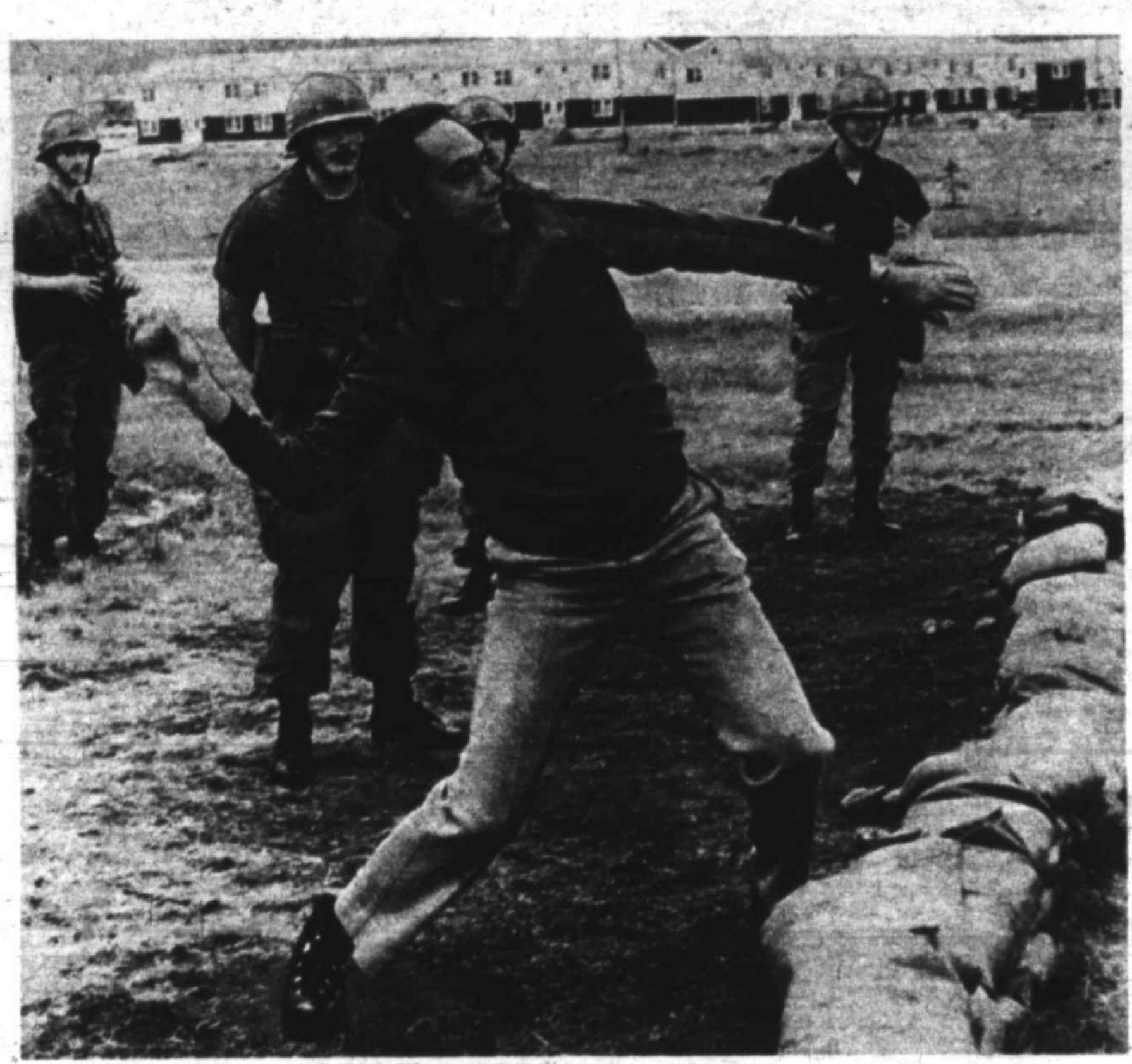
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spirited campaign for mayor of Washington, D.C. but lost to the present incumbent.

As our talk ranged over a wide area, it was clear that Secretary Alexander had

learned his job well in the past fourteen months and enjoys the challenge of his

On the subject of whether women will be given combat



GRENADE PRACTICE—Secretary Alexander brings his National Guard training up to date. While on an inspection tour of installations in Alaska, he found time to test out the grenade range.

assignments, the secretary said, "The capacity of women to do jobs in the Army is no different from men. Women take basic training now and are doing well at West Point. The final determination, however, will have to come from Congress."

Asked why young men and women should consider an Army career, he responded, "In all instances, joining up is an individual choice. An Army career offers the opportunity to train in four hundred occupational areas. It's a chance to serve one's nation and to physically test yourself against high standards.

"Moreover, Army men and women learn to work with people and to administer large programs.

"Treatment in today's Army is fair and better than in some private industries. Continuing one's education is still a plus for Army service and good work will be rewar-

As for how the Army is responding to civilians and retired personnel, Alexander cited the Army's recent work with minority equipment suppliers. This program will pay \$240 million in federal con-

COLLEGE MAN-Clifford Alexander Jr., as he looked when elected president of the Harvard College student council. Photo was taken in January of 1954. Note the loafers and argyle socks.

tracts for defense purposes by fiscal year 1979.

In a recent Pentagon news conference, Army Secretary Alexander noted the Army's award of \$120 million to minority - owned firms last year through the Small Business Administration's 8(A) program.

The Army, he added, has already awarded contracts totaling \$15 million to two minority - owned firms for the construction of camouflage nets to cover military artillery and vehicles during combat. Minority suppliers interested in this program should write directly to Secretary Alexander at the Pentagon for more infor-

How does this program stack up to other government efforts? The secretary said, 'As far as the Army is concerned, we are doing twenty five percent over the earlier fourteen percent of the total Defense Department business. \$73 million in contracts over the next two years will go to native American companies.

DAWN Household Tips

Vegetables should be included in your meals every day to ensure an adequate intake of many essential nutrients. But getting the most nutrition from vegetables does require a bit of attention.

Purchase fresh vegetables in quantities you plan to be

HOLDS DENTURES FIRM WITHOUT DAILY "FIXINGS"

Snug Cushions hold dentures comfortably tight for weeks

wders or creams. Even if dentures need "fix after every meal, here's important news inug cushions restore dentures' holding power dentures stay comfortably tight for weeks inug, the soft, effective temporary aid, forms a ort bond" between dentures and gums Sticks to dentures, not to gums. Rinse, scrub orsoak Snug fresh and clean. Easy to remove, but won't wash off or flake away. So, end daily "fixings"!
Use Snug to hold dentures
comfortably tight for weeks.

able to use in a few days; and take care in their storage and cooking to conserve nutritive value, flavor and texture.

If frequent trips to the market for fresh produce is impractical in your busy life, you may want to take advantage of frozen products. Often frozen vegetables are higher in nutritive value than their fresh counterparts.

Because frozen vegetables have been picked at the peak of their quality, then transported immediately to a nearby processing plant to be blanched and quickly frozen, they retain much of their original nutritional value.

The time needed to transport fresh produce to distant

markets often results in some loss of nutrients.

Cook just the amount of vegetables you expect to use in one mea! - leftover vegetables held for several days can lose nutrients, for example as much as 1/2 to 2/3 their vitamin C content can be lost. And reheating results in additional loss.

cover the pan - this shortens

cooking time and helps in con-

serving nutrients. And don't

add baking soda - it destroys

vitamin C and the B vitamins,

thiamine and riboflavin.

Most vegetables should be cooked quickly in as little water as possible. Be sure to

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"And while these figures are impressive in comparison to the rest of government, we plan to accelerate even further. The Corps of Engineers plans to utilize minority architecture firms, which has never been done before," he

And this kind of work will continue in today's Department of the Army. The unique young man who heads up this energetic group does his homework and moves steadily forward. Alexander feels his varied background will continue to stand him in good stead in the years to

For instance, his running for public office, practicing law, being thorough and questioning facts are counted as his special assets. His work in the White House and administrative skills developed along the way help keep him on top of his elevenhour work days.

At the same time, he says hard work was instilled in him as a child by his mother, the late Mrs. Edith Alexander, the first black woman to become a presidential elector in 1948. Secretary Alexander also credits his wife Adele, daughter of the Harlem physician and Mrs. Arthur Logan, with continued support.

In addition, the secretary's father, Clifford L. Alexander Sr., always inspired Cliff, Jr. through the years. The junior Alexanders have been married for 19 years and have two children, Elizabeth, 15 and Mark, 13.

The secretary and his family relax by playing basketball and tennis. Earlier this year the secretary was part of the defending doubles champions in tennis in the Washington Cystic Fibrosis charity foundation competition. He also collects pocket watches and unwinds by reading and watching television.

When asked what advice he might have for those aspiring to government careers which might follow his own, the secretary told DAWN, "You have to work hard and take your training seriously.

"Try and set for yourself standards of individual excellence and keep working to overcome obstacles. Too much long-range planning can be detrimental because you need to pay attention to day-to-day details."

And as our interview drew to a close, the warmth and ease with which the secretary handled questions made it seem as if it had lasted only a few minutes instead of forty-

Soon a uniformed general entered and said he had come to escort the secretary to a ceremony commemorating the bravery of a special unit from World War II. We were invited along.

We all stood and the secretary took off with long, easy strides down the hall and down a flight of stairs. The rest of our group hurried to keep up. And we found ourselves in a conference room filled with about fifty people.

The program was an unveiling of a painting of the 442nd Regiment combat team, composed almost entirely of Americans of Japanese ancestry. Four thousand men made up the unit and they were involved in seven major battles. They participated in the "Go For Broke" rescue of the Lost Batallion in France against the Germans.

The picture was unveiled by a survivor of that unit, Senator Daniel K. Inouye (D.-Hawaii). This particular painting was announced as the twenty-first in a series in the Army In Action Art Program.

When the ceremony was concluded, the secretary checked his watch, said goodbye to all and left for yet another appointment. All of this activity took place before lunch and there were congressional hearings yet to prepare for. It looked as if it would be a long day at the Pentagon but a fruitful one.

