

## Negro Home Demonstration News

By MRS. ONNIE S. CHARLTON, Negro Home Demonstration Agent

School days are here again. Do you still need to shop for the children to get them ready for school? May I give you some reminders on buymanship of shoes, fabrics and ready mades.

**Shoes:** Always take your children to the shoe store to be fitted for shoes. Have the foot measured before you buy shoes for yourself and for your children, even if you think you know what size was worn the last time you purchased shoes. Try on both shoes. Walk in them, be sure the shoes feel comfortable. Children should have 1 inch extra length. Be sure the shoes are the correct type for the occasion. Select a good, well built shoe, one which will be comfortable, hold its shape and wearability.

**Fabrics:** Home sewing will help greatly to cut your family clothing dollar. The best values may be found in selecting washable fabrics, because they will be easier and less expensive to care for. The only way you will be able to know whether the fabric you select is washable will be to read the labels. If you select one of the newer fabrics, be sure to read the label to see what finish has been given the fabric such as: Whether it is wrinkle-resistant, water repellent, fire repellent, sanforized, moth resistant,

colorfast, permanent crispness, or whether it has been treated for shrinkage control. Also read the label to find out if the fabric should be washed, or dry cleaned; and do whichever is recommended by the manufacturer.

**Ready Mades:** Never buy a ready made unless you try it on. If it requires too many alterations do not buy that garment, shop for another garment: Look for good workmanship; such as: accurate cut on the grain of cloth, generous pleats, well made button holes, wide seams and hem. Examine the garments for good buttons, trimmings, belts and stitching done with matching thread. Examine the sweater. Especially the way parts are shaped and joined also the finishes at the neck and front openings. Good banding on the bottom of sleeves and waist will spring back in shape quickly. The edges of the ribbed bandings on sweaters are sometimes reinforced with extra yarn which helps to add strength. Examine the seams on the wrong side. They should be smooth and even. Good shoes, fabrics and ready mades may cost a little more, but they will last longer, hold their color and shape longer and this makes them cheaper in the long run.

## KNOW YOUR SOCIAL SECURITY

P. E. Bettendorf, representative of the Social Security Administration, is in Edenton every Thursday at the North Carolina Employment Security Commission in Citizens Bank Building.

No one need for that the lack of a birth certificate will keep him from collecting social security benefits.

Although we would suggest that applicants for social security benefits bring any available evidence of their age with them, this suggestion has been made only to speed the payment of their claims for benefits and save them additional trips. A person of retirement age who does not have any documentary evidence of his date of birth need not delay applying for his social security benefits. The social security office will give him advice on how to get proof that he has reached the required age.

Many people worry unnecessarily because they do not have an official birth certificate issued at the time of their birth. While a birth certificate is the best evidence of age, other evidence is acceptable and can be used as proof of age when a birth certificate is not available.

We wish to point out that a certificate of baptism is also good evidence as to date of birth and so is a Bible in which the births in a family were recorded at the time they occurred. If you were born abroad, you may have a Naturalization certificate. There may be an old hospital record showing your age at the time you were hospitalized, or a military record if you were ever in the armed services.

You may have a school diploma or a report card. While these would not show your age, a letter to the school might get you an answer showing your age or date of birth as shown in the school records or in school census records. An old life insurance policy whether or not it's still in force, may show your age at the time the policy was issued. Your marriage license may even serve to prove your age, although here some women may find that a lit-

tle white lie told a score or more years ago, when they applied for their marriage licenses, will come back to haunt them.

You may have some other record, which in the absence of a birth certificate, will serve as well as those mentioned to establish your age when you apply for social security benefits. Take it in to your social security office with you. If it will not do, the social security office will tell you how you can go about getting better evidence. No one will be turned away from a social security office because he does not have documentary proof of his age. As long as the person is interested in locating reliable evidence of his age, his social security office will help him in keeping his application open.

### OAK GROVE PICNIC

The Oak Grove Home Demonstration Club and the local 4-H Club held their annual picnic together this month at the Oak Grove Community Building. Featuring fried chicken and ham the picnic table was loaded with delicious food.

Approximately 60 people attended the annual event. After supper, everyone joined in singing some of the old favorites.

After the group singing, the adults just sat back and enjoyed watching the 4-Hers play some musical games. "Singing and good wholesome recreation is a wonderful way to relax and enjoy good fellowship," said Mrs. Marvin Evans, treasurer of the Oak Grove Home Demonstration Club.

### MARINE FILM AT ROTARY

Col. Frank Collins was in charge of the Rotary program at last week's meeting which was featured by an interesting official Marine Corps film, showing some of the activities of Marines. The film was preceded by a brief reading by Col. W. B. Rosevear.



GETTING THE CAP OFF—This scene, which might have been taken from a science-fiction film, is taking place in a radiochemical center in Aversham, England. The scientist behind the lead brick wall is in the process of remote handling of radioactive isotopes.

## Roy Edgar Lane, Jr. Sworn In U.S. Army

Roy Edgar Lane, Jr., son of Mr. and Mrs. R. E. Lane of Tyner, was sworn into the United States Army August 15 at the Recruiting Main Station in Raleigh.

Edgar attended the Chowan High School where he was active in basketball and baseball and was a member of the FFA.

Pvt. Lane was enlisted by Sgt. Couey for the Signal Corps. He will depart for Fort Jackson, S. C., for basic training upon receipt of his military orders.

Under the terms of his voluntary enlistment, he will serve three years on active duty.

## AT PROVINCIAL MEETING OF EPISCOPAL CHURCH

Tommy Kehayes left Sunday for Monteagle, Tennessee, where he is attending the provincial meeting of the Young Churchmen of the Episcopal Church in the Southern States. The meeting began Monday of this week and will continue through Saturday, August 31.

## ABSENT FROM OFFICE

Dr. B. B. McGuire, District Health Officer, will not be in the various health offices for around two weeks, due to annual leave.

## TRY A HERALD CLASSIFIED!

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You youngsters or pre-teens are bound to go right to the head of your class... when you are dressed up in our smart back to school togs. We've a gay new collection of school wear needs for girls, boys and pre-teens.

### For the Girls...

(Sizes 2 to 14)

- Skirts
- Blouses
- Sweaters
- Dresses
- Coats
- Coat Sets
- Hats
- Car Coats
- Snow Suits
- Pocketbooks
- Gloves
- Socks
- Lingerie



### For the Pre-Teens

- Skirts
- Skirt Sets
- Sweaters
- Blouses
- Dresses
- Coats
- Hats
- Car Coats
- Bags
- Lingerie



## USE OUR LAY-AWAY PLAN

### For the Boys...

(Sizes 1 to 14)

- Coats
- Coat Sets
- Caps
- Suits
- Sport Coats
- Slax
- Shirts
- Jeans
- Jackets
- Raincoats
- Car Coats
- Short Pants
- Bermudas
- T-Shirts
- Underwear
- Socks
- Sweaters

MANY OTHER ITEMS NOT LISTED



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Cuthrell's Dept. Store

Win! Win! Win! Win! Win! Win!

# \$100.00 CASH

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IT'S FUN!

# ROCK AROUND THE CLOCK

## [Authentic Rocking Chair Contest]

If You Would Like to Rock... Come In and Make Application.

Contest Starts Thursday Morning, September 5, at 9 O'clock.

Ends ? When the Last Contestant Stops Rocking... Two Days and Nights or Three or Four... Maybe a Week.



\$100.00 In Cash Absolutely Free To Winner... Come In For Details

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