

Hints for Homemakers

by **SONDRA REID**

GUIDE TO FOOD STORAGE

FRESH VEGETABLES: Wash and drain, then quick to the crispier. Give them plenty of room.

LESS PERISHABLE VEGETABLES: White potatoes should be stored in the dark at cool temperatures. Give onions a cool place with plenty of circulating air.

CANNED COMMODITIES (trotts, vegetables, and meat): Store in cool, dark place.

FRESH FRUITS: Sort berries and spread on shallow dish or platter. Don't wash. Cover lightly with waxed paper and slide into the refrigerator. Wash before serving. Store other fruits in refrigerator.



Sondra Reid

FRESH MEAT: Unwrap meat and hustle it into the coldest spot. Either put it on rack in your meat container or lay on plate, and lightly top with waxed paper. Don't wash. Freeze ground beef, stewing chunks, or

other small pieces if you're storing them longer than a day. Cover cooked meat snugly. To freeze meat, line freezing tray with waxed paper and put waxed paper between layers of steaks, chops, patties, or disjointed poultry. Turn control to fastest freezing just long enough to freeze meat.

FISH: Frozen or not, fish should be tightly wrapped in waxed paper and stored like fresh meat.

POULTRY: Draw bird immediately. Wrap snugly in waxed paper for freezing.

MILK AND EGGS: Keep milk covered in refrigerator. Keep eggs in refrigerator.

BUTTER AND MARGARINE: These absorb flavor, need a cover.

CHEESE: Shares the shelf with the eggs. Put opened packages or bulk cheese in air and moisture-proof bags.

CLEAN-UP TIME FOR CLOSETS

One of the major projects to be considered in planning your spring cleaning is beautifying the place where your clothes and accessories are stored when not being worn. It is not only more fun to dress when the layout of one's wardrobe is neat, with each garment in its special place, but it also is much easier.

If one of your problems is that your clothes are jammed together, organizer racks are available in the notions department of most department stores. These can be used to hang skirts and blouses in orderly fashion, or there are divider-type organizers that permit you to divide the depth of your closet. For example, hanging blouses above skirts.

Shoes can be stored in their original boxes and remember to label each clearly. There are also transparent hanging bags that save valuable space or you might prefer to set them over metal shoe holders.

One can organize dresser drawers with pretty, matching boxes or cover them with contact paper. In these you can neatly keep gloves, scarves, hosiery, panties, handkerchiefs, etc. If your jewelry box has outgrown your collection, maybe it is time to invest in one of the larger kinds that provide a place for every thing. If money is the reason you have not invested in one of these jewelry boxes then use boxes covered with contact paper.

Here are some added tips while you're fixing up your wardrobe:

1. Eliminate those items that are no longer worn. Give them to Good Will Industries, the Salvation Army or a similar charitable organization.
2. Check your wardrobe for missing buttons, etc.
3. Have your winter things cleaned and mothproofed for storing so that next fall you will be ready to step out looking like a million dollars on a moment's notice.

NEGRO TRAINEES YOUNGER

A MANPOWER Evaluation Report—"Training Disadvantaged Groups Under the Manpower Development and Training Act"—discloses that nonwhite trainees, nearly all Negroes, are younger and have more schooling than the whites.

Among all trainees, a larger proportionate share of the unemployed enrolled for MDTA training come from prime age groups and from those with at least a high school education. This is even more pronounced in the case of the nonwhite enrollees.

For instance, 57 percent of the nonwhite enrollees are in the 22 to 34 age group. By contrast, 41 percent of the white trainees are drawn from this age group. The nonwhites under 19 years of age and those 45 and over also fare relatively worse than the whites.

Similarly, about 12 percent of the

white enrollees had not progressed beyond elementary school; less than 7 percent of the nonwhites were at this educational level.

The report lists disadvantaged groups as youth, older workers, nonwhite workers, handicapped workers and undereducated workers.

One factor contributing to high unemployment among nonwhite workers stems from the disproportionate number who have been traditionally employed in unskilled, high-turnover occupations. MDTA training is contributing to a transfer of some of these workers to occupations which should improve their economic status and afford greater promise of stability.

In the professional and managerial, clerical and sales, skilled and semi-skilled occupations groups, nonwhites are being trained in larger proportions than their representa-

tion among all employed workers. Most significant is the fact that 58 percent of the trainees are enrolled in training for skilled and semi-skilled occupations, compared with 26 percent who were employed in these occupations in 1962.

In 1962, nonwhite workers made up 11 percent of the labor force, but 22 percent of the total unemployed, and 26 percent of the long-term unemployed.

Their employment problems reflect a long history of discrimination in opportunity for education, training, employment, and promotion. While 28 percent of white youth between the ages of 20 and 24 are school dropouts, 57 percent of

nonwhite youth fail to complete their secondary education. Among the more mature workers there is the same disparity, with more than twice as many nonwhite as white unemployed having less than five years of formal schooling.

The unemployment problems of youth, older workers, the handicapped, or the undereducated are many times compounded for nonwhite citizens. About 23 percent of all MDTA enrollees are from the nonwhite groups. Nonwhites account for approximately the same percentage among the total unemployed.

The booklet, "Training Disadvantaged Groups," is available in limited quantities at the Labor Department.




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SEVEN DANGER SIGNALS 

- 1 Unusual bleeding or discharge
- 2 A lump or thickening in the breast or elsewhere
- 3 A sore that does not heal
- 4 Change in bowel or bladder habits
- 5 Hoarseness or cough
- 6 Indigestion or difficulty in swallowing
- 7 Change in a wart or mole

See your doctor immediately if any of Cancer's Seven Danger Signals lasts more than two weeks.
See your doctor every year for a health checkup.