Unemployment Rate for Black Vets on Decline

WASHINGTON-The unemployment rate for black 20-29 year-old Vietnam era veterans averaged 10.4 percent in January, February and March, down from the 15.3 rate registered in the corresponding period in 1972, the U.S. Labor Department's Bureau of Labor Statistics has announced.

The rate is up slightly by comparison to the 8.2 percent level set for the October, November and December period 1972, but substantially less than the 14.5 percent in July, August, September, 1972; 12.7 percent in April, May, June, 1972; and the 15.3 percent in the first quarter of that year.

The jobless rate for Negro veterans was not materially different from that for Negro nonveterans, but was considerably higher than for white veterans who registered 6.7 percent. It is difficult to estimate precice-

Most of us who spend a good share of our time pre-

paring meals know that cook-

ing them in the oven takes

less time and attention than

cooking on top of the stove. Take roast meats, for example. They need little or no

attention after they're put in the oven. Baked chicken is

easier to fix than fried. And

there's an almost endless variety of casserole dishes that make a whole meal.

Using the oven for cooking these foods eliminates not

only much of the work of

their preparation, but also that of cleaning most of the

pots and pans that go with it.

There's a reason why many of us don't do more cooking in the oven, even though we know it saves us time and work. It's because preparing family meals this way almost invariably soils the oven — meat juices splatter, sauces spill and pies run over. And we all dread the job of cleanup.

In the past, cleaning the oven has been such an un-pleasant chore that most of us hate to think about it. We often avoid using the

The progressive 60's have come and gone.

society" started, a decade ago.

problems.

will do more good.

money can talk.

our nation's economic wealth.

Today, as we find ourselves struggling with the

tensions of the 70's, we wonder: whatever hap-

pened to all those hopeful programs the "great

In retrospect, community action projects have not been the end-all solutions to the Black man's

And one thing has become very clear. A clenched

If we are to maintain the forward thrust of our

fist is almost powerless, if it is empty when opened.

struggle, there must be something more tangible

about our clenched fist. Something real inside it. Something that represents a greater power base.

Political power? Yes. But it must be based on

economic power. The power that comes from own-

ing more businesses. Holding more high paying

jobs. Being able to spread more wealth where it

An easy accomplishment? You know the answer

to that. But if the evils of slavery couldn't derail

the freedom train, then we can surely pay the

extra price of time, training, education, and-most

important-dedication, to earn a greater slice of

But remember, a clenched fist can't talk. Like

As a symbol, a clenched fist is right on.

because the unemployment data for Negroes are based on very small samples numbers and are subject to large sampling errors ccording to the Bureau.

Nevertheless, the Negrowhite differences for the younger group, 20-24 years-old-14.9 percent for blacks in the first quarter of 1973 and 10.9 percent for whites-have generally been greater than for veterans 29-25 years-old-6.6 percent for blacks as opposed to 4.3 percent for whites in the same

The overall job situation for Vietnam Era veterans 20 to 29 years old showed little change in the first quarter of 1973, according to the Beaura.

On a seasonally adjusted basis, 4.1 million veterans were employed, 250,000 were unemployed, and their unemployment rate was 5.8 percent, a-

oven altogether, either con-

sciously or unconsciously, preferring instead to spend

more time cooking on top of

the stove to escape the tedi-ous cleaning job.

bad. The aerosol oven clean-

ers now on the market are so

effective and easy to use that this once distasteful task has

And the lemon scent of a

product such as Dow Oven

Cleaner makes the chore

pleasanter. The foamy yellow

compound is merely sprayed on the oven surfaces, then

wiped off after a few minutes

towel. The oven cleaner may be used in either a warm or cold oven. The powerful in-gredients loosen even the most stubborn food stains in as little as five or 10 minutes

in a warm oven, and 20 or 30 minutes in a cold oven.

cleaner most people prefer to do much more of their cook-ing in the oven, saving them-selves time and work and

consequently enjoying meals

After using an aerosol oven

much easier and

It doesn't have to be that

Cooking In The Oven Saves Time

veterans. Compared with a year earlier, veterans' employment was 330.000 higher, and their unemployment rate was 2.3 percentage points lower.

The over-the-year decrease in the veterans' unemployme nt rate is attributed to several factors; the improved job market; special efforts to aid veterans; and the changing age composition of the veterans group. A greater proportion of veterans in the first quarter of 1973 than a year earlier were 25-29 years old and had been out of military service longer, factors which contribute to a lower unemployme nt

Holds Meeting

The Ladies Department of the Durham Ushers Union held its monthly meeting May 7, at the Orange Grove Baptist Church, East End Avenue.

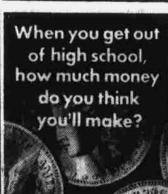
the Program Committee was in charge of a very inspirational devotion, after which, Mrs. Beulah Pratt, Vice Chairman presided. She thanked the Committee and welcomed all visitors.

The first order of business was the reading of minutes of previous meeting which was adopted as read. We listened to the various Committee reports, also adopted as given. Mrs. B. O. Mitchell, Supervisor of Juniors, gave highlights on the Annual Baby Contest, which will be held Sunday, May 20, at the Faucett Memorial Church on Charles St. at 8 p.m. She asked that each Senior Usher Board support their juniors. We had remarks by Mrs. Hastie Price, Chairman

Manufacturers develop more than 5,000 new food products each year, of which only 1,500 reach the store shelves. Only 500 of these last more than a year in lace. The develop ment of new food products helps raise our food bills.

When the consumer spends a dollar for food at the grocery store, he buys 40 cents worth of products and 60 cents worth of marketing services. The farmer's share of America's food dollar is highest for products which require the least amount of proc essing and packaging.

About 75% of the world's population is still actively engaged in servicing mankind with food from the soil. According to New Holland farm equipment engineers most of the world's farmers-especialy on the Asian and African continents - are still using primitive, if not ancient, field instruments.

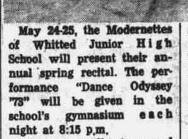


How does more than 340 a month (after just four months) sound to you?

There's more to it than just the pay. You don't have to spend your money for food, housing, medical or dental bills. You get some of the best job training in the world. You can travel to places like Hawaii and the Caribbean . . . and you get a raise automatically in four months. To see if you qualify, to find out if you've got what it takes to make it in the New Navy, call or see

CHIEF PETTY OFFICER ART TILLEY U.S. NAVY RECRUITING STATION 302 MORRIS STREET DURHAM N.C. 682-2800

Find out how you can be someone special



The group's directress and choreographer, Mrs. Edith M. Johnson states that dance is a way of life. It is a challenging and satisfying experience by means of which personal growth may be developed, appreciation enlarged and perof First Aid Department.

Clyde Moore, Jr., President of Durham Ushers Union, gave highlights on the mid-year session that was held at the Usher's home in Franklin, N.C. The closing remarks and prayer by Mrs. Mary Patterson, President of Orange Grove Usher Board. We were served a delicious repass by the Host Board and dismissed until June 4, at the Mt. Zoar Baptist Church, Cheek Road, at that time the Program Committee will have a Usher's Workshop with a question and answer session. We would like for all ushers to attend.

sonalities explained. In order to become and remain a member of the group, one must maintain a "C"average in the academic subjects and "B" in conduct, come to practice each Saturday, have a pleasing personality, develop controlled emotions. It is felt that the dance ability can be developed with practice.

Members of the group are: Beverly Bailey, Carmen Bailey, Stephanie Blackstone. Yvette Blackstone, Wanda Bright, Venice Boone, Robbie Bridges, Renee Brown, Sheri Buie, Jennifer Bynum, Bar-

TV'S - CAMERAS TYPEWRITERS RECORD PLAYERS TAPE PLAYERS

SAM'S PAWN SHOP

PHONE 682-2573 122 EAST MAIN STREET DURHAM, N. C.

bara Crawford, Marian Gattis, Teresa Johnson, Debbie Leathers, Beverly McAllister, Detrea McMillon, Janice Morgan, Debra Owens, Bonnie Rice, Gloria Richardson, Veronica Royster, Kathy Slade, Brenda Smith, Sadie Smith, Elaine Thompson, Gloria Ward, Charline Webb, Aletha Watson, Arlette Woodward, Wanda Williamson, Denise Ruffin, Nola Hamm, and

Doris Rice.

union of all the gra

Sat., May 26, 1978

Mrs. Mable Cooke deliver

Day at Pisher Memorial United

Holy Church of Durham on

Sunday, April 29, 1978 at 8:00

p. m. Mrs. Cooke used as her

subject, "The Cost of Christ".

She stated that all of us are

missionaries. God gave his son

the address for Foreign Mi

Dumbar High has to its

e. Miss Lenora Roys and Rev. and Mrs. Lovie Henry Peppers were honored as 50 year members of Fisher

THE CAROLINA TE

Dunbar High of Little Rock, Ark Hold Reunion of Classes 1930-

Mission Day At Fisher Memorial Churc

ol Alumni of Little Rock, uses, is sponsoring a reses to be held in Detroit Michigan, August 2-5, 1973 The site of this gala occasiwill be the Howard John Motor Lodge at West Grand Boulevard and Third Ave.

in honor and tribute to the school (Dunbar High) that was closed by the governor of Arkansas during the fight for integration.

worldwide, to gather in Debroit for this event August 2-5, 1973. We are very proud

Don Walters is Chair of the Detroit Chapter **Dunbar High School Alum** and Ronnie E. Robins Publication Chairman. For further information about this coming event, write or contact: Ronnie E. Robinson, 2000 Calvert, Detroit, Michigan 48206, or call 1-313-867-0659.



THIS WEEK AT COLONIAL CLIP AND REDEEM VALUABLE COUPONS BELOW!



PRICES GOOD THRU SAT., MAY 26, 1973-QUANTITY RIGHTS RESERVED

Vacations for Moms

Luxury is what you really love on a vacation, such as an opulent hotel or spa can provide. But your family's idea. of a fun time is camping out.
"Hah!" you say, "same cooking and cleaning chores

"Hah!" you say, "same cooking and cleaning chores for me without the modern conveniences," But the majority rules, and camping it is, whether by trailer, tent or camper. There's hope for you, however, if you'll get a family consensus on a few procedures that will be followed:

They will pack and unpack all equipment and their own clothes, with some supervision and help from you of course; prepare most their own breakfasts, lunches, and all in-between snacks (you agree to cook the dinners); and agree not to "bug" you when you're in the middle of a good book or that needlepoint project

you started months ago. • You will leave all unnecessary beauty products at home and let nature take its course; won't bore yourself and your family with diet and exercise talk (and let nature take its course). and will organize a menu and duty chart involving all hands.

This may sound like selfish let-yourself-go advice. It isn't really. You might even find that one of your crew really likes to cook. After your own duties of food shopping, gathering medical supplies, towels, tablecloths and utensils... it's your vacation, your own

Here are suggestions for your own "let nature take its course" packing (as a rule of thumb, the less the

with cleansing cream or lotion, a bar of soap, a light moisturizer, an astringent, dry shampoo, a sun screen, lip balm. Leave the makeup home and let your skin have a breather. If you think you'll feel completely naked without makeup, try to keep it down to a light foundation and lipstick.

2. Light polyester pants, tops, a sweater, swimsuit and coverup, heavy jacket and a comfortable pair of walking shoes and beach sandals should fill the clothing bag. Scarves keep hair cleaner, lessen sundrying and look attractive when wrapped neatly.

3. Pack a piece of corkboard and stick pins for the recipes and daily duties. Simplify food preparation with convenience foods. Even the kids, for example, can make their own sandwiches using one of the varieties of The Spreadables meat salad sandwich spreads. These require no refrigeration until opened.

For extra tips on camping and outdoor cooking, send for a copy of Carnation's "outdoor living" cookbook. better):

1. A makeup kit that fits into your suitcase packed

Write to "Take It Easy Cooking" Cookbook, Box 760, Pico Rivera, California 90665.

随随随SAVE \$1.20 **面**随随

At Colonial With This Coupon And Your \$5 Order Or More

MARHOEFER BONELESS CANNED

Limit 1 Coupon Per Family

Void After., May 26, 1973

随意通過 SAVE 45° 通過過過

At Colonial With This Coupon And Your \$5 Order Or More



SILVER LABEL

Limit 1 Coupon Per Familiy Void After Sat., May 26, 1973 **电阻阻阻阻阻阻阻阻阻阻阻阻**

MANA SAVE 40°

At Colonial With This Coupon And Your \$5 Order Or More



MOTHER'S Mayonnaise ..

Void After Sat., May 26, 1973. Limit 1 Coupon Per Family CONTRACTOR OF THE PROPERTY OF

MMMMM SAVE 36° At Colonial With This Coupon And Your \$5 Order Or More

DETERGENT

10c OFF

Limit 1 Coupon Per Family Void After Sat., May 26,1973

MMMMM SAVE 26° At Colonial With This Coupon And Your \$5 Order Or More

LARGE FLORIDA

Limit 1 Coupon Per Family Void After Sat., May 26, 1973

KNOW YOUR BANKER

When you live in a community, there are certain professional people you should learn to know rather well . . . including your banker.

The better you know your banker . . . the better he knows you . . . the better your various financial needs will be fulfilled.

you better. We want to be able to give you the ultimate in financial service and counsel

achanics & Farmers

Come in and talk with us. We want to know

in The New Navy.

