\C   {IF @ISERR(@CODE(@CELLPOINTER("prefix")))}{EDIT}{HOME}'~{QUIT}
     {EDIT}{HOME}{DELETE}~

     This macro will convert a number to a label or a label to a
     number. To use it place the cursor in the cell you want to
     convert and press and hold the macro key (the Alt key on most
     computers) and press the "C" key. The contents of the cell
     will be converted from a label to a number or if a number to
     a label.

     To invoke the macro hold down the macro key (Alt on most
     computers) and press the "C" key.

     If you combined this with another spreadsheet you will have to
     name the cell to the right of the \C to \C. To do this place the
     cursor on the \C and press slash (/), Range (R), Name (N),
     Lables (L), Right (R), and Enter. THis will name the cell to the
     right of \C to \C.