

Food Stamp Plan Offers Table Fare

(Special for Tundra Times)

The Food Stamp program offers an unusual chance to get more food on the table. But more money for more food does not necessarily mean that the food will automatically be the best there is to provide the energy, enthusiasm and bubbling good health that most people dream about.

Let's stop dreaming and do some planning that will give everyone at your table the very best things to eat. By the very best is meant those foods that provide the most go for the money. Many families who don't care how much they spend for food are still not well fed.

If people don't eat the right things all sorts of uncomfortable feelings can result. A person can be cross and crabby, too fat, seem to be lazy or actually hurt someplace or other because he isn't getting the right things to eat.

The Food Stamps are distributed by the Welfare Offices

in 65 villages and towns in Alaska, those in the Kobuk, Nome, Wade Hampton and Bethel election districts.

The educational part of the food stamp plan is being carried out by the U.S. Public Health Service and the Cooperative Extension Service of the University of Alaska.

You do not have to be on welfare to be eligible for food stamps, and you do not have to be on the food stamp program to get and use the educational newsletter put out once a month by the Extension Service.

This 2-page newsletter will be sent to you if you ask for it at the extension office in your community. It can be picked up at any extension office or the Welfare Office in Kotzebue, Nome or Bethel.

Extension offices are located in the post office buildings in Anchorage, Juneau, and Nome; the State Court and Office Building in Fairbanks; the Waddell Building in Homer, the American Legion Building in Palmer, and on the University of Alaska campus at College.

You are sure of getting the most energy and pleasure from life if you plan meals before going shopping, and use your head to help your money do a good job of buying health for your family. Take or mail your questions to your Extension Home Economists in Nome, Anchorage, Fairbanks, Juneau, or Palmer.

You may request the leaflet called Food for Fitness that is a lot of help in a hurry. See your Extension agent for this free leaflet.

Dreams come true with



U.S. SAVINGS BONDS

LEGAL ADVERTISEMENT

INVITATION FOR BIDS
STATE OF ALASKA
DEPARTMENT OF HIGHWAYS

Sealed bids in single copy for furnishing all labor, equipment, and materials, and performing all work on Project F-042-1(20) and S-0559(1), Eagle River to Peters Creek and Birchwood Loop Road, described herein, will be received until 2:00 p.m., prevailing time, September 19, 1968, in the Commissioner's Office, Department of Highways, Island Center Building, Douglas, Alaska.

This project consists of grading, drainage, and hot bituminous pavement of 8.3 miles of the Glenn Highway located approximately 12 miles northerly of Anchorage, Alaska. Included in the construction will be a composite steel and concrete bridge across Peters Creek, measuring 168 feet long with a clear roadway of 41 feet 7 inches.

Improvement to the Birchwood Loop Road will consist of grading and drainage of 0.7 miles of roadway.

Principal items of work consist of the following: 134 acres of clearing and grubbing; 980,000 cubic yards of unclassified excavation; 133,000 cubic yards of selected material and 26,000 cubic yards of borrow; 69,000 tons of crushed aggregate base; 16,600 tons of subbase, grading A and 78,000 tons of grading B; 14,300 tons of hot bituminous pavement; 71,400 linear feet of woven wire fence and 17,700 linear feet of 6" chain link fence; Approximately 287 cubic yards of class A concrete; Approximately 83,000 pounds of A36 and 47,800 pounds of A441 structural steel, furnished, fabricated, and erected; Telephone line adjustments, all required; and miscellaneous roadway and bridge items of work. All work shall be completed by July 31, 1970.

Plans and specifications may be obtained by all who have a bona fide need for them for bidding purposes from the Commissioner of Highways. Plans may be examined at Department of Highways District Offices in Anchorage, Fairbanks, Juneau and Valdez.

C. E. Steen
Commissioner of Highways

1st Pub. August 30
Last Pub. September 13

Huge Omnibus Rivers and Harbors Act to Bring \$117 Million to Alaska

The 1968 Omnibus Rivers and Harbors and Flood Control and River Basin Authorization Act was signed into law August 13, 1968, thus authorizing the Army Corps of Engineers to construct, modify or otherwise participate in flood control, navigation, water conservation and other water resources projects at an estimated cost to the Federal government of \$1.2 billion.

Alaska's share of this huge authorization amounts to \$117 million, almost 10% of the total authorization.

The four Alaska projects in this years authorization include three navigation projects: Kake Harbor, Breakwaters, \$1,760,000; King Cove Harbor, Channel and Anchorage area, \$522,000; Sergius and Whitestone Narrows, Deep Draft Channel, \$3,030,000 and the Tanana River Flood Control Project at Fairbanks comprising dams, levees and pumping plant in the amount of \$111,700,000.

Congress appropriated \$1.2 billion for fiscal year 1969 for Civil Works functions of the Army Corps of Engineers. Of the 271 Projects included in this appropriation, 23 Alaska Projects were funded.

These include \$4,850,000 for construction of the Snettisham Power Project, operation and maintenance of navigation projects: Anchorage Harbor, \$100,000; Dillingham Harbor, \$25,000; Homer Harbor, \$55,000; Nome Harbor, \$75,000;

Seldovia Harbor, \$55,000; Stikine River, \$10,000; and Wrangell Harbor, \$125,000; \$49,000 is included for Advanced Engineering and Design for the Bradley Lake Project and \$9,700 for a restudy of Meyers Chuck Harbor.

Funds for General investigation for the following navigation projects were also included: Bethel, \$19,000; Cape Nome, \$40,000; Dry Straits-Wrangell Narrows, \$35,000; Gastineau Channel, \$30,000; Kamishak-Iniskin Bay Harbor, \$10,000; Kobuk River, \$25,000; Kodiak Harbor, \$25,000; Knudson Cove, \$20,000;

Metlakatla Harbor, \$20,000;

Raspberry Narrows, \$20,000; Seldovia Harbor, Watch Point \$5,000; \$25,000 for investigation of Beach Erosion Project at Dillingham and \$10,000 for Flood Control at Unalakleet.

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Responsible and honest individual desires a permanent job in Alaska. Experienced in switchboard, payroll, and general office work. Willing to learn. Will consider any type of work so please write: Cathy Morehouse, 1907 Schiller Ave. Oshkosh, Wis. 54901. Thank you.

JOB OPPORTUNITIES

If you qualify for any of these jobs, or are looking for a job, contact the ALASKA STATE EMPLOYMENT SERVICE, located at 6th and Barnette, in the State Court and Office Building, Room 131. Their hours are from 8:30 to 12 noon and one to five in the afternoon, Monday through Friday. Call 452-1501.

SANITARIAN—College degree with major in sanitation or closely related field

STENOGRAPHER—Good background in this field; typing and shorthand

SALESMAN, GENERAL—Auto Supplies; Sports Wear; Appliances; Experience required

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Midnight Sun Council

Boy Scouts of America

THIS IS IT!

Highlight of the Year....

For All Adult Scouts and Their Wives!

The Biggest Fall Roundup Kickoff.... Ever!!

FRESH KING CRAB FEED

W/Cocktail Sauce

Crisp Salad W/Dressing

Rye Bread

Coffee & Punch

All You Can Eat

\$2.00 Per Person

WHERE: Fairbanks Lutheran Church Fellowship Hall, 1002 Cowles—across from Arctic Bowl.

WHEN: Tuesday, September 17, 1968, at 7:00 p.m.

A very good program is planned — LOTS of prizes, and courages for the ladies. Don't miss this opportunity for an evening of FUN, FELLOWSHIP AND FOOD.

(Courtesy advertisement for the Midnight Sun Council by Tundra Times staff)