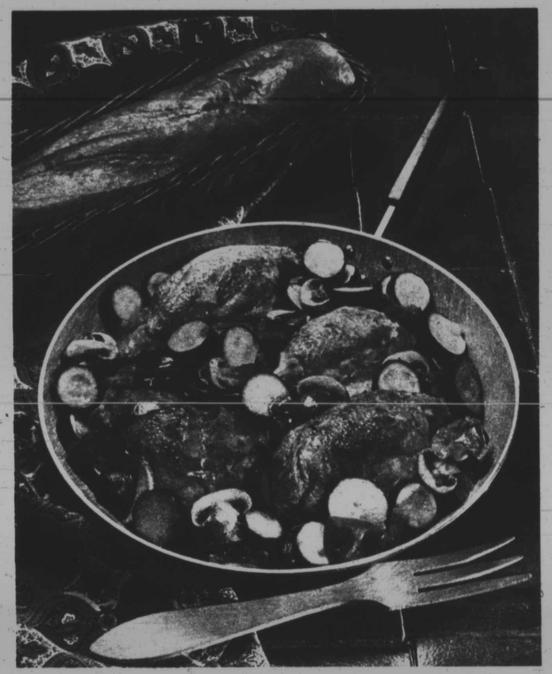

DAWN RECIPES

The French Way

It's easy to cook in the classic French style, but you need proper utensils

In France, loving attention to detail is as important in food as it is in fashion.

The subtle blending of flavors and colors, the final presentation of a dish—all are studied with a critical and appreciative eye. It's no wonder that the very pots and pans used by these demanding cooks need to meet high standards for both esthetics and practicality.

That's why non-stick T-Fal skillets, available on these shores as well, are so popular with good cooks.

For a particularly French informal get-together with friends, serve this flavorful Chicken Provencale with a green salad, a crusty loaf of French bread, and a bottle of red wine.

CHICKEN PROVENCALE
(Serves 4)

3 tablespoons olive oil
4 large chicken breast halves
Salt and pepper
1 clove garlic, chopped
1 onion, chopped
4 zucchini, trimmed and sliced
½ pound mushrooms, sliced
2 tomatoes, diced
¼ cup chicken broth

Heat olive oil in an 11-inch non-stick skillet. Sprinkle chicken breasts with salt and pepper.

Brown chicken slowly on all sides. Add remaining ingredients and simmer, stirring occasionally, for 20-25 minutes, or until chicken is tender.

Season to taste with salt and pepper.

Newest In Hair Care

No one has combined a hair relaxer with a conditioner before. Now it has been done.

New products are every day happenings, but revolutionary products are indeed rare events.

The latter, however, is just what Johnson Products Company unveiled this year: a revolutionary state of the art product for contemporary black women . . . a product so different, so unique, that it has been awarded a U.S. patent.

Ultra Sheen's PRECISE Conditioning Relaxer is the first product to combine effective relaxing and substantive conditioning in one step. Best of all, it performs, producing healthy-looking soft hair with extraordinary sheen and body. Unlike other relaxers, it even repairs damaged hair.

"When I started to tell people about this product, they said it couldn't be true," said company president George E. Johnson. "No one has ever been able to combine a relaxer and conditioner into one product, though some of the most sophisticated laboratories in the country have been working on it for years."

The new product is available in three formulations: Standard, for all types of hair; Special, for color-treated, delicate hair; and Custom, for maximum straightening. Precise is available only through professional beauty salons.

"We've gone into salons and talked to stylists. We've gone into the streets and talked to black women. This was part of the

George E. Johnson

"Other relaxers, both professional and retail, are effective straighteners but they tend to leave hair dry and brittle, with ends split. Combing friction often led to substantial hair loss. Hair was so lackluster and lifeless that manageability became a serious problem.

"Precise changes all that. It not only does what no other relaxer formula has ever done before; but it actually repairs areas of the hair that have been damaged by reducing surface porosity, leaving a protective coating on the hair shafts, mending split ends and fly-away fibers."

The Ultra Sheen Precise Line recently introduced by Johnson Products Co.

Stand Up and Be Counted... P-L-E-A-S-E!

The census is taken only every 10 years, and future services for blacks depend on an accurate count.

By Ethel Payne

" 'We, the people' — it is a very eloquent beginning. But when the Constitution of the United States was completed on the 17th of September in 1787, I was not included in that 'We the people.' I felt for many years that somehow George Washington and Alexander Hamilton just left me out by mistake. But through the process of amendment, interpretation and court decision, I have finally been included in 'We the people.' " . . . . . Representative Barbara Jordan (D. Texas) testimony on July 25, 1974 during the House Judiciary Committee Debate on the Articles of Impeachment.

Jordan's speech had historical overtones for indeed at the time the Constitution was being drafted, slaves who comprised more than 90 percent of the black population were counted as "three-fifths of a person." It was not until the ratification of the 14th Amendment in 1868 that the "three-fifths" label was removed.

Paradoxically, the big problem now for the Bureau of the Census is to convince blacks and other minorities that they should be counted as five-fifths, "the whole being equal to the sum of all its parts." As the deadline for the April 1, 1980 20th decennial count of the U.S. population nears, the bureau has launched an ambitious campaign for a complete count.

While there has always been some undercount of the general population, for minorities, it is critical in that the impact in loss of services and political representation hits them particularly hard.

"At the time of the first census in 1790, the black population numbered about 757,000. A century later, the black population had grown nearly tenfold to 7.5 million. By the mid 1970s, the number of blacks in the United States was over 24 million, more than 30 times the number in 1790."

Census records show that in 1790, the year of the first official count, 92 percent of the blacks in the country were slaves. In 1860, just five years prior to the Emancipation Proclamation, the proportion was only slightly lower (89 percent).

Black Advisory Committee for the 1980 census in session. Left to right, David Kaplan, Rev. John Satterwaite, Eddie Williams, Doris Saunders, Judge John McCullough and Al Dunmore.

Black Population

In 1790, the slave population was concentrated in the South, most of it in Maryland, South Carolina, North Carolina and Virginia. By 1850, these concentrations had spread to Alabama, Georgia, Kentucky, Mississippi and Tennessee. The first census also showed that most of the free blacks and a small percentage of slaves lived in the North.

During World War I, there was a mass movement of blacks from the South which continued through the 20s. In contrast to the reverse flow in the 70s, during the three decades of 1940, 50, and 60, the South lost 1.5 million blacks.

The first census for which urban-rural data on blacks were available was in 1890. It showed that 80 percent lived in rural areas. Eighty years later, this was completely reversed; blacks had become a highly urbanized population, more so than whites.

The 1970 census showed that 81 percent of the black population was concentrated in urban areas, with the largest clusters in the central cities.

What the Census MEANS

Historically, the undercount of blacks in the censuses has meant a reduced share in neighborhood services, community programs and political representation.

Because the allocation of revenue funds is based upon data gained from the decennial count, those persons who are somehow missed either because of their own reluctance or other circumstances means that the proportionate amount of monies released to the states and municipalities is diminished. Thus, the maxim that it pays to be counted is true.

Because of the widespread concern over the undercount of blacks and other minorities, the Bureau of the Census established three advisory committees in 1976 — one for the black population, another for the Spanish-origin, and a third for the Asian/Pacific groups.

The chairperson of the black advisory group is Mrs. Doris Saunders, professor of Mass Communications at Jackson State Univ. in Jackson, Miss. Each of the three bodies is composed of 21 members drawn from cross-sections of distinguished persons who have a particular expertise in their avocations and who are familiar with the importance of census data.

President Jimmy Carter issued a proclamation on November 6, 1979, calling upon everyone to participate in the census by answering all questions on the census form which will be sent through the mails. He assured confidentiality in that no answers would be released in any way to harm the individual.

"By law," the President said, "individual information collected cannot be used for purposes of taxation, investigation or regularion or in compulsion of school attendance, the regulation of immigration, or with the enforcement of any national, state or local law or ordinance."

Vincent Barabba, director of the Bureau of the Census, has outlined the procedure of data collection and storage in specific detail to make it clear that there can be no breach of confidentiality.

It Only Takes 15 Minutes

The 1980 census questionnaire which will be mailed to 80 million households is similar to the 1970 one. A short form with basic questions will go to about 78 percent of the population. A longer form with more detailed questions will be received by 22 percent of the households.

The short questionnaire contains 7 questions about population characteristics and 12 questions about housing. The long form contains these same questions plus an additional 20 on housing and 26 population questions. The bureau estimates that it will take about 15 minutes to complete the short questionnaire and 45 minutes for the long form.

To sum it up for the "doubting Thomases" the census questionnaire is not to be dreaded like a visit to the dentist. It's the only way to diagnose the state of the nation.