WOMANS WORLD

Utilization of womanpower linked to growing economy

(By NNPA News Service)

WASHINGTON —(NNPA) The advancement of women runs parallel to economic and social progress, Mrs. Esther Peterson, Assistant Secretary of Labor, told a recent meeting of the International Management Congress.

As the economy moves from oxcarts to autos, she said, the status of women advances from "wells to votes."

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THE MORE fully the Nation uses the talents and skills of women, — not only as wives and mothers, but as participants in civic, political and cultural affairs as well — the more advanced the Nation becomes.

Mrs. Peterson said it is futile to talk about full utilization of the womanpower of the Nation outside the context of a growing economy, for it is only as the country develops its resources and increases its consumption of goods and services that the full employment of women can be assured.

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SHE POINTED out that women play an important role in the Nation's work force, not only because they contribute to the output of goods and services but because as wage earners they create a demand for things which the economy produces.

Their earnings, therefore, are reflected in a higher standard of living — well balanced diets for their families, college education for their children, and a share in the cultural and social life of the communities in which they live.

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THE AMERICAN woman is still the central figure in the home and places the welfare of her family above all other considerations, Mrs. Peterson said.

She is the "moving spirit and star performer in much of the volunteer work which builds and strengthens the community and enriches our national life."

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SHE IS an integral part of the work force. Sometimes she concentrates on a single role — the mother with small children. More often, however, she combines two roles as does the working mother or the wife who does volunteer work in the community. Occasionally she manages all three.

Because there is a dearth of workers in many fields, Mrs. Peterson continued, business and industry, as well as the professions, tend to look with favor upon women who have ability and the necessary education and training.

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THERE IS a critical need for workers in most scientific and technical fields. The overall picture shows an estimated growth in professional and technical jobs of more than 40 per cent between 1960 and 1970. This is far above the average increase of 20 per cent forecast for the labor force as a while.

Women executives are still a rarity in private industry. Many at the top of the ladder are there because they inherited a business or a controlling interest in a business from a father or a husband.

Alpha fraternity contributes to Harris defense fund

PLAINFIELD — Zeta Nu Lambda Chapter, Alpha Phi Alpha Fraternity, last week at its regular monthly meeting contributed $100 toward the legal defense of Donald Harris and others recently arrested in Americus, Georgia.

Harris, a June graduate of Rutgers University who resides in New York City, was arrested while conducting a voter registration campaign in that city.

The Plainfield chapter has also sent communications to President Kennedy and Governor Rockefeller urging their intervention in Harris' behalf.

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DR. JAMES H. REID, president of the chapter, announced that the communications to the President and Gov. Rockefeller expressed concern for Harris' safety and constitutional guarantees.

Harris' plight was brought before the Plainfield organization by a representative of the Rutgers students who have set up a defense fund for Harris.

Dr. Reid stated that he believes other fraternal and professional groups will join in support of Harris' cause.

Dr. Dudley speaks at Fayetteville State

FAYETTEVILLE, N. C. — Dr. Harold J. Dudley, executive secretary of the Synod the Presbyterian Church of North Carolina, was the vesper program speaker at Fayetteville State College last Sunday.

Dr. Dudley said that people all over the world have questions that they want answered and God and Christ have answers to the questions.

Bunburgers

Bunburgers — a tasty mixture of ground beef, Carnation Evaporated Milk and seasonings topped with cheese . . . broiled right on the bun!

The meat mixture can be put on the buns before guests arrive and stored in the refrigerator until serving time. Thanks to Carnation they stay juicy from mixing time until the last crumb has been eaten! And there's no broiler pan to scrub!

BUNBURGERS REQUIRE 2/3 cup (small can) undiluted Carnation Evaporated Milk, 1 egg, 1½ pounds ground beef, ½ cup fine cracker crumbs, 1½ teaspoons salt, teaspoon pepper, 1 teaspoon dry mustard, ¼ cup finely chopped onion, ½ cup finely chopped green pepper, 4 to 6 slices process-type American cheese, and 6 hamburger buns.

Combine Carnation, ground beef, cracker crumbs, salt, pepper, mustard, onion and green pepper. Mix gently but thoroughly. Form into 12 thin patties (about 1/3 cup meat for each patty). Split hamburger buns.

To some of 16 million children lunch is best part of school

A youngster got up Monday morning, dressed quickly, ate a skimpy breakfast, and rushed off to school.

He felt hungry before he turned the corner, but there was a smile on his round face. At the mid-morning recess he would have milk and cookies, and at noon he would have a full lunch.

This little drama is a common occurrence, say school lunch officials. While most youngsters get a full breakfast, many leave home hungry and look toward the school lunch as the best part of school.

THIS YEAR nearly 16 million children in 68,000 schools across the country will eat well - balanced noon meals under the 17-year-old National School Lunch Program, says the U.S. Department of Agriculture.

In recognition of the importance of the program in helping to safeguard the health and well - being of children and in expanding markets for America's abundant farm production, President John F. Kennedy has designated October 13-19 as National School Lunch Week.

THE SCHOOL lunch program is administered at the national level by USDA's Agricultural Marketing Service which also establishes the high nutritional standards maintained by every school receiving lunch assistance. State educational agencies are responsible for administering the program in the States, while direct management of the lunchroom is assumed by the local school systems.

USDA points out that the program is operated on a nonprofit basis; lunches are served free or at reduced prices to children who cannot pay the full price, and lunches are planned to include protein - rich food, fruits or vegetables, bread, butter or margarine and milk.

FINANCIAL SUPPORT for the program comes from state and local communities which provide about three - fourths of the $1,244,000,000 that is now required annually.

The Federal Government last year provided $109 million in cash assistance and about $175 million in donated foods. The rest of the food — more than $600 million worth — is purchased locally.

IN ADDITION to the school lunch program, there is a special milk program designed to encourage children to drink extra milk other than that served with the school lunch.

Last year youngsters drank 2,600,000 half - pints under this program. This milk plus that served with luncheons accounts for more than five per cent of all fluid milk moving from dairy farms to U.S. consumers.

Best Buys

Sweet potatoes merit place on budget

BY VIRGINIA L. MCLUCKIE
FOOD ECONOMIST

Shoppers will find the best buys in seasonal commodities, but attention should be given to the quality of each item selected for purchase.

Receipts are increasing in the new crop of sweet potatoes. Sweet potatoes merit a place in the menu since they offer economy in price for the food budget and in food value for the diet.

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THE NEMAGOLD variety if sweet potato is grown on the Eastern shore and it is a deep orange, moist type. Around seventy percent of the sweet potatoes grown in Maryland are grown in Wicomico county. Over four thousand acres of sweet potathousand ocres of sweet potatoes will be harvested in the state this year.

Sweet potatoes prices are generally lowest in the fall months when uncured potatoes are being marketed. Later on, curing, sorting and shrinkage costs add to the price of sweet potatoes to the consumer.

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NEW CROP potatoes are not good keepers, so buy in small quantities and use them promptly. Select large ones for mashing and those uniform in size for baking. Be sure you purchase sweet potatoes that are clean, smooth, firm and dry to avoid waste and spoilage.

Sales on larger quantety units of white potatoes offer attractive buys. When purchasing in quantity be sure you have a cool, dark storage place for white potatoes. Exposure to light causes white potatoes to turn green in a very short time.

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WHITE SCALLOPED squash is another Maryland vegetable on the best buy list. Serve it baked, stuffed, scalloped, or fried. Tender skin squash does not need to be peeled before using.

Seasonal fruits on the best buy list are apples and Tokay grapes. The California table grape crop is up seven percent over last year. Tokays are a brilliant red grape with excellent keep qualities.

The berries are large and egg shaped, firm and have fairly tough skins. Apple varieties are numerous; for eating use Red or Golden Delicious and McIntosh and for all purpose use select Jonathan, Grimes Golden or Staymans.

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SMALL SIZE eggs are the best buy at the egg case. Size refers to weight per dozen and on a cost per pound basis small eggs are a real bargain. Grade A quality is recommended. Buy eggs from Stores that keep their eggs under refrigeration and hurry them home to your own refrigerator as this helps to maintain the high quality in eggs.

At the seafood counter you will find crab meat lower in price. Let your recipe guide your selection of the type crab meat since prices are different for claw, regular or backfin meat.

Norfolk spots are recommended as the whole fish section. For a mild fish steak with no small bones choose steakfish. Oysters are in season but carry higher price tags. Fish and seafood are high quality protein foods that families should enjoy more fully.

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SWEET POTATOES WRAP WRAPUPS are made with 2 cups mashed cooked sweet potatoes, 4 slices canned pineapples, drained, 2 tablespoons butter, melted, and 4 slices bacon.

Combine sweet potatoes add butter; beat until light and fluffy. Place ¼ of sweet potato mixture on each pineapple slice. Wrap bacon potato ring and fasten with toothpicks.

Place in greased shallow baking dish. Bake in hot oven (425 degrees) 30 minutes, or until bacon is crisp.

Family Pot Luck

BY HELEN HALE

Quick and Easy

Make cornbread from a packaged mix, adding diced apples to the batter. Top with sliced applies, with red skin left on, and bake for a perfectly delightful hot bread.

Did you know that mugs are marvelous? Use them not only for those large cups of hot coffee, but serve soup in them for lunch or spiced hot cider and doughnuts to the guests.

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HAVE YOU a sizzling steak platter and no steak? Place a layer of cooked lima beans at bottom, top with ham slice, peaches, apple rings and pieces of banana, dipped in lemon juice and butter. Broil for a quick as a wink dinner.

Helen's Favorite:

Pink Raspberry Snow
(Serves 8-10)

1 package raspberry-flavored gelatin
⅔ cup sugar
1½ cups hot water
¼ cup orange juice
¼ cup lemon juice
2 10-ounce packages raspberries, thawed, sieved

Combine gelatin and sugar; dissolve in hot water. Cool. Add remaining ingredients. Pour into 2 quart refrigerator tray; freeze until firm. Break in chunks and beat until smooth. Return to tray and freeze 3 to 4 hours. The mixture will not freeze firm.

A different twist for frankfurters is to split them and fill with a bread dressing, broil.

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COOK CUT-UP chicken in the automatic skillet with a can of mushroom soup diluted with an equal amount of water. Sprinkle chicken with curry and paprika. Just before serving add frozen peas to side of skillet with crinkle - cut potatoes to the other and cook with chicken for a meal-in-a-skillet.

Cantaloupe tip

Luscious cantaloupe is a natural for bite-size appetizers.

Wrap cubes of cantaloupe with prosciutto, boiled ham, salami or chipped beef and spear on picks. Skewer cantaloupe balls and cubes of cream cheese or cantaloupe chunks and cocktail sausages.

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FOR SOUP AND SALAD days, serve your favorite soup with a platter of cooling California cantaloupe wedges. Pass a do-it-yourself assortment from the spice shelf such as curry powder, dill weed, lemon, thyme and mint leaves in addition to salt and pepper to sprinkle on the melon.

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EAST MEETS West in "Cantaloupe Orientale" by sprinkling chopped crystallized ginger over the traditional combination of vanilla ice cream in California cantaloupe halves.

SIGNER PATTERN

Biki

NS-246 MISSES
NA-2066 MATURE

MISSES AND MATURE SIZES

Much has been said and written, and rightly so, about the merits of the little black dress, the backbone of every woman's wardrobe. The perfect example is Biki's elegantly simple model which requires minimum sewing time for maximum good looks.

Below soft folds of drapery the front bodice is smoothly fitted. In back, it blouses gently and extends over the shoulders to frame the flattering neckline and form tiny sleeves that provide ample coverage for day yet are brief enough for evening.

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THE SKIRT is fitted with back darts and eased over the hipbones with unpressed pleats. Dressed up or down, you'll find this design a delight to own in almost any fluid fabric—silk or rayon crepe, sheer wool, jersey to name but a few.

To select your correct size, use exclusive ready-to-wear size chart.

SIZE	BUST	WAIST	HIPS	*LENGTH	
NS-246—Misses					
10	34	24	35	16½	inches
12	35	25	36	16¾	"
14	36½	26½	37½	17	"
16	38	28	39	17¼	"
18	40	30	41	17½	"
*From nape of neck to waist					
NA-2066—Mature					
16	38	29	39	17¼	"
18	40	31	41	17½	"
20	42	33	43	17¾	"
40	44	35	45	18	"
42	46	37	47	18¼	"
**From nape of neck to waist					

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SIZE 18 MISSES required 2 3/8 yards of 45" fabric for dress and Size 20 Mature requires 2 7/8 yards of 42" fabric for dress. To order, state size and correct pattern number (NS-246—Misses; or NA-2066—Mature); send $1.00 for each. Add 25c for first class mail and special handling.

Pattern Books No. 20, No. 21, No. 22, No. 23, No. 24, No. 25 and revised Duchess of Windsor are available for 50c each or any 3 for $1.25 or all 7 for $3.00. Add 10c postage for each book. BIKI silk woven label available for $1.00. Address Box 1005, G.P.O. Dept. BZ-2, New York 1, N.Y.

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