mixing bowl. Blend at low speed just to moisten. Beat 4 minutes at medium speed of mixer or vigorously with a spoon until creamy.

* * *

POUR BATTER into a 13 x 9-inch pan that has been generously greased and floured. Bake at 350 degrees F. for 35 to 40 minutes, or until top springs back when pressed gently with finger. Cool 10 minutes in pan on rack; then remove from pan and cool thoroughly on rack. Frost top and sides with Rich Coffee Frosting.

This cake may also be baked in two 9-inch layer pans for 30 to 35 minutes, or in two 8-inch layer pans for 35 to 40 minutes.

For stronger coffee flavor, dissolve the coffee in the water before adding to the mix.

* * *

RICH COFFEE FROSTING is made with one-half cup butter or margarine, one-fourth teaspoon vanilla, Dash of salt, five cups (about) sifted confectioners' sugar, two teaspoons instant decaffeinated coffee, and one-fourth cup hot water.

Cream butter; blend in vanilla and salt. Gradually add part of sugar, blending after each addition. Dissolve instant coffee in hot water. Then alternately add coffee and remaining sugar to creamed mixture, until of right consistency to spread, beating after each addition until smooth. Makes 2½ cups.

Clothes mess as much from humidity as from wear. Giving a suit a good shake when taking it off will help readjust fibers and spreading wrinkles in your clothing.

SOME HOME activities designed to fortify schoolwork:

Reading aloud during a family reading hour will help convince the dubious child that reading can be fun.

4856
SIZES
S—8—10
M—12—14
L—16—18
by Anne Adams

4779
SIZES
10½-22½
by Anne Adams

One main pattern part — just sew shoulder seam and run bright binding all around this 3-armhole apron. Applique pocket in vivid accent.

Printed Pattern 4856. NEW Misses' Sizes S8-10); M(12-14); L(16-18). Medium size takes 1 ⅔yards 35-inch.

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Are you an aware buyer

NEW YORK (UPI) — How knowledgeable a consumer are you? Do you know why storing batteries in a refrigerator prolongs their lives?

Do you know what happens when vinyl is heated? Do you know the truth about food additives? Do you know the difference in quality of quickly and slowly frozen foods?

* * *

THERE'S A new test out to rate the knowledge you should have to be a better shopper, and to pass it with an "A," a lot of the reading of the fine print on labels is a must.

It is a true-false test which one firm put together for presentation during the American Home Economics Association annual convention recently.

Sample statement among the 26 subjects covered: All aerosol propellants are flammable. Answer: false.

Fluorocarbon propellants (see what I mean about reading labels) are nonflammable and should be used wherever there is a fire hazard.

OTHER SAMPLES:

Battery spares last longer if kept in the refrigerator. Answer: true. Engineers say that high temperatures will cause rapid deterioration and possible leakage. A temperature of 40 to 50 degrees fahrenheit is recommended.

Oklahoma City is 'really pretty,' LPNs discover

By DORIS S. BRIGHT

Flying home from Oklahoma City where they recently attended the National Federation Of Licensed Practical Nurses were the 20 members and delegates who represented Maryland at that group's 19th Annual Convention.

Wrote Mrs. Margurite Tynes, treasurer of the University of Maryland Licensed Practical Nurses Alumni Association:

"You were right, Oklahoma City is really very pretty. We went on a tour, stopped at the Cowboy Hall of Fame and saw the Capitol Building with the oil wells surrounding it.

"Believe me, I'd like to bring just one of them home for my back yard."

Mrs. Tynes also attended a workshop on the Diagnosis and Treatment of Diabetes being held in conjunction with the convention and received a certificate of participation and five credit points on her post graduate education.

For 12 years a member of the nursing staff at University Hospital, Mrs. Tynes is the niece of Mrs. Ariel Baker, well known to parents and students of School No. 112. She is now retired.

Mrs. Baker is the sister of the Winchester Armory's Capt. Jessie Peaker.

Highlight of the 1968 NPLPN Convention was the inauguration of a new advanced training program designed to "upgrade the professional preparedness of licensed practical nurses in helping to meet the critical needs of the nation".

The group's president, Miss Faye G. Day of Tulsa, Okla., says the advanced training will enable LPNs to assume more vital roles in patient care and free others on the health team to extend their services in more specialized areas of practice.

* * *

BALTIMORE LICENSED Practical Nurses attending the convention were:

Mesdames Dorothy Smith, Georgia Payne, Ethel Keel, Ruth Brooks, Helen Smith, Mary Meade, Marguerite Tynes and Miss Sandra West.

Representatives from Maryland counties were Mr. and Mrs. John Mercer, Mesdames Margaret Cannon, Mildred Nerlinger, Shirley Smack, Ann Pink, Victoria Hoffman, Jo Ann McCoys, Elna Miller and Misses Louisa Jennings, Winfred Dial and Mrs. Miclke.

NPLPN represents more than 30,000 members and is the oldest and sole organization in the country composed exclusively of LPNs.

Incidently, so many men have recently entered the LPN profession that for the first time a "For Men Only" session was held, a 7 a.m. breakfast in the Oldtimers room.

How about that? And here's another note. All the Baltimore City representations were brown eyed; all of the county representatives were blue eyed. How about that, again?

* * *

NEVER LET it be said that Baltimore housewives or schoolmarms allow themselves to succumb to the feminine mystique about which author Betty Friedman shook up the nation recently.

When there's a choice between pursuing their dream or getting married, practically all women lay aside their dream to get married.

Some never go back to it, but many do. One who is going back in pursuit of her seemingly impossible, but now possible dream, is Mrs. Doris Pegram Pimlico Junior High teacher.

Before marriage Mrs. Pegram garnered experience as a vocalist by singing at New York and local night clubs and singing gospel songs with church groups.

While traveling to New York and listening to another girl sing, it flashed across her mind that like the singer, she could go no further than club to club on the same street.

She wanted more security and more out of life than that.

Mrs. Pegram returned home, took her degree from Morgan and began work as a school librarian.

Soon adapting to and enjoying sequential roles of wife, (her husband is Houston Pegram) teacher, then mother, her little girl Betty is now nine years old.

But, that old yearning to sing kept sneaking back. Now, after having garnered a master's degree at Atlanta U. in Georgia, and Post graduate work in French at the Johns Hopkins University and the University of Maryland, plus five years of teaching at Pimlico, Mrs. Pegram is going to make a wholehearted effort to embark on the career that she has always wanted most.

Her repertoire will include jazz numbers, popular and show tunes. She has a low, husky, contralto voice which easily conveys the gamut of emotions and makes for a warm communication flow between singer and audience.

Why want to change now? many might wonder. Because, as Doris Pegram says, "Everybody, once in their life ought to do the thing they want to do. Singing is what I like best. So I'm going to try to do it.

"My husband is now finally doing what he has always wanted to do, (He's the owner and manager of a lounge in East Baltimore and knows what it's like to struggle to make your own thing work.

"My daughter's world is broadening; she's no longer momma and papa centered. She has friends and hobbies of her own.

"With husband working long hours, and daughter growing up, I have many hours on my hands. I want to fill those hours by doing something I want to do. . . and that's singing."

A Delta Sigma Theta soror, Doris will be presented soon. Watch for her, Baltimore.

EVER HEARD of Sister Marilyn (Coleman) or Brother Roger (Robinson)? Well she's black and she's beautiful and she generates sparks all over the place just be entering a room and smiling.

He's brown and he's brilliant and in his own quiet way you can't help but know he's [illegible]. They're both regular Equity actors and both are members of TLA.

TLA is the Theatre of the Living Arts. They came down here with the TLA from Philadelphia and were in residence at Towson State College for two weeks of rehersals for their first play.

The TLA group served as artists in residence for the students of the Towson Dramatics Department, working in scenes, discussing problems of the professional theatre and serving as an artistic stimulus for the students and faculty.

Sister Marilyn and Brother Roger are the two black [illegible] with the group. Roger is also a playwright. He is writing, — on the spot — a work about black history which will be presented to all the Pennsylvania high schools on the TLA agenda.

The TLA will present a collection of plays in Philadelphia and make a tour of Pennsylvania High Schools. The date of their presentation here will be announced soon.

* * *

DR. RICHARD GILLESPIE is the Dramatics Department Head at Towson. Whitney J. LeBlanc, who will soon announce the initial program for Baltimore's Action Arts Theatre, is assistant professor of dramatics.

When TLA returns to Towson, do make it a must to see Sister Marilyn and Brother Roger perform on stage.

O yes, Marilyn, a seasoned actress, has just recently returned from a year's tour of America during which she spent several months in California, acting with a group travelling.

Grants have been a blessing to many theatre groups, especially when black actors are a part of them. Full of race pride, it takes Sister Marilyn to relate experiences, serious and humorous, showing how directly and indirectly the white man and black man are helping each other in the theatrical and every other world.

Hurry back TLA.

Anniversarys and Birthdays

Out in Old Towson Towne five generations of Mrs. Mary Berry's family gathered for a birthday party in her honor at her daughter's 2028 Cecil Ave. home.

Mrs. Berry was 88 years young and among those wishing her a happy birthday was her sister, Mrs. Thomas Diggs, who is an active 85.

Mrs. Berry has eight living children and all came to make sure Mom had a memorable day.

They include: Mayfield Williams, Henry, Frank, and Roosevelt Berry, Mrs. Gladys Tucker, Mrs. Elizabeth Johnson, Benjamin and Curtis Berry.

Also honoring grandmom were 14 grandchildren, 28 great-grandchildren and five great-great-grandchildren.

Born in Hartford County, Mrs. Berry was formerly a member of St. James ME Church in Reeks. Moving to Baltimore, she joined St. James AUMP in Towson and still travels from Baltimore to Towson every Sunday for services.

When asked the secret of her longetivity, Mrs. Berry says, "Eating a proper diet." She attributes her ability to eat anything she wants — even at her young age today — to that theory.

Because she followed that formula, she has rarely been sick, a day in her life and can still practice her hobby of making quilts and aprons.

Quite a conversationalist, Mrs. Berry, as her daughter, Mrs. Mayfield Williams says, "Can and does do anything she wants".

Birthday congratulations Mrs. Berry. We think you're wonderful!

* * *

WE'RE HAPPY to announce that St. James AUMP Church will hold its 107th anniversary on Sunday from 4-7 pm. The anniversary banquet will culminate a week's activity which began Sunday with services to be held nightly.

The Rev. Joseph McManus is pastor. Mrs. Arabella Ross, a teacher at Pleasant Plains Elementary School in Towson, is chairman of the Anniversary Committee and Mrs. Mayfield Williams is co-chairman.

MYSTICAL MUSINGS

The first column received many calls from seekers of more information about musical musings.

For many it was like a relief to read about organizations like the ARE and read Mr. Jone's experience. Seemingly many have had similar experiences, but hestitated to talk about them.

Many organizations are interested in the study of and sharing of psychic experiences.

Another one here in the city is Spiritual Frontiers.

Spiritual because it deals with non-physical phenomena which relate to God, the human spirit and future life; frontier because it explores matters beyond the usual realm of church worship and activity, and a fellowship because it seeks to provide for its members an assurance that they are not alone, but rather part of a larger company of people who share and discuss experiences of non-physical reality.

The next SSF meeting will be held on Sunday Nov. 3, 8 p.m. The Rev. W. Theodore Swanger will speak on, "Meditation and Communication of Individuals and Study Groups."

* * *

IF YOU have had an experience you'd like to share, write me. Names will be withheld on request. Your questions are also welcome as well as news items about people and happenings in your community which might interest, inspire or motivate others.

We love to print success stories no matter how minute.

* * *

Thought For The Week

Never underestimate Love Power.

Begin the day by saying, "This is the day love lights my way." Then think love. When someone provokes you, or you start to become impatient, watch yourself, because you radiate love. Become more loving, patient and understanding."

Have a love-ly week

Brooke helps Urban League's benefit at game

WASHINGTON — Republican Senator Edward W. Brooke was the guest of honor at the Grambling-Morgan State football game held recently in New York to raise money for the National Urban League's ghetto-oriented program, "The Street Academies."

The game was held Sept. 28 following a parade which led through the streets of Harlem to Yankee Stadium.

Attended by 65,000 people, the game marked the first annual Coach's Foundation Classic and featured an all-star band from Grambling.

SENATOR BROOKE (Rep. Mass), as [illegible] Marshal, rode along the parade route in one of the lead cars with the Morgan State and Grambling football queens.

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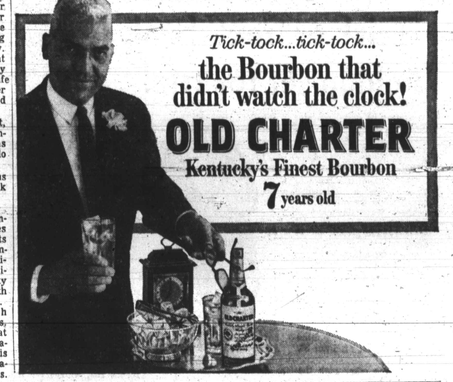

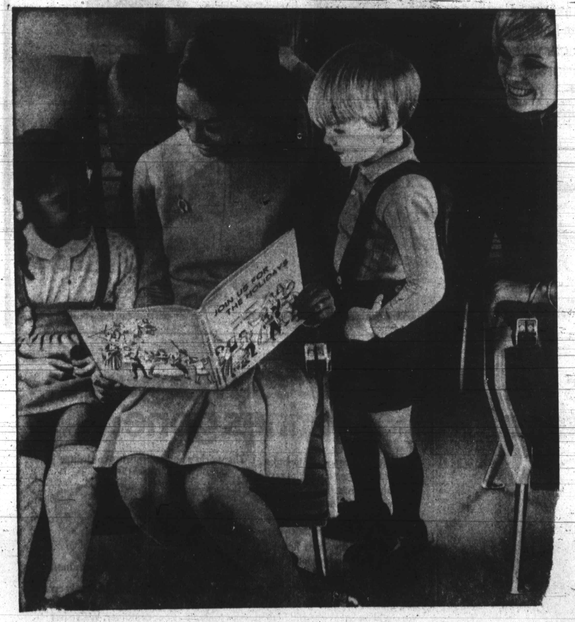

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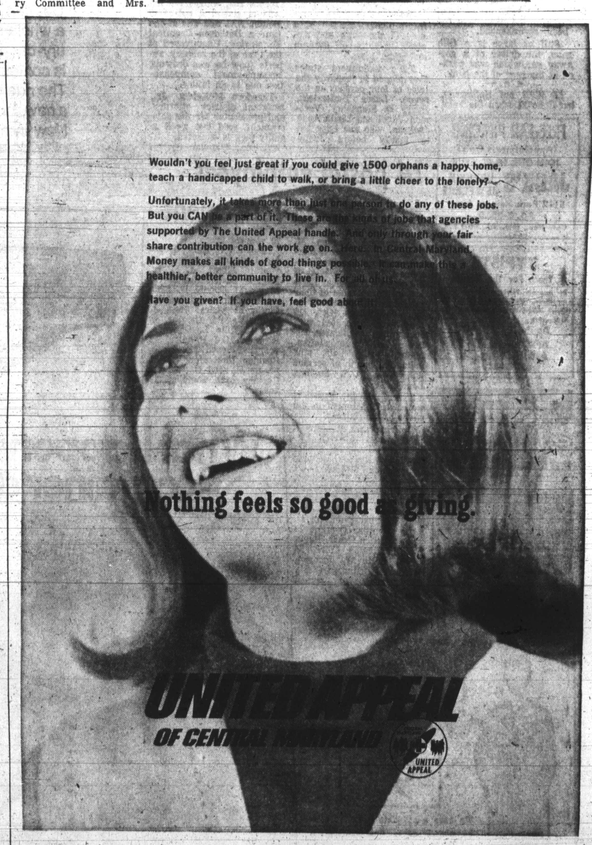

SYMBOL OF SERVICE
BALTIMORE GAS AND ELECTRIC
SINCE 1816