

No one is more appreciated on a pleasure craft than the gal with galley-savvy and cooking know-how. But, how much do you really know about your kitchen afloat and what should go in it? Here's the high seas low-down on how to be mistress of all you purvey, the easy way—without making waves!

UTENSILS

For easier cleaning and maintenance, use pots, pans and other utensils of stainless steel. You can also avoid broken glass and crockery by switching to plastic glasses and plates, if you haven't already done so. Want more time on deck? A pressure cooker, once mastered, will not only save you time, it will also save you cooking fuel. And, if you'd like to butter your man up with toast, try one of those inexpensive but efficient top-of-the-burner toasters. You can get them at any good hardware store.

PROVISIONS

Stock up on your favorite canned foods—like soups, tuna, sardines, corned beef hash, baked beans, stewed corn, peas and fruit juices, as well as peanut butter, jellies, etc. These will give the larder the basic requirements for all emergencies when you can not get ashore for fresh supplies. Because it's a problem keeping bread fresh on the water, try baking prepared biscuits. They're easy to make and delicious.

Keep things simple when outside port, where both seas and weather might grow turbulent. Peanut butter sandwiches not only help in warding off seasickness, they also ward off hunger safely. A stew made



with bite-size chunks of meat, carrots, potatoes and onions is a good dish to have simmering. Those ingredients in a hot gravy will keep the spirits up—and dinner down—under almost any conditions. Avoid rich foods and fancy sauces, as they put an unnecessary strain on you, the cook, as well as everyone else aboard.

LIQUIDS

In addition to filling up your water tanks before setting out, stock up on a supply of soft drinks for sweet refreshing under the warm afternoon sun. And, follow the lead of a soft drink leader. The folks at Pepsi-Cola advise that boating is a lot safer, a lot more fun, and a great deal more scenic—when you save your empties for proper land disposal. No one profits from maritime litterbugging.

MISCELLANEOUS EQUIPMENT

Your galley should have a rubber dustpan (metal corrodes) and a good assortment of rags and modern detergents.

Though plastic bottled detergents are preferable—they're break-proof—you can transfer cleansers that come in cardboard containers, which are affected by dampness, to plastic food containers that close securely. Keep on hand a supply of chrome cleaner and polish, dust remover, pene-tested cleaner, stain remover, turpentine, hand cleaner, grease solvent, liquid soaps, steel wool, bleach, furniture polish and oil. Other necessities are paper bags of various sizes. For the garbage, waxed or plastic bags are best to avoid drippings. These should be placed in a sealed container whose cover closes snugly and automatically by either gravity or a spring mechanism.

In all, the basic requirements for a ship-shape galley are to keep things reasonably simple, to check your equipment carefully and—if you insist on fancy, elaborate cooking—to make sure it's prepared while you are safely moored rather than underway in unpredictable conditions.

By ROD AMUNDSON

When the dove season opens at noon on September 2, hunters should find a good supply of birds. Weather has been ideal for dove nesting, and there appears to be an excellent crop despite last season's bag limit of 18 birds daily, 36 in possession.

The same bag limits apply this year, and a survey to be conducted after both segments of a split season close will determine whether the U. S. Bureau of Sport Fisheries and Wildlife will continue the policy of liberal bag limits, or cut back, in 1971.

For this year's dove hunting, the Wildlife Resources Com-

mission has established 15 areas that will be opened to public hunting on Monday, Wednesday, and Saturday afternoons. To shoot on these areas, hunters will need a \$5.50 season permit. These areas are on private farmlands leased by the Commission and most are planted to food and cover patches that attract doves.

Doves are gregarious birds, and dove hunters are gregarious, too. In general practice, the more hunters that congregate in a given area the more birds are stirred up and kept flying. It is amazing that very few accidents occur in dove hunting. Most hunters are careful to stay out of dangerous

shotgun range of others hunters, and refrain from shooting at low-flying birds.

We should soon be hearing from Washington on a ruling signed by Interior Secretary Hickel. Last month the Secretary signed a ruling that is designed to give the several states jurisdiction over nonmigratory game within their boundaries. Hickel allowed 30 days for comments before putting the rule into effect.

A controversy started several years ago when U. S. Park Service personnel killed deer in a park in New Mexico in violation of state regulations. New Mexico sued the Service and the case is still in federal court. Hickel's ruling, if put into effect, could resolve the question for at least a period of time.

Mercury, and compounds thereof, are the latest whipping boy for bona fide and paperback ecologists. In northern North Dakota, Montana, and southern Saskatchewan, hunters are warned not to eat pheasants and Hungarian partridges killed in that area. They have accumulated metallic mercury by eating seed grain treated with a mercury compound to kill fungi.

In Georgia wildlife protectors patrolled the lower Savannah River to warn fishermen not to eat fish they caught. Too much mercury in them. In Colorado the flesh and internal organs of game birds are being checked periodically for the presence of mercury. In North Carolina the Department of Water and Air

Resources has received equipment needed for making tests for mercury, and personnel of the Wildlife Resources are bringing in fish from various parts of the state for testing.

It is too early to report on any tests made, but it is believed that fish taken from the lower Cape Fear River may have dangerous accumulations of the highly poisonous metal. To a casual but interested observer, it would seem that sociologists needn't worry about the population explosion—seven billion people by year 2,000. We are putting enough pollutants in our air and water and bodies to muffle the so-called explosion down to the dull thud of falling corpses.

Field Day For Fashion



This fall promises to provide the '70's woman a field day in thinking fashion for herself—maybe for the first time in apparel history.

"The season will be one of fashion choice," says Mabel Westenberg, Senior Vice President and Fashion Coordinator of Queen's Way to Fashion, Inc. "There will be no one look; one length; one way to dress. No conformity enforced. Various hemline lengths from moderate mini to maxi will be emphasized in coordinates. Accessories including long scarves, belts, jewelry, stockings and shoes will add the spice."

Mrs. Westenberg notes that the languette evolution will simply mean an addition to the fashion fare, offering a

new dimension in sophisticated drama and individuality. The Fashion Coordinator offers the following guidelines in mid dress:

- Shoes and opaque stockings must match for a monotone look.
- The top of boots worn with a midi must not show.
- Proper proportion of midi to height is essential. For shorter women, the midi should be no longer than the top of the calf—never in the middle of the calf, which cuts the leg line.
- The midi look should be accompanied by longer earrings, larger rings, chains and ropes and longish sweaters for an unbroken streamline appearance.



AMERICAN HOSPITALS SET WORLDWIDE EXAMPLE

Pity the poor Nepalese! There are nearly 1,000 Nepalese subjects for every hospital bed in the Himalayan kingdom—the highest patient-to-bed ratio in the world.

By contrast, hospitals in the United States boast a bed for every 120 Americans, against a worldwide average of 220 persons per bed.

These statistics, compiled by the World Health Organization, are only one example of the superior facilities and care available to Americans in the nation's 7,000-plus hospitals.

There's been a revolution in American hospitals in the past 25 years. Partly, the phenomenon is due to the technological spinoffs of World War II, nuclear development and the space race. The result has been diagnostic and treatment tools and techniques of a precision level that would have seemed miraculous in pre-war days.

Even more revolutionary is the post-war philosophy of medical care. For example, an official of the American Hospital Association (AHA) says:

"The number of beds alone is no longer the main consideration. The swing is toward an ambulatory approach—keeping a patient on his feet or getting him there as quickly as possible."

The idea is to keep beds free for those who need them most—not to mention sparing patients the hospital-room costs.

With modern techniques, it's even possible for a patient to undergo major surgery in a hospital and return home the same day. Most medical men agree that there is therapeutic value in putting a patient back on his feet as soon as possible. In addition, there's a dollar-and-cents consideration: The AHA estimates that the cost of



building a hospital and providing in-patient care and services is \$10,000 per bed!

Another advance in hospital care is the transformation from specialized to full-service institutions. With the population mobility increase since the war, more and more Americans are moving to new communities where—instead of hunting up a new family doctor—they have turned to the local hospital for complete medical care. Even the traditional "emergency ward" has taken on a new community-service look. AHA estimates that less than half of the patients treated in these sections are actually emergency cases. The majority comes in for routine outpatient treatment.

In its antiseptic cleanliness, the average American hospital outshines its foreign counterpart. Sterilized instruments, impeccably clean doctors and nurses and rigid isolation of contagious cases are all standard in the U.S.

But the war against contamination is endless. One of today's most stubborn menaces to public health is staphylococcus infection, which has become a particular hazard to hospitals. "Staph" is a highly contagious microorganism re-

sponsible for infections ranging from boils, carbuncles and acne to bladder inflammation, blood poisoning and pneumonia.

The control of staph, says an AHA spokesman, "is simply a matter of being overcautious." This means not only instrument sterilization and personal cleanliness but an almost constant washing and swabbing of hospital linen, garments, fixtures, floors and walls with powerful cleansing agents—most commonly a detergent with a high phosphate content. Powdered, liquid or tablet detergents fortified with phosphate are particularly efficient in cutting down germ levels and thus reducing the chance of cross-infection by staph or other dangerous microorganisms. Today, American phosphate-rich detergents are helping to fight disease in hospitals throughout the world.

"A hospital's emphasis on cleanliness," the AHA spokesman says, "must go beyond anything that any other industry has to consider."

It's all part of the high-standard service given to nearly 30 million patients admitted every year to American hospitals.

TODAY'S FARE

On Television

Thursday Highlights

10 p.m. — GALLOPING GOURMET — Recipe: wine-sauced beef. WTVD

4:30 p.m. — MOVIE — "Mountain Justice" (1937). After getting a glimpse of the world outside her home in the hills, the daughter of a mountaineer desires to bring education to the children in the mountains. George Brent, Josephine Hutchinson. WRDU

5 p.m. — PERRY MASON — "The Skeleton's Closet." An author is being sued for invasion of privacy. WFMY

6 p.m. — MOVIE — "First Yank Into Tokyo" (1945). An American physicist knows the secret of the atom bomb and is imprisoned in a Japanese concentration camp. Barbara Hale, Richard Loo. WRDU

7:30 p.m. — CLARK GABLE PROFILE — A rerun profile, film clips, his on and off set life. WTVD

8:30 p.m. — NET PLAYHOUSE — "Talking to a Stranger." There are four plays in this series, each centering on different members of a four-member family. This play, the first in the series, accounts the difficulties of the daughter who has been married, separated, and is now pregnant. The title: "Anytime You're Ready, I'll Sparkle." WUNC

9 p.m. — MOVIE — "Fame is the Name of the Game" (1966). A strange tale comes to light as a reporter investigates a girl's suicide. Jill St. John, Tony Franciosa. WFMY

9 p.m. — MOVIE — "Three Bites of the Apple" (1967). A guide for a second-rate travel agency accidentally strikes it rich in a casino. Then the husband-hunters arrive. David McCallum, Sylvia Koscina, Freda Bamford. WRDU

10 p.m. — MOVIE — "New Voyager" (1942). A neurotic old maid fights to free herself from the shackles of a tyrannical mother. Bette Davis, Paul Henreid. WRDU

Friday Highlights

11 a.m. — FRENCH CHEF — Julia Child demonstrates the French way to cook vegetables. WUNC

4:30 p.m. — MOVIE — "The Body Disappears" (1941). When a young man passes out at a party, his friends place him on a slab in a dissecting room. A professor, conducting experiments for reviving the dead, injects him with serum. He wakes up to find himself invisible. Jane Wyman, Jeffrey Lynn. WRDU

5 p.m. — PERRY MASON — "The Potted Planter." A woman will go to any lengths to break up her brother's marriage. WFMY

5 p.m. — BIG VALLEY — Irish settlers have settled on Brakley land and insist they bought the land in San Francisco. Lee Marvin. WTVD

6 p.m. — MOVIE — "The Falcon and the Co-Eds." The Falcon is called to an exclusive girl's school to investigate the strange death of the school's owner. Tom Conway, Amelia Ward. WRDU

9 p.m. — MOVIE — "Five Weeks in a Balloon." A Jules Verne adventure setting an English inventor and a crew off in a balloon. Red Buttons, Peter Lorre, Barbara Eden. WTVD, WFMY

11 p.m. — MOVIE — "High Sierra" (1940). A Humphrey Bogart classic. An ex-con's flight from the law is hindered by a girl. Ida Lupino. WRDU

Saturday Highlights

7 a.m. — SUNRISE THEATER — "The Manster" starring Peter Dyneley. WRAL

2 p.m. — MOVIE MATINEE — "Falcon and the Coeds" starring Tom Conway; "High Sierra" with Humphrey Bogart. WRDU

2:30 p.m. — FRONTIER FEATURE — "Hell Bent for Leather" with Audie Murphy. WRAL

5 p.m. — U.S. OPEN TENNIS CHAMPIONSHIPS — Bud Collins and Jack Kramer report the early round action from Forest Hills, New York. WTVD

6:30 p.m. — U.S. MEN'S AMATEUR GOLF. WRAL

9 p.m. — SATURDAY NIGHT MOVIE — "Forever Amber" (1947). Linda Darnell, Cornell Wilde and Richard Greene; a country girl attains success in the court of Charles II, forfeiting the true love she sought. WTVD

11 p.m. — LATE MOVIE — "Always Leave Them Laughing" with "Uncle Milky," Milton Berle. WRDU

SCHOOLROOM WITH A "VUE": A TOTAL LEARNING ENVIRONMENT



Though curiosity may not be to a cat's best advantage—schools can make no better investment than in promoting this wondrous commodity in the minds of young students.

Educators have long since discovered that a child whose curiosity has been effectively stimulated in a learning environment absorbs information eagerly, and retains it longer than if taught by rote methods. In simple terms, it's the difference between your child's understanding of a subject and his having to dully—often times meaninglessly—memorize it.

As a result of this discovery, many new and revolutionary teaching systems have been introduced in the last few years to maximize student involvement and participation in the learning process. Some of these systems have met with varying degrees of success—others have not. Schoolroom with a "VUE," one of the newer educational innovations, promises to go to the head of the class in the former category.

Introduced recently by American Seating Company, the world's largest manufac-

turer in its field, the Visual Unified Environment system for schools not only promotes student involvement, but also puts all teaching materials conveniently at the teacher's fingertips.

Designed by educators for use in traditional or open concept schools, VUE is made up of storage and display units which are wall-mounted to keep basic materials and supplies in full view of students at all times to increase learning effectiveness by continually reaffirming and reinforcing what has already been taught. Students, on their own initiative, can go back to subject teaching media whenever they feel the need to do so. VUE also provides lightweight reusable learning panels that can be easily arranged or removed by the instructor. The panels contain basic course material to increase the acquisition of knowledge.

Color-coordinated components of the system include closed and open storage cabinets, mobile walls, chalk boards, tack boards, peg boards, panels, racks, trays,

counters, and shelves.

A unique part of the furniture line is a system of parallel support rails attached to classroom walls to which each of the storage or display units can be attached or removed in seconds. Contributing to the system's flexibility are closed storage cabinets which stack or fit into caster bases in addition to attaching to the wall-mounted support rails. Free-standing mobile room divider units are also available.

All units are removable, adjustable and re-groupable, making classroom arrangement extremely flexible for changing from one level of instruction to another.

Designed to multiply available floor space without sacrificing storage space, the new furniture system, by placing learning resource equipment in full view, provides a stimulating environment for learning and student involvement.

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