DON'T LET THE HEAT GET NEXT TO YOU

25 ways to keep your cool...beautifully!

By Marie Phillips Cooke
Reflections Editor

1. Wash your hair regularly (once a week) with a non-alkaline ph-balanced shampoo. A clean scalp is cooling.

2. Follow each shampoo with a conditioner. An instant conditioner is o.k., but a professional product is much better.

3. Avoid heavy hair oils . . . they'll make you lose your cool!

4. Select a hairstyle that's becoming to you. Avoid the fancy ones . . . they're a hassle to keep during the summer months.

5. Short, short naturals are very much "in" and they are cool.

6. Shower or bathe frequently. Two a day will keep you cool. Splash on an after-bath lotion for a refreshing feeling.

7. Avoid heavy undergarmets during the summer months. Cotton undies absorb perspiration — thus help you to keep your cool.

8. Wear the sheerest pantyhose you can buy. Medical reports say women are more susceptible to vaginal discharges in warm weather. Wash hose after each wearing with warm water and mild soap.

9. Keep feet cool with medicated foot powder and sponge innersoles.

10. Leather sandals and canvas shoes are cool for summer. Avoid "fad" shoes (those with 6" and up heels), they can cause serious problems in the future.

11. Stay away from heavy make-up . . . It's hot . . . and can cause skin problems — especially if you have oily skin. Use a dab here and there, add a touch of lipstick and call it quits. Heavy make-up clogs pores; combine that with perspiration and you've got problems.

12. Wash your face at least twice daily (oily skin, three times) with a mild, unperfumed soap and warm water. Rinse well (six to eight times with clear, warm water).

13. Pat face dry with clean face towel. Use witch hazel, or mild astringent on cotton pad to remove any of the dirt you left behind. This will also close pores.

14. Apply a light moisterizer.

15. Give yourself a facial treatment each month, especially during the summer. It will thoroughly cleanse the skin and keep it cool looking.

16. Your body will benefit from regular exercises this summer and you'll look real cool in those new summer pantsuits, skirts, shorts and swimsuits.

17. Watch it! Don't spend too many hours in the sun . . . It burns!

18. Get rid of those callouses and rough spots with a pumice file, soap and warm water.

19. Pretty fingernails are a result of regular manicures.

20. Calorie-counting makes for a beautiful body. Beer is refreshing, but contains as many as 500 calories per can - bottle. Instead have a glass of fresh fruit juice garnished with an orange slice or some dry white wine.

21. Cotton is very much in this season. It looks good on any body shape and is easy to care for.

22. Wrap dresses are in style and can be adjusted an inch or two or three without alterations.

23. Jacket dresses are perfect for daytime wear especially if you work in an air-conditioned office. And, they'll take you right into the early evening hours.

24. Coordinates are a sound investment. When shopping, buy the jacket, skirt and pants . . . you'll be glad you did.

25. Vacationing this summer? Take only those clothes you know you'll need . . . nothing extra . . . and stick to the solids (they can be worn more than once. Simply pack an extra top).

NATURALLY COOL is Marti Franklin, a high fashions professional model from Baltimore. Here she's cool in' it in a pure cotton daytime dress, which she says, will also take her into the early summer evening hours. Add a wide brim natural straw hat and a pair of comfortable sandals and you're ready . . . for keeping your cool.

(AFRO Staff Photos by Benjamin M. Phillips)

REAL COOL—The jumpsuit is the biggest thing in fashion this season and is flattering to most figure types. Accent it with a scarf and straw hat . . . a fashionable way to keep your cool during the hot days which lie ahead. Model is Pinnie Ross of Columbia, Md. photographed at recent Eastern Province Council Meeting of the Silhouettes (Kappas wives).

Italians show new designs in New York

On April 26, His Excellency, Roberto Gaja, Ambassador of Italy to the United States, officiated at the opening of The Fourth Annual Italian Knitwear and Ready - To - Wear Trade Week, at the Plaza Hotel, New York.

Some 40 talented Italian Designers are participating in this week long panorama presenting fashions for both women and men for Fall-Winter '76-77.

A highlight of the opening day festivities was an evening charity gala in the Plaza Grand Ballroom featuring a fashion presentation of the collections of Basile, Biagiotti, Cadette, Callaghan, Caumont, Fendi, Krizia, Mirsa, Missoni. The event benefited the Children's Blood Foundation.

Highlights of the collections feature sportswear, daywear, outerwear, furs, and eveningwear. SILHOUETTES . . . long, cut with ease and roomy tops; layered sweaters and tunics over long, slim skirth and cigaret slim pants . . . dramatic evening skirt tunics over pants; feminine frocks in chiffons.

FABRICS. . . plush mohair and alpaca knits, elegant camel hair and cashmere; muted mohair and brushed wool appear throughout in coats, sweaters and suits. Crepe de chine and luxurious furs add to the glamour of the eveningwear. Plaids, florals, stripes and mixed patterns are the trend setters of the collections.

COLORS . . . the naturals accented with black, off-white, blue, brown, bordeaux and green highlight the collections.

ACCESSORIES . . . narrow belts; hoods; helmets; ethnic inspired wool hats; scarves; leg warmers; long strapped shoulder bags and low heel boots.

-Catonsville Notes

(Continued from Page 33)

were with them all the way!

The group left from the church parking lot at 7 a.m. last Friday with prayers for a safe trip, led by Father Burns.

Among the people to see us off were Edith Thomas, who was taking pictures, and Dorothy Joyce who is now driving wherever she wants to go. There are so many things that I would like to tell you about this trip, but space does not permit. However, we were on our own Saturday and Sunday, and each person did his "own thing" whatever he or she wanted to do. There were many family get-togethers including our own. On of the deacons from St. Edwards Church in Baltimore led us in prayer before we left New York.

Heritage Church took four buses to New York last Saturday to see "The Wiz". I understand that folks had a beautiful time also. The Rev. Wendell Phillips is the pastor.

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Instead of writing the usual poem that I re-write from cards and books I have used, I will share a card message Hannah C. L. Lindsay sent friends, including this writer.

In Appreciation H.C.I.

The past weeks have taught me many things,
The joy that God's rich blessings bring
Family love . . . skilled care New discoveries . . . rich and rare.
But I discovered so much more
Through your visits, flowers, gifts, cards galore.
My constant prayers ere each day ends.
God make me worthy of my friends.

Love Hannah

BORROW A bit of the Caribbean — that suggest tropical Islands—with Fruited Frappe, a delicious dessert or perfect afternoon or evening snack.

Refreshing desserts

Fruited Frappe

1 can (17 ounce) fruit cocktail
1 can (6 ounce) frozen grapefruit concentrate
3 cups cracked ice cubes
Rum, optional
Lime twists, optional

Pour fruit cocktail and syrup into blender with grapefruit concentrate; ice cubes and run. Whirl until mixture reaches a snowy consistency. Serve immediately with lime slice and reserved fruit on pick, if desired.

Serves 4-6.

May be mixed with eggbeater and poured over cracked ice.

Planters' Punch
(Makes Two Tall Drinks)

2 teaspoons sugar.
Juice of a lemon or lime.
4 ounches of Rum
2 dashes of bitters.
1 dash of Grenadine.

Iced Rum Coffee

Make your iced coffee in the usual way and add a spoonful of rum for a tasty, refreshing drink.

Fish House Punch
(25 people)

Dissolve ½ pound of sugar in a punch bowl. When dissolved, add:

1 pint lemon juice.
1 fifth bottle of Rum
½ cifth of a bottle of brandy
2 ounches of peach brandy.
1 quart of water, or cold tea.

This can be the highlight of any summer party. However, keep in mind these finishing touches. Put a nice size cake of ice in the punch bowl and allow the above mixture to brew for for at least two hours, stirring frequently. Since the ice melts more rapidly in very warm weather, use a little less water than specified in the recipe. When ready, serve in punch or cocktail glasses.

'Spring-Suitable!

Printed Pattern

4832
10½-20½
by Anne Adams

A SWERVE CURVE to one side dramatizes the sinuous shaping of princess pantsuit and dress. Ideal for spring comings and goings in knits.

Printed Pattern 4832: Half Sizes 10½, 12½, 14½, 16½, 18½, 20½. Size 14½ (bust 37) takes 2⅝ yards 60-inch. $1.00 for each pattern. Add 35¢ for each pattern for first-class airmail and handling. Send to:

Know who can get you a free day of vacation?

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Free night of Sheraton. Free day of Hertz.

Buy any United fly/drive vacation package with a Sheraton Hotel and Hertz car where you stay as little as two nights and three days, and your Travel Agent stands ready to give you a free day of vacation.

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Your Travel Agent knows all the spots where you can have a free extra day with United (only Florida and Hawaii are excluded). So call soon for a little free room and drive with the friendly skies.

The friendly skies of your land.

Top Demos back Stokes' re-election

CLEVELAND — Twelve out of the 13 elected black Democrats of Cleveland have pledged to work for the re-election of Rep. Louis Stokes, D-Ohio.

The five black state legislators of Cuyahoga County have also announced their endorsement of Rep. Stokes.

George L. Forbes, Cleveland's City Council president, made the announcement after a breakfast meeting attended by the 12 black councilmen and the 5 state legislators.

"The meeting marked the first time all elected black Democrats have met since I and other black leaders left the 21st Congressional District Caucus in a dispute over the caucus' relations with the Democratic party," Forbes said.

According to Forbes, all of the elected black officials who have endorsed Stokes will devote full time to his campaign. "This is our race," he said.

"We're not going to sacrifice the eight years of seniority Stokes has for the eye-trip of a misguided young man who is being used by white people in Cleveland," declared Forbes, in apparent reference to Owen L. Heggs Jr., a former aide to Stokes who is Stokes' major rival in the primary.

Forbes has accused Heggs of being manipulated by white business interests to divide the black community politically.

Heggs disagrees with Forbes' impression of his candidacy. "My supporters are black and white. My contributors are black and white. The 21st District is black and white and it sounds to me that if Mr. Forbes made that statement he is, as usual, misinformed."

In another statement, Heggs insisted he lent the Heggs for Congress Committee the $9,750 for his campaign. Forbes has asked for a clarification.

Blacks find 'Big Appple' not so tasty

NEW YORK—A recent U.S. Census survey shows that New York City has lost some of its lure for southern blacks who have traditionally flocked into "the Big Apple."

The survey, conducted for the city's housing and development administration, showed that over the past five years, more blacks left the city than entered it, for the first time in recent history.

The actual black population of New York City increased by only 20,000 between 1970 and 1975, the study said. Population experts say the increase is out of a total of 1.65 million blacks in the city, is due to a surplus of black births over deaths.

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"It's what you would expect in the case of the blacks, because we do know that black migration from the South has been decreasing fairly rapidly," said Larry Long, chief of the population analysis staff of the Census Bureau.

"For the South as a whole—from Maryland to Texas—there are about as many blacks moving to the region as moving from the region," Long added. "That's been the case only since 1970."

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In addition to the stabilization of the city's black population, 600,000 whites left the city between 1970 and 1975 according to the Census Bureau survey of 17.00 housing units.

That trend was most pronounced in the Bronx, where 170,000 whites left the borough, making it the only borough with a majority black and Puerto Rican population. Whites make up only 44 per cent of the borough's populace now.

Brooklyn borough lost 240,000 whites and Manhattan lost 125,000 whites. Manhattan was the only borough to have a decline in the black population, 90,000. Both boroughs approximate the city's racial percentages.

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The city as a whole is now about 62 per cent white, 22 per cent black, 12 per cent Puerto Rican and 4 per cent other groups.

In 1970, the comparable percentages were 67 per cent, 21 per cent, 10 per cent and 2 per cent.

The number of Puerto Ricans in the city increased 100,000 to over 900,000, according to the Census estimate. However that increase was less than the rate during the 1960s.

Long noted that other Census Bureau studies had shown the Puerto Ricans, like southern blacks, were returning home in larger numbers than those who are coming to the mainland.

However, the figures on Puerto Ricans in the city were challenged by Bronx Congressman Herman Badillo, D-N.Y., who said there could be as as many as 1.5 million Puerto Ricans in the city, including illegal aliens.

OFF TO OAK RIDGE —These Saint Augustine's College faculty members and students are leaving for a tour of the Oak Ridge National Laboratory, Oak Ridge, Tenn, (L-R) are: Roamless Hudson Jr., acting chairman, department of chemistry, and director of the training program; Clarence Branch, science instructor. Students, Carl F. Walker, South Hill, Va.; Emmanuel Saforo, Ghana, West Africa; Douglas Anthony, Norfolk, Va.; Roland T. Hamilton, Nassau, N.P., Bahamas; and Charles Fogle, Savannah, Ga. This training program is made possible by a grant from the National Institute of Occupational Safety and Health of the Department of Health, Education and Welfare.

Fairbanks police sign hiring pact

FAIRBANKS, Alas. — The police department here will hire more minorities and women, conduct training for all officers to eliminate racial and sexual stereotyping and set up a police - community relations unit under an agreement mediated by the Community Relations Service (CRS), according to the Justice Department.

CRS director Ben Holman has said the agreement is the result of an agency effort to end a long-standing controversy involving the police and minorities and women.

Under the measure, the police department will hire five minority group members and women by June 1.

Moreover, an ongoing program to recruit these groups will be established.

The police - community relations unit will work in addition to serving as a communications link between police and the public, also spearhead efforts to recruit women and minorities.

Policeman killed in Namibia

JOHANNESBURG — A policeman was fatally shot and another wounded in a recent clash with two men believed to be members of the Southwest Africa People' Organization.

The incident occurred in Winehoek, capital city of the disputed territory of Namibia (South-West Africa).

One of the gunmen was also wounded in the shooting and was arrested. The other eseaped.

MOGADISHU:—Some 70 per cent of Somalia's 5 million-strong population is now literate in its mother tongue, Somali, less than 4 years after it became a written as well as a spoken language.

Legal Notices

NOTICE OF NAMES OF PERSONS APPEARING TO BE OWNERS OF ABANDONED PROPERTY (THIS NOTICE DOES NOT PERTAIN TO YOUR REAL PROPERTY)

Pursuant to Commercial Law Article, Title 17, Annotated Code of Maryland entitled "Uniform Disposition of Unclaimed Property Act," notice is hereby given that the persons listed below appear to be the owners of abaffdoned personal property. Information concerning the amount or description of the personal property and the name and address of the holder may be obtained by addressing a written inquiry to the Abandoned Property Section, Comptroller of the Treasury, 301 West Preston Street, Baltimore, Maryland 21201, Attention: John P. Mannion, giving name, address and account number. Unless proof of claim is presented by the owner to the holder and the owner's right to receive the personal property is established to the holder's satisfaction within 65 days from April 30, 1976, the abandoned property will be placed not later than 85 days after such date in the custody of the State Comptroller to whom all further claims must be directed.

LOUIS L. GOLDSTEIN
State Comptroller

JOHN P. MANNION
Miscellaneous Revenue Division
Abandoned Property Section

BALTIMORE CITY

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