WHAT'S IN IT FOR W

A mini-message from the National Alliance of Poets! and Federal Employees, 1644 11th St., N.W., Wash ington, D.C. 20001.

You are as important as anyone else in America when it comes to helping to get more jobs, more affirmative action, more government programs that benefit us. This is particularly true when you vote.

Blacks represent approximately ten percent of the electorate. The U.S. Census Bureau has projected that roughly 16 million Blacks will be of voting age by November 1980.

Says Robert L. White. national president of the National Alliance of Postal and Federal Employees, on the importance of Black participation in the 1980 elections: "Whether your primary concern is minority business assistance, unem ployment, housing, food costs or the nation's foreign policy, the vote is the only effective and available tool we have to solve the pro-blems facing us. In times like thin, there is no room for cynicism and apathy. They are luxuries we can ill



for to register and vote.

Fortunately, some 60 naorganizations have together to set up tional Coalition on Voter Participation Operation Big Vote, e '80. This nationnon-partisan move-is intended to increase registration at least 20 and black voter at to 75 percent in

ratension Notes

Handling lakes The Difference **In** Fruit

- MILIE BENDER L.C. State University

unt for only a few days, e, if stored properly,

ndle fresh fruit ence. Before

e and out of direct

fruit will retain high ons varies with the ition of the fruit when

MEAL-IN-ONE

idea for campers from NCSU agricultural extension specialists:

Wrap ground beef patties topped with raw potato strips, sliced onions and carrot strips in heavy foil. Season to taste and place % strip bacon on top. Seel using a double fold.

Cook on grate or in hot costs about 30 minutes, turning frequently. Fold foil back to

CRISP CEREAL

High humidity can take the crispness right out of your morning ready-to-eat cereal

if they're not stored in a tightly closed package.

To restore crispness, heat the cersal in a shallow baking pan in a pre-heated oven at 350 degrees.



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HICKORY SWEET

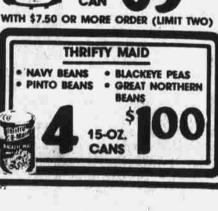


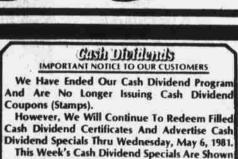






GALLO





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SHORTENING	CREST (1)
34 \$459	6.4-OZ. 69C
EACH WITH ONE FILLED CAS	KELLOGG'S RICE KRISPIES

22-07. 49C	6-0Z. 9C
The second secon	ALL FLAVORS
PORK & BEANS	CHEK (O)
316-02.39C	2-LTR. 300
EACH WITH ONE FILLED CASH O	DIVIDEND CERTIFICATE









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