Summer program for mental health aides

BALTIMORE — The Mental Health Association of Metropolitan Baltimore, Inc., is sponsoring a seven-week summer program for high school students interested in working with mentally ill and retarded persons.

The program is open to Baltimore city and county students who are at least 16 years old and will complete their junior year in June.

Now in its 11th year, the Elaine Michelson Mental Health Careers program is designed to emphasize learning while working. It encourages students to consider careers in the critically understaffed mental health field. The experience is also intended to give students a more informed attitude toward the prevention of mental illness and the treatment of retardation.

"We think the mental health careers program offers an excellent opportunity for high school students to sharpen their skills in dealing with others, and almost half of the students who have participated in the program have later entered some aspect of the mental health field," said Mrs. Mary Ellen Imboden, chairman of the program.

Students work under supervision at Rosewood, Spring Grove, Sheppard-Pratt and Provident Community Mental Health Center. They serve as aides in recreation, arts, crafts or music and assist mental health professionals. In some cases, the young people will actually live on hospital grounds during the seven-week period.

Scholarships, which are contributed by interested community members, are awarded to each student who successfully completes the program. It will begin July 10 and conclude on August 25 with the deadline for submitting applications on April 19.

Complete information about the program for students or contributors is available from Mrs. Gloria Witwer, Program Director of the Mental Health Association of Metropolitan Baltimore. Applications may be obtained in public and private school guidance offices.

ANNUAL BANQUET—The Youth Fellowship Circle of Baltimore recently had their fifth annual banquet at the Quality Motel. Front row, left to right are Mesdames Charlene Jones, Shirley Burgess, Susie Burgess, Cora Hicks, Gwendolyn Hicks, second row, Willie Burgess, Kato Ceasar, Mrs. Kato Ceasar, Mrs. Edna Waters, Bishop Charles E. Waters, Carroll W. Jones, Nathaniel Hicks. (John Dorman, photographer)

Light Hous keeping

By LULA MACKAY

Convenience foods are one of the nicer things about living in the 20th century, as every harried cook knows. They can save hours of meal preparation, freeing the potential "kitchen slave" from the drudgery that's involved in making everything "from scratch." We all like to make things the traditional way, but we can't always find the time to invest. Canned applesauce and apple juice, now plentiful, are two convenience foods that will save you time in the kitchen. The idea may be as simple as adding a dab of spiced applesauce, but what a difference it makes in the look of old standbys!

The U.S. Department of Agriculture's Agricultural Marketing Service suggests you take advantage of the supply of these two products this month, while they're plentiful.

A two-ounce portion of hot applesauce, for instance, over pancakes gives the dish a new flavor note. With a sprinkling of chopped walnuts the same amount of applesauce goes marvelously over French toast.

Grated orange rind over that 2-ounce dab makes a simple and mouth-watering garnish for waffles.

Float a scoop of raspberry sherbet in a glass of chilled apple juice to make the drink extra-special.

To dress up a pork chop dinner, add horseradish to applesauce and serve alongside.

A topping of applesauce lightly spiced with nutmeg and lemon juice makes cheese blintzes an entirely different dish.

To lift sliced turkey roll out of the ordinary, melt some mint jelly and stir it with some applesauce; then spoon this over your turkey slices. Applesauce mixed half-and-half with cranberry sauce also gives just the right lift to chicken or turkey.

How's this for the coming hot weather? Combine a quart of chilled apple juice with a quart of lime sherbet and four ounces of mint jelly. Beat in a blender until smooth. Garnish it with mint sprigs, and what have you got? A mint apple julep!

Or try this: combine equal parts of chilled apple juice and chilled ginger ale. Float balls of lime sherbet in the drink and add lemon slices and mint leaves. It's called frosted apple juice punch.

These are only a few of the infinite possibilities. Try them (and any others you can come up with) while canned applesauce and juice are in good supply.

What's new: The fashion industry is already looking ahead to 1973... and what do they see as new for next year?

What they see are such oldies as lawn, voile, batiste and dimity fabrics, a festival of white ground spaced and sprigged florals, pleated skirts by the millions, two-piece suit dresses, bare necks, backs, and shoulders and a rash of positive pastels, especially peach, sky blue and aqua.

Beauty bit: The scent business is a fascinating game. Have fun. Buy several tiny bottles of various perfumes and try blending your own scent. When you do buy perfumes buy from reputable counters, and don't be taken in by inferior quality. You get what you pay for.

Don't hesitate to try the testers found on cosmetic counters. That's what they are there for. During hot and humid weather, keep a bottle of cologne or toilet water in the refrigerator. You'll feel cooler every time you use it. Add a few drops to your final rinse when doing your lingerie. Spray a little cologne just before setting your hair. The only rule you have to follow when playing the perfume game is not to wear so much of the stuff that you stifle those who have to be around you.

Dollars and Sense: Because of the devaluation of the dollar, the American traveling abroad this year will find it a bit more expensive than heretofore. However, this rise in price is not applicable to getting there. The major international airlines had agreed to substantial fare reductions on transatlantic routes in 1972 before the currency crisis.

The other thing to remember is that hotel accommodations, transportation, etc. usually cost less and are more readily available in the so-called off-season months. For example, Paris in the spring, London in the fall, the Caribbean in the summer, and Scandinavia in the winter.

Clothes conscious women, who are also budget conscious, are turning by the scores, to making their own clothes, and all sorts of folks are helping them along the way.

In addition to classes being provided by department stores, pattern companies, fabrics manufacturers and machine providers, other manufactures are coming to the aid of home sewers.

For the home seamstress who wants to sew leather or one of the vinyl "leatherettes," a long-time manufacturer of items for craftsmen has produced a special machine needle to do the job. The needles, with a specially designed cutting point, will fit most home machines, says the manufacturer.

They come in three sizes: Number 11 for lightweight vinyls and soft, pliable leathers such as kid, lamb or deerskin; 14 for medium weight and fabric-backed vinyls and leathers such as suede, calf, goat and pigskin; and 16 for heavyweight and fabric-backed vinyls and leathers such as horse or cowhide.

Returns From Hair Color Clinic

ANN BLAIR ROBINSON

Mrs. Ann Blair Robinson, well-known Baltimore Beautician, has just returned from The Wella Corp. Hair Color Clinic in Englewood, N.J., where for many years she has attended classes in hair coloring under the head chemist and hair coloring technician of this corporation.

On May 8th and 9th Mrs. Robinson will conduct classes in hair coloring at The Baltimore Civic Center for the Maryland State Beauty Culturist Association.

She is owner-manager of Blairs Beauty Salon, 1355 W. North Ave. For appoinaments you can call 523-6888. ADVERTISEMENT

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ESSKAY SUN-UP SLICED BACON 1-lb. 49¢
NOMIS PORK AND BEANS 40-OZ. CAN 3 FOR $1
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NABISCO VANILLA WAFLES 12-OZ. BOX 39¢
KRAFT GRAPE JELLY 2-lb JAR 49¢
FRESH PRODUCE SPECIALS
STRING BEANS lb. 29¢
Fancy GRAPEFRUIT 3 36 SIZE 29¢
KRAFT MEAT LOAF 1½-lb. BOX 99¢
FROZEN FOOD FEATURES BANQUET COOK-IN-BAGS 5 VARIETIES 6½-OZ. PKG 19¢
HY-TOP *FORDHOOK LIMAS *CUT CORN *GREEN PEAS 20-OZ. BAG 39¢
GREAT GROCERY BUYS
KRAFT MACARONI & CHEESE DINNER 7¼-OZ. BOX 19¢
PET OR CARNATION EVAP. MILK 5 TALL CANS 89¢
HY TOP SUGAR 5 lb. BAG 59¢
CHEF-BOY-ARE-DEE SPAGHETTI 3 40-OZ. CANS $1.00
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RECEIVED AWARDS — Citizens award dinner was held recently at Blue Crest North. The affair was given to present awards to persons who have done the most to bring about a better relationship between the races of the last decade. Among those who received awards and five posthumous cited were left to right Sidney Hollander Jr., received the award for his father Sidney Hollander Sr., Dr. Leon Sachs, Mrs. Angela Bambrace, Theodore R. McKeldin Sr., William Boucher, co-chairman of affair, Del. Troy Brailey, Founder and Dr. Lillie Jackson.

AWARDS BANQUET GUESTS—700 persons were present at Blue Crest North recently to salute men and women who have done the most to bring about a better relationship between the races. Among the 10 honorees were five cited posthumously. From left are Mrs. Furman Templeton who received the award for the late Dr. Furman Templeton; William M. Passano, Sr. chairman of the board Waverly Press; Mrs. Frances X. Gallagher and Mrs. George Gelston both received awards for their late husbands. Senator Philip A. Hart was guest speaker. Quinten Lawson represented the mayor.

CELEBRATING the fifth year of Provident Hospital's Acute Alcoholic Detoxification Unit last Sunday, were (left to right) Mrs. Suzanne Pearce, first patient, and Mrs. Thelma Davis, Provident Hospital alcoholism coordinator.

Provident alcoholic unit celebrate

Provident Hospital presented the fifth anniversary celebration of the Acute Alcoholic Detoxification Unit last Sunday.

Charles G. Tildon Jr., associate director for development and public relations, was master of ceremonies.

The guests were welcomed by Henry J. White, F.A.C.H.A. executive vice-president and director.

Others on the program which featured an elaborate dinner, included: Father Harry E. Shellye, coordinator, alcoholism program of the Baltimore City Health Department; Dr. Maxwell Weisman, director division alcoholism control, department of Mental Hygiene.

Also, Mrs. Gertrude Nillson, program director division alcoholism control of the dept. of Mental Hygiene; Mrs. Alcie Moran, first counselor and co-organizer of the unit, program director A.D.U., Springfield State Hospital; Dr. Roland Smoot, medical consultant for the detoxification unit.

And, Woodrow W. Watson, associate director for administration; Mrs. Thelma Davis, alcoholism coordinator, Provident Hospital, and Mrs. Gertrude Green, alcoholism counselor, Provident Hospital.

* * *

The unit, which has served as a model to others, is staffed by five counselors on duty, 16 hours daily. Patients are referred to a quarterway house for 14 days of livein treatment or to an outpatient counseling and rehabilitation center.

The unit, opened in 1967 and has admitted 929 patients. Last year, 772 patients were referred for outpatient followup care following emergency room consultation and disposition.

Maryland State Beauty Culturists Association, Inc.
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13th ANNUAL SPRING TRADE & BEAUTY SHOW
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Upper Level - Hopkins Place Entrance
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SUNDAY, MAY 7 OPENING EVENT
1:00 P.M.—LUNCHEON FASHION SHOW Holiday Inn—Downtown Fashions by Bloch Pearl Ltd. Piera Irving, Chrm-367-8118
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MONDAY - TUESDAY — MAY 8 - 9
5-DAY SPECIAL EDUCATIONAL WORK-SHOP Classes CIVIC CENTER-National Guest Artists
Certificates Will Be Awarded
8:30 A.M.—Registration for all classes - each day
9 A.M. to 4 P.M.—See Mary V. Moore, guest artist in action Dean of National Institute of Cosmetology of Detroit, Mich. Featuring the contour half cut and styling
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9 Classes open to all licensed Beauticians, Barbers and Students
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• Mrs. Ann Blair Robertson—Hair Coloring
• Mrs. Gladys Davis—Corrective Make-Up
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DAILY - CIVIC CENTER 8:30 A.M. TO 6 P.M.
BY LEADING MANUFACTURERS
MAY 8-9 — DOOR PRIZES
COMPETITIVE HAIR STYLE CONTEST
7:30 p.m. — Monday, May 8th
Five Competition Contests. Cash Only. Prepared Wigs, Afro and Color Contests—Beautiful trophies to be awarded.
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Dance exhibits at schools No. 107 and 95

The modern dancers of School No. 95 were invited to perform at a dance recital held at School No. 107 recently.

The girls rendered two selections. The first was a dance to "Every Man Wants to be Free," and the second was performed to the "Theme From Shaft."

The dances were choreographed by the students under the direction of Miss Paula Chester, music teacher and David White, physical education instructor.

Students performing included Misses Penny Wagstaff, Jo Ann Branch, April Conway, Lois McCray, Jo Ann Brunson, Kim Carr, Barbara Hill and Cheryl Bass.

Mrs. Louise G. Murphy is principal of School No. 95 and Mrs. Sarabel Gittings is principal of No. 107.

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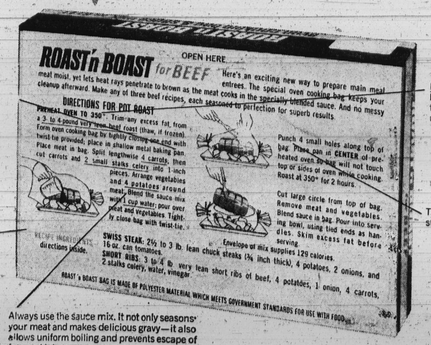

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