Women pharmacists

TALLAHASSEE, Fla. — FAMU's School of Pharmacy, according to Dean Ira Robinson, ranks number 5 among the 10 colleges having the highest percentages of female pharmacy students in the U.S. and Puerto Rico, with an impressive 36.2 per cent in the last three years.

Only Purdue, California and Michigan, in the order, exceeded FAMU in percentages of female pharmacy students in the U.S. Puerto Rico boasted a whopping 71.7 per cent female student pharmacists' ratio. Brooklyn and Massachusetts Colleges of Pharmacy reported the lowest proportions of women students — 5.6 and 12.1 per cent, respectively.

Based on statistical analyses of the enrollment data of U.S. colleges of prarmacy by the AACP Pharmacy Manpower Information Project, some 24 per cent of students in the last three years of study are females.

Further, some 30 per cent of students in tre pre-professional years are women, indicating a definite trend of students in the pre-proportion of women in pra-armacy.

The proportion of women students in all five years at Florida A and M University's school during the fall quarter, 1971, was 33.7 per cent.

A simple sewing center in the home does not have to be expensive. All that's needed to make it successful is organization — a place for everything you need.

How to perk yourself up when you are feeling low

NEW YORK — Whether it's a pile of dirty dishes, the room that looks like the mix-master just took an unguided tour through it, a down-right hostile conversation with your mother and /or mother-in-law or a collapsed cake, it's the last straw.

You're oozing into depression and the only cheering thought is imagining the beautiful flowers at the funeral. So . . here are five sure-fire ways to pick yourself up from the dumps. The idea is be a one-woman encounter session and be good to yourself.

1. Take-It-Easy-Cooking-Coup . . Tired of dirty dishes, yesterday's egg yolk, tomorrow's dried beef stew resting on the plates? Serve on paper ones for a day, two days, a week.

The family will survive just as well eating off paper as they do dining on china. To carry out the picnic atmosphere serve cold meats, cheeses and fruit — any foods that require a minimum of effort.

Somebody might get the hint and offer to wash dishes or cook. If they don't, at least you've had a rest.

Ignore The Mess Defense . . If it's a messy bedroom, simply close the door. That's what the bedroom door is for. Pick up when you feel like it. Untidy den or living room?

Clean the debris to one side or stuff it in the closet or any other good hiding place. Or pack in a box and label "Not to be opened until I feel better." Possessions were made for people; people weren't meant to be slaves to possessions.

3. I Deserve A Good Deal. . . Wounded feelings? Just want to get away from it all? Take refuge in the bathroom in a hot bath. Not the 1-2-3, I'm clean-type bath, but a long, luxurious soak. Toss in a capful of Sardo Bath Oil, the unique golden liquid that moisturizes and softens your skin while you bathe.

Set up a tray with breakfast, newspapers or book, crossword puzzles and transistor radio. Bathe, eat, read, play and listen.

Or if you really want a treat, bring in an icy tall glass of your favorite drink.

4. Take A Sick Day . . Take a personal sick day. Pretend you're sick or don't even offer any excuses if you have enough nerve.

Crawl into bed and spend the whole day watching TV, munching goodies or doing anything else your hard-working heart desires. Above all, don't feel guilty.

People who work get sick days off. And housework is just as exhausting as the most demanding office job. Let the rest of the world go by and cope for themselves, while you relax.

5. Remembrance Of Things Past Techniques . . Last, but by no means least, try the remembrance of things past technique.

Whatever made you the happiest in the past, remember it or do it. Was it a big piece of chocolate fudge cake? Buy it. Five pieces of bubblegum chewed at one time? Do it.

An old boyfriend? Bring out his pictures and sigh a bit. A great musical? Play the album.

Whatever it is, you get the message.

Whichever technique out of the five you pick, the ideas are basically the same. It's be good to yourself time, if the rest of the world won't.

If a cranberry sauce stain or any other spot is found on a crepe garment, leave the removal job to the local dry cleaner. A crepe can be damaged just by rubbing. The pressure flattens the yarns, causing light spots due to the difference in light reflections.

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Baby drug victims given loving home

NEW YORK (UPI) — At first the newborn seems normal, except perhaps for a slight shrilliness in its first cry.

Shortly after birth, however, the baby begins to suffer tremors and diarrhea. It becomes irritable and its muscles become so rigid that it can hold its head upright. The infant is suffering withdrawal symptoms of heroin addiction inherited from its drug-addicted mother.

With the help of medication, doctors are able to bring these pathetic victims of maternal abuse through their withdrawal pains in 12 to 36 hours, only to have them often face a life of neglect and abuse when they leave the hospital.

Two Harlem women, Mrs. Clara Hale and her daughter, Lorraine, have become so concerned about the fate of these infants that Mrs. Hale, financed largey by her son Nathan, an accountant, and Lorraine, a teacher, has undertaken to care for 25 of them in the past year and a half. Fifteen of the infants have been reclaimed by the mothers after the mother has undergone what Mrs. Hale hopes is successful drug withdrawal treatment.

At Harlem Hospital Center in New York, where a sizable percentage of this city's drug-addicted mothers deliver, such cases are turned over to the hospital's social welfare department.

"Before we let a drug-addicted mother take a baby from the hospital, we make a thorough investigation of the home situation," said a spokesman for the hospital.

"If there are stable relatives willing to care for the baby we release it — if not we must take legal steps to prove the mother unfit — often difficult to do.

"Then you have a baby returned in a few weeks, dead or dying from dehydration or neglect and you've got to consider who your patient really is."

Concern for babies is nothing new to Clara Hale, whose energy and vitality belie her 65 years. In addition to her own Nathan and Lorraine, she has raised four adopted children and cared for more than 40 foster children for periods of from six months to 10 years.

Mrs. Hale was widowed when Nathan and Lorraine were five and six years old, and she barely in her 20s.

"I tried going out to work for a while," she said, "and leaving Nathan and Lorraine with neighbors, but they just weren't getting proper care. I finally decided there must be other people in my predicament and that by keeping their children in my home I could earn enough to stay home with mine."

Kenneth Hale, 28, the oldest of Mrs. Hale's adopted children, was brought to her by his grandmother when he was two months old with the plea — "Please care for him."

"He had been in a foundling home and had received barely enough care to keep him alive," Mrs. Hale said. "I fed him and cuddled him and on about the third day I was rubbing him down with oil when he looked up at me and smiled. That did it. I had three children."

Kenneth, who graduated from Delaware State College in 1965, is married and teaches in Connecticut.

Julie, now 26, came next ter Carol, then Robin, now 16 and a senior at New Lincoln School.

Most of her 40 "babies" have come to her by referral from the Child Welfare Bureau. She emphasized, however, that she has never taken money from the state for foster care.

"I have always worked directly with the mother," she said. "They paid when they could and when they couldn't I got by as best I could."

Neighbors often helped out, giving her $5 or $10 and once she said, it literally fell from the sky.

"I was walking down the street with a friend, wondering how I was going to feed the kids that night, when $5 bills started blowing down the street. My friend kept saying 'you're crazy, they must be phony' but I ran and grabbed until I managed to catch about $50 worth," she said.

Food, cosmetic companies allowed price increases

WASHINGTON (UPI) — The Price Commission, last week, approved price increases sought by four major food companies and also authorized the Polaroid, Duponit and Max Factor companies to change more for most of their products.

The commission authorized an average 2.7 per cent increase on a selected list of grocery items of the H. J. Heinz Co., a 7.2 per cent average increase on canned fruits, vegetables, frozen foods, meats and seafood of the Libby, McNeill and Libby Co., and a 2.5 per cent increase on Thomas J. Lipton, Inc., fruit products.

* * *

General Foods Corp. was allowed price increases on two separate items — 3.3 per cent on pre-cooked nuts and 6.51 per cent on Jello Brand Puddings.

Polaroid Corp., a camera and optical manufactrrer, and E. I. Dupont De Nemours and Company Inc., won 2 per cent average price increases from the commission on their products, and Max Factor a 1.2 per cent increase on cosmetics and perfumes.

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