Light Housekeeping

By LULA MACKAY

Noise pollution, stepchild of the ecological movement, has been around longer than air and water pollution, and is just as damaging to health, trickler to control, and is largely ignored, according to the experts .Writing in Pageant magazine, Miss Patty de Roulf says that "Today's 20-year-old New Yorker has a hearing equal to a 70-year-old African, which means that urbanites are on their way to early deafness." Noise can also cause heart disease, hypertension, ulcers, vertigo and headaches.

Ear damage starts when you listen to anything over 85 decibels for a prolonged time. Ordinary conversation measures 60 db (decibels); heavy city traffic, 90 db; cocktail party chatter, 100 db; a subway ride, 100 db and a jet flying 500 feet overhead, 115 db. This is a good one to write your Congressman about, because the only national legislation to control noise is the 1938 Walsh-Healey Public Costracts Act which establishes 90 db as the loudest sound a worker on a government job may endure in an eight-hour day.

Recipe of the Week: With the trend away from the elaborate and commercial, more brides are getting married at home, or in a park, or at the beach, with mother and daughter preparing the wedding feast.

Elaborately decorated cakes and cookies are usually the forte of commercial bakers. Nosegay Cupcakes lets even the kitchen novice turn master decorator. Gumdrop flowerets gaily adorn each frosted, orange-flavored little cake.

Nosegay cupcakes are made with one half cup butter, one cup sugar, one teaspoon grated orange peel, two eggs, two cups enriched flour, one tablespoon baking powder, one teaspoon salt, one half cup milk, one fourth cup orange juice, one box (5 and one fourth ounce) fluffy white frosting mix, prepared as package directs, Food coloring, Fresh fruit-flavored large gumdrops, and one teaspoon vanilla extract.

Cream butter and one cup sugar together until light and fluffy. Blend in vanilla and orange peel. Beat in eggs, one at a time. Slir together flour, baking powder and salt. Thoroughly blend flour mixture into creamed mixture alternately with milk and orange juice, beginning and ending with flour.

Pour into paper-lined muffin cups 2/3 full. Bake in prehealed 350 degree oven 25 to 30 minutes, or until done. Remove from pans and cool. Tint prepared frosting with food coloring. Frost cupcakes. On sugared surface roll out gumdrops into thin strips, about 7-inches long and 1-inch wide. Coll into rose shape, pinching one side together.

Roll out green gumdrops and cut into leaf shapes. Place flower and leaves on each cupcake. Invert 6-inch diameter bowl on serving plate and frost the bowl with remaining frosting. Arrange cupcakes over frosted bowl, placing close together.

Spoon flour into dry measuring cup; level. Do not scoop. NOTE: If self-rising flour is used, omit baking powder and salt.

Makes 18 cuplakes.

* * *

Beauty Bit: It's no secret that teenage boys are a lot more concerned with how they look these days. Hair, of course —even when you can see their eyes — is of number one concern. This very hair adds to that age-old complexion problem that most teens suffer from to some degree.

Baby soap with built-in hexachlorophene protection makes an ideal soap for blemish-prone teen skin whether male or female. It provides an anti-blemish barrier between hair on the forehead and skin. Washing the face and the hair with hexachlorophene baby soap offers double protection.

Community College of Baltimore

Art, Music, Literature Courses Help You to Explore New Worlds, Give You New Interests In Life

Adults Find Evening Classes Lively; Enjoy Stimulating Discussions With Teachers, Other Adults

ADULTS WHO attend the evening classes at the Community College of Baltimore increase their appreciation of music, art and literature. They learn the theory and history of music and play in the orchestras and ensembles. The mature students study composition and survey the literatures of the world.

By DR. SIDNEY KOBRE
Director, News Bureau
Community College of Baltimore

Many adults in their 20's, 30's, 40's, even 50's and 60's, find that they have a number of educational gaps.

They have their junior high or high school diplomas or equivalency certification but they discover that they want a broader background then they have obtained so far.

They would like to gain more knowledge, improve their skills, or learn more about the world. These employed men and women in Baltimore's commercial or professional life realize that the only way to get this educational thrust is by taking evening courses at a local college.

More than 3,000 prefer the Community College of Baltimore, where they are offered a variety of courses on the Liberty Campus or at the off-campus centers in neighborhood high schools. These adults are joined by retirees, housewives, mothers and even grandmothers, who are eager to widen their interests.

Some of these adults want to explore the world of art, which, for one reason or another, has been closed to them. They desire to increase their appreciation of paintings, sculpture and get some meaning of the art galleries, adding a new zest to their lives. These mature students enroll in the CCB art in culture courses, or they seek to improve their own skills by studying fundamentals of design, painting, drawing or commercial art.

Others want to improve their understanding of music to enjoy concerts and records, hence they enroll in the music appreciation, introduction to music and even theory courses.

The wide world of books appeals to many, so they study at CCB the survey of American or English literature, or study Afro-American books, novels. Other adults want to improve their own writing, so they enroll in the composition and English writing courses.

All courses cannot be listed. For catalogue listing courses and times given, call 462-5800, Ext. 325, or write to Division of Continuing Education, CCB, 2901 Liberty Heights Ave. (21215).

Housewives, Mothers Keep House, Feed Families and Attend Classes

"One of the most important trends in adult education today, is the trek of housewives and mothers, and even grandmothers, back to college campuses," explained Assistant Dean Jerry M. Cohen in an interview for this publication the other day.

CCB's Division of Continuing Education is aware of this trend and has developed a plan to present at Enoch Pratt branch libraries in all sections of the city, courses for women at convenient times in the morning or early afternoon.

At Broadway Branch No. 5, 201 N. Broadway, Dean Cohen pointed out a course in introductory psychology is being offered on Wednesday from 9:35 a.m. to noon, and an introductory course in sociology will be given on Wednesday from noon to 2:45 p.m.

Women in Northeast Baltimore will be able to study problems of juvenile delinquency at the Hamilton Library Branch, 5910 Harford Rd. And those in North or Northeast Baltimore may enroll in English writing, criminology and public speaking at Branch No. 10 in Northwood Library.

Physical science is offered at the Pennsylvania Avenue branch. Pennsylvania and North Aves., while at Reisterstown Road Branch 31, 6310 Reisterstown Rd. introductory psychology has been asked for.

At Branch No. 8, Walbrook, four courses, introduction to business, state and local government, social problems and criminology may be studied.

No skirting of mini law

DAR EL SALAAM, Tanzania (UPI) — Government-sponsored guidelines for "proper dress and personal appearance" may presage the end of the mini-skirt here.

The guidelines are intended for all government employees in the "interests of preserving national culture," and among other suggestions in the circular are these:

Bushy, mushrooming, Afro-American hairdos are banned.

Hair straightening, skin-lightening creams and lipstick are to be distouraged.

Frocks of reasonable length to be worn to the office — no minis, broad belts or bell-bottomed trousers.

Men must keep hair and beards well-trimmed and both sexes must avoid long dirty fingernails.

Andrews-Mason wedding held

The marriage of Miss Lillian Rosalie Andrews, daughter of Mr. and Mrs. James Andrews Sr., of Richmond to Sonnie Berrington Mason, son of Mr. and Mrs. James L. Mason Jr., of Washington, D.C., took place Aug. 22 at Moore Street Baptist Church here.

Dr. Gilbert Campbell officiated at the ceremony and the bride was given in marriage by her father.

Miss June Epps was maid of honor and Mrs. Sharon Bert McCrary was matron of honor. Other bridal attendants included Miss Francine Fils, Miss Catherine Canady, Miss Shirley Welch, Mrs. Diane ricia Woods and Mrs. Diane Ashby.

William Waddell of Washington, D.C. was best man. Ushers were William Burns, Melvin Meredith, Michael Burns, Irving Gwynn, James Andrews Jr. and William Wood.

Miss Cheryl Andrews was flower girl and Mark Waddell was ring bearer.

A reception was given for the couple at the Chamberlaine French of the YWCA. The couple will live in Washington, D.C.

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SARA LEE FROZEN Pound Cake ..... 12-oz. box 69¢
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