. . . Fashions, Consumer guides, Food, Beauty, Home decorating, Travel

IT'S BACK TO SCHOOL TIME

# Pack lunch sandwiches you know they'll eat

The sandwich is the easiest, most economical way to provide good family fare — because, if yours is the typical American family, "three squares" a day is ancient history.

The day begins with a "catch as catch can" breakfast — perhaps with bacon and eggs for dad, a bowl of cereal for junior and a glass of organge juice for older sis. Mother has a cup of coffee.

Then it's snack, snack, snack all day . . . dad with a morning sweet roll at the office, the kids stealing from their lunches at recess and mother maybe having a piece of toast with her third cup of coffee.

At noon it's "lunch on the run." Mother fixes soup and sandwiches for those at home, often eating nothing — officially — herself. Dad eats a big meal with friends or clients. What's left of the school lunches is traded around.

Returning home, everyone grabs a "quick bite" to tide him over for the "sit-down" main meal of the day . . . that is if dad is home, and if the kids aren't tied up in some school activity. Half the time, this main meal — where mother hopes to "catch-up" nutritionally — is a myth.

Eating begins soon after the table is cleared — television nibblers, delayed dessert, then bedtime snacks, followed by those midnight refrigerator raids.

Reality for today's family is a series of minimeals, with eating going on all-the time whenever anyone is at home.

Today, more office people, more students, more on-the-go executives and professionals are making the scene with lunches brought from home. The reason is obvious.

You can save a sizable chunk of income making your own edibles. You can eat in a relaxed way (and use your extra time for a pleasant stroll after lunch). And you can have the food you like, the way you like it — especially important if you have to watch your health or your weight, or both.

If you're a dieter, you know it isn't easy to get a variety of simple, tasty, calorie-low foods in restaurants — the kind that satisfy nutritional needs. Tuna, for instance, is a standby in many diets. It has the added advantages of low cholesterol and low calorie properties plus complete protein.

Some restaurants do serve an unadorned tuna "steak" on a salad platter. But, in the main, the way you get tuna is in a basic mixture thick with calorie salad dressing that is used for both sandwiches and salads, accompanied by potato salad and cole slaw, likewise ladden with the same high calorie dressing.

That's the picture all over the country. And that's why you and thousands of others are doing something about it; seeing to it that lunch is the enjoyable satisfying — and, yes, interesting — break in the day it should be.

No wonder homemade chow is staging a comeback when you have main dishes, such as these, to relish: Freeze - Ahead - Tuna - Cheese Sandwich (no work in the morning), Tuna Tote Salad, and Lunch Box Tuna Stoup, a cross between stew and soup.

To remedy the lunch problem with your family, make sure you pack hearty sandwiches you know they'll eat. Here are some good ideas:

**Freeze-Ahead Tuna Sandwich**

1 package (3 ounces) cream cheese, softened
1 tablespoon lemon juice
1 tablespoon mustard pickle relish
2 cans (6½ or 7 ounces each) tuna in vegetable oil
¼ cup chopped celery
Butter or margarine
12 slices whole wheat bread

In a medium bowl blend cream cheese with lemon juice and mustard pickle relish. Add tuna and celery; mix well. Butter bread slices and spread tuna mixture on 6 slices. Top with second piece of bread. Wrap in aluminum foil or plastic bags and freeze.

YIELD: 6 sandwiches (2 cups filling).

**Tuna Tote Salad**

1 can (6½ or 7 ounces) tuna in vegetable oil
1 hard-cooked egg, sliced
⅓ cup chopped pared cucumber
2 tablespoons shredded pared carrot
1 tablespoon lemon juice
½ teaspoon chopped scallions
⅛ teaspoon dried dill weed

In a medium bowl mix all ingredients; chill. For lunch, take in plastice contained or wide-mouth vacuum container.

YIELD: 2 servings.

**Lunch Box Tuna Stoup**

1 tablespoon butter or margarine
2 tablespoons finely chopped onion
1 can (10½ ounces) condensed chicken broth
1 can (8 ounces) tomatoes
1 can (8 ounces) cut green beans, drained
3 tablespoons chopped parsley
1 teaspoon lemon juice
1 tablespoon packaged pre-cooked rice
⅛ teaspoon dried leaf basil
1 can (6½ or 7 ounces) tuna in vegetable oil

Melt butter in a medium saucepan. Add onion and cook until tender. Add undiluted chicken broth, tomatoes with liquid, drained green beans, parsley, lemon juice, rice and basil. Bring to a boil; reduce heat, cover and simmer 10 minutes. Add tuna. Turn into vacuum container.

YIELD: 1 quart; 2 servings.

**Old China Town Pork Burger**
**6 sandwiches**

1 pound pork sausage
1 cup enriched soft bread crumbs
½ cup finely chopped green onion
⅓ cup finely chopped green pepper
1 can (6½ oz.) water chestnuts, drained and chopped
1 egg
2 tablespoons dry sherry
2 tablespoons soy sauce
1 small clove garlic, crushed
¼ teaspoon ginger
6 large enriched sesame seed hamburger buns
Butter, softened
1 cup bean sprouts, rinsed, well drained
Sweet 'N' Sour Sauce

Combine first 10 ingredients; mix well. For ease of handling chill several hours, if desired. Shape into patties and grill until done. Split, toast and butter buns. Divide bean sprouts on bun bottoms and top with patty. Spoon equal amounts of Sweet 'N' Sour Sauce over meat. Close sandwich with bun top.

Sweet 'N' Sour Sauce:
½ cup crushed pineapple, drained
⅓ cup catsup
2 tablespoons vinegar
2 tablespoons orange marmalade
1 tablespoon prepared mustard

In small saucepan combine ingredients. Heat and stir until marmalade melts.

**Mediterranean Seawich**
**6 sandwiches**

8 ounces small shrimp, canned or frozen
1 can (7 oz.) tuna, drained
½ cup chopped celery
1 can (2 oz.) mushroom stems and pieces, drained
¼ cup diced stuffed olives
¼ cup mayonnaise
1 tablespoon lemon juice
6 slices enriched dark rye bread
Butter, softened
6 hard-cooked eggs
1½ cups shredded American cheese

In mixing bowl, combine shrimp, tuna, celery, mushrooms, olives, mayonnaise and lemon juice. Chill. Butter bread. Cut each egg into 6 slices and place on bread. Top egg slices with shrimp-tuna mixture and ¼ cup cheese.

Garnish with green onions and baby shrimp.

SOMETHING TO CHEER AT NOON . . . A nutritious trio to launch your lunchtime: Tuna Relish Sandwich (It's one you can make and freeze ahead), Tuna Tote Salad, and Lunch Box Tuna Soup (a cross between stew and soup.

## The Perfect Snack

**S**upper, lunch, and breakfast, too, sandwiches make a meal.
**A** action food, for eating-on-the run, sandwiches go with you—wherever you go.
**N**utritionally, the sky's the limit for the sandwich, which always contains something from at least two if not all four food groups—breads and cereals, meat, dairy, and fruits and vegetables.
**D** istinguished gourments savor sandwich delicacies. They are definitely not declasse!
**W** inning item on your table, or the restaurant menu, is the sandwich, with more than 300 million consumed daily.
**I** ngenious masters of sandwichery can fit a wide world of food into a sandwich.
**C** onvenience from the very beginning, that's the sandwich, quickly prepared from food at hand for those "any time of day" meals.
**H** ealthy, happy eating for the entire family comes with sandwiches built on enriched bread. Three B-vitamins—thiamine, niacin and riboflavin—and the mineral, iron, are added in enrichment.
**E** conomical sandwiches add enticing variety to menus at minimal cost.
**S** nack if you will, but for nutrition's sake make it a sandwich.

## Marriage Licenses

KING-MCQUEEN — McArthur, 32, 4802 Reisterstown; Lottie, 35.
SMITH-CALDWELL — Roy 36, 32 Solar Circle; Jean S. 28.
STEINER-ABRAMSON — Moris A. 28, 131 W. Lafayette; Randy O. 24.
WHITE-LYNCH — Raymond, 26, 1101 N. Calvert; Janice, 24, 2810 Halyson.
COLEMAN-CUNNINGHAM — William B. 22, 3206 Normount; Gloria L. 19, 2930 Garrison.

## Child care training program

With the current inflation pattern affecting all major cities, the need to provide child day care services to families is increasing. However, federal funds to operate these centers have not increased to keep up with the demand.

The Division of Child Day Care, Baltimore City Health Department is assisting private organizations and community groups in establishing nonprofit centers in low economic areas as well as those areas most affected by the inflation.

* * *

This effort is a part of a long planned program to establish day care centers in areas of greatest need and staff them with qualified personnel. Through Title I funding, the Health Department in cooperation with the Early Childhood Education Area of the public schools and the Community College of Baltimore, has initiated an accredited ongoing in-service training program for day care center aides, teachers and directos.

The purpose of this program which is held in selected school sites within the Title I Area with follow-up in the day care centers, is to enable day care center staff to plan and carry out a daily program of planned activities which are appropriate to the specific needs of young children.

* * *

Persons participating in this on-the-job training receive college credits. The course work provided at these sites corresponds with courses available from CCB in the areas of early childhood education, early child behavior and development of creative activities.

Through providing on-site training, it allows the Health Department to work with staff in placing emphasis on improving overall quality of the programs. Mrs. Marion Persons, chief, Division of Child Day Care indicates that this has enabled Baltimore to have day care centers which not only meet regulations, but assures that the centers provide an educational program to meet developmental needs of individual children.

This year 100 persons, employed in day care centers located near Title I schools have participated in this program.

The program is being expanded this fall to assure that qualified staff will be available to meet the increasing demands.

He who asks questions, cannot avoid the answers.

* * *

The heart of a wise man lies quiet like limpid water.

* * *

Lower your head modestly while passing and you will harvest bananas.

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BLAIR'S CANNON FLIP GOES BACK TO SCHOOL

ROSLYN MEWBORN

Roslyn Mewborn, 14 years of age and a 9th grade student at Rock Glen Junior High School is wearing the Cannon Flip styled by Anne Blair Robinson of Blair's Beauty Salon. Blair's Beauty Salon features the latest styles for back to school each year. The crown is wound to form a cannon. The new flip up bang and the mushroom back.

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From the Hane Mori Coutre Collection Fall-Winter '75 comes this fantasy is silk chiffon printed with rises and rainbows in soft shades of purple-grey, beige-grey. The little square-neck top and stole float gently over an ankle-length skirt. It's a great was to look in the evening for years to come.

BLACK AMERICANS

## An outlook on cancer

By John Henry Jones
American Cancer Society Science Writer

The unequal and inadequate delivery of medical care to black Americans lowers their chances for early diagnosis and successful treatment of cancer, according to Sidney J. Cutler, Sc.D., who spoke at the recent National Conference on Advances in Cancer Management in Denver, Colo. The meeting was sponsored by the American Cancer Society and the National Cancer Institute.

An accumulation of cancer facts and figures on low income populations—particularly black Americans—by Federal and private agencies has shown that overall survival patterns for black cancer patients with few exceptions are not as high as those for whites.

Explanations for such differences have hitherto ranged from environmental and genetic factors, social customs and habits, to improved reporting of disease.

Dr. Cutler said, "It seems unlikely that so many different forms of cancer are characterized by a consistent biological mechanism which results in later discovery of the disease among black people. Thus it is reasonable to conclude that a difference in the delivery of medical care to white and black people in the United States contributes to the observed differences in stage of disease at diagnosis."

Dr. Cutler, Associate Chief of the NCI Biometry Branch, explored the availability and utilization of medical facilities as a key factor in the serious cancer outlook for black Americans.

He illustrated the gravity of the problem with figures from the Third National Cancer Survey, from End Results in Cancer Report Number 4, and from a supplement to that report "Treatment and Survival Patterns for Black and White Cancer Patients."

Today, incidence and morality rates for blacks are higher than for whites overall, but vary greatly from one cancer site to another. Since 1940, cancer incidence and morality rates have been rising more rapidly for U.S. black males than for white males. Rates for black females have remained steady while they declined slightly for white females.

In July 1972, Howard University issued its study "The Alarming Increase of Cancer Mortality in the U.S. Black Population 1950-1967." This report was made to a joint meeting of the American Radium Society, the James Ewing Society, and the Society of Head and Neck Surgeons in Boca Raton, Florida.

Environmental factors were cited by the Howard researchers as "the most likely reason," for the higher death rates among black Americans. They linked the increase of lung cancer with the increase in cigarette smoking as one example. The Howard study also said: 1) Cigarette smoking seems to have increased much more rapidly in blacks than in whites since 1930, and this probably is the cause of the more rapid increase of lung cancer and perhaps of bladder cancer; 2) Food habits also have changed rapidly in the span of one generation in blacks while the diet favored by whites evolved over a much longer period of time; 3) Increased alcohol consumption might be connected to the rise in intra-oral, esophagus and liver cancer; 4) Exposure in industry seems important; many of the jobs with the greatest exposure to health hazards are now filled by blacks.

The "many serious implications" in the cancer rise among black people, warned of by the Howard scientists in 1972, have been borne out by Dr. Cutler's present assessment. "The already overlooked and understaffed facilities for medical care of black patients will be put under severe strain by an increase of black cancer patients of about five per cent a year." They further pointed out that "few black families have the economic resources which are required for optimal cancer care. Economic assistance is required to make it possible for black cancer patients to follow a proper therapeutic program."

Dr. Cutler whose theme in Denver was, "Who Are We Missing and Why?" discussed the difficulty in achieving early cancer diagnosis among black people and said, "When you're concerned with the immediate needs of day-to-day survival, it's hard to be responsive to some prospective threat." He said "higher proportion of cancers in white than in black people are diagnosed in a localized stage" or when the disease is most curable.

"Increased attention must be given to research aimed at the development of more effective screening and diagnostic techniques, including prescreening methods that may serve to identify groups warranting more intensive screening," Dr. Cutler suggested.

Cancer deaths among all sections of the American population can be reduced by earlier diagnosis. The problem that must be met is how to bring people to screening facilities and follow through with prompt treatment if cancer is detected.

## Beauty News

"The International Beauty Look in 1975", according to Alexandria de Markoff, "is a continuation of each woman's personality and individual life-style." Knowing what flatters her the most, she wears fashions and makeup with confidence and flair.

This Fall, there's a wide spectrum of makeup colors to choose from at Aledandra de Markoff . . . from the dazzling brights to the umbered muted tones. With a quick change, she can go sportive for daytime hours, gala for evening. Makeup after all is a kaleidescope of color that transforms the face into flattering patterns of light and shadows . . . creating beautiful illusions. Improving on nature's own master plan.

The Complexion — Begin witha well-cared for skin. Over this Alexandra de Markoff offers a choice of foundations: Formula Makeup IV — the creamy makeup in a tube that instantly gives a sheer outdoor glow. It is perfect for sport and travel. And Countess Isserlyn Makeup in liquid or creme form—the ultimate in foundations that provide fine flawless coverage, and incredible long wear through the evening hours. And, of course . . . a misting of powder over all.

The Eyes — Soft focus eyes are news for Fall. The Eye-Defining Shadows to powder or are softer and deeper. Their names: Taupe, Cooper, Sallc, Pure Blue, Grass Green, Turquoise, Sapphire and Violet in the creme finish; Nude Pastel, Apricot Pastel, Blue Pastel and Mauve Pastel in the frosted finish. For daytime hours wear the subtle, muted Taupe and Copper shadows in combination. For evening, Sapphire and the frosted Blue Pastel and Nude Pastel are sheer flattery by candlelight. Day and evening frame the eyes with Lash Defining Mascara in Soft Black or Dark Brown.

The Lips — Color lavished with moisturizing goodness is the open secret of Alievia Treatment Lipsticks. They actually make lips feel as good as they look. Four new shades to favor this Fall: Plum, Pink Beige, Apricot and Gold Frosting . . . a 14-karat sparkler that adds soft golden highlights to any shade of lipstick for gala occasions.

Congressman Parren J. Mitchell chats with Dale G. Lee, president, Baltimore Frontiers Club and Jesse Webster, WBAL Radio, following his address to the Frontiers on a health bill he will present to the House of Representatives to support Vitiligo. The Frontiers Club is a supporter of the Vitiligo Research Foundation at Howard University.

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Take a walk around the neighborhood, find the nearest fire alarm box to your home and explain to the children how to sound it in case of a fire and to remain at the box to direct the fire fighters to the fire. If you extinguish a fire yourself call the fire department to make sure it is out especially sofa pillow, or mattress fires.


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