



BRAIDING WITH BEADS—In the early days braiding beads into Eskimo women and children's hair was as common as the use of bows today. Now however, Eskimo women only use beads in their hair for celebrations.

Janet Immingan, 7-year-old Savoonga miss, looked pretty as a picture with her beaded braids, so Fairbanks photographer Digna Johnson took one of her.

Savoonga Women Practice Skills During Workshop

Dried fruit for iron and red blood, dry milk for calcium and strong bones, making molasses cookies, salads, breads, cakes, milk drinks and cream sauces — these things all came up at a workshop on foods and nutrition recently at Savoonga.

Not only did the Savoonga women practice the skills of making various food dishes, but they studied the nutritive value of the things made. For instance while learning to make molasses cookies they

learned at the same time that molasses is rich in iron, and that our bodies need iron to make good red blood cells.

And while learning to use dry powdered milk in such things as bread, milk drinks and cream sauces they also learned about dry milk as a source calcium which the body needs to develop strong bones and teeth.

Every homemaker is admired if she has skills in preparing tasty food dishes. But just as important as skills is a knowledge about what food contain, what the body needs, and how to select and combine foods so that they supply body needs.

The skills in preparation, coupled with such knowledge of nutrition gives the homemaker the ability not only to serve good tasting food, but

food that will keep her family in good health. The women in Savoonga with their first workshop in foods and nutrition have made a good start in this direction. Those participating were: Lucille Wongittilin, Alice Kulowiya,

Della Waghiya, Mary Ann Wongittilin, Myra Seppila, Harriet Wongittilin, Gertrude Toolie, Thersa Rookok, Helen Kiyulook, Lila Akyua, Margaret Kingeekok, Anna Gologergen, Agnes Immingan, Mary Immingan and Angelia Kingokok.