

For The People

By Bernadette W. Hoyle
Public Information Officer
North Carolina State
Board of Public Welfare

Public welfare services for the aged cover much more than monetary aid in the form of old age assistance for those eligible under law. Experienced staff in both State and county departments of public welfare offer social services irrespective of financial need. These include assistance in finding suitable housing, helping families in planning and adjustment to problems relating to older members of the family, counseling with older persons or their families on any problem they wish to discuss, and rehabilitative services to help older people retain or re-

gain as much independence as possible. They may give assistance in obtaining aids to walking and other helpful equipment. County departments of public welfare refer aged persons to other community resources, such as clinics, recreation facilities, Social Security offices, and other agencies. The county department also works with civic, fraternal, religious and educational groups in the development of programs for older people, and cooperates with other State agencies, in improving services to older persons.

Old age assistance is a money payment made in the form of a check to persons who meet eligibility requirements as spelled out in State and Federal law. Money used for old age assistance comes from three sources: Federal, State, and county.

To be eligible a person must be 65 years of age or older; he must be in need of essential requirements such as food, shelter, clothing and other necessary items; he must not be living in a public institution; he must not be a patient in an institution for tuberculosis or mental diseases, and he must have resided in North Carolina for the past year.

Applicants for old age assistance are responsible for furnishing the necessary information to the county department of public welfare. If they have difficulty in getting the correct



Notice Of Sale Of Personal Property Belonging To Trust Of Mary B. Wood

Notice is hereby given that the undersigned Trustee under a Power of Sale in a Deed of Trust, dated August 10, 1942, from Julien Wood and wife, Mary L. Anderson Wood, to Peoples Bank & Trust Company, successor to The Bank of Edenton, for the benefit of Mary B. Wood will on Wednesday, June 20, 1962 at 11:00 A. M., at the Court House steps on East King Street, Edenton, Chowan County, North Carolina, offer for sale to the highest bidder personal property belonging to the Trust as follows:

6 shares Edenton Cotton Mills, Capital Stock
This the 31st day of May, 1962.

Peoples Bank & Trust Co.
Trustee For Mary B. Wood

Picnic With New Rock Lobster Salad



Outdoor eating calls for hearty salads like this rock lobster and rice bowl.

Lobster Salad

BY DOROTHY MADDOX
ROCK LOBSTER SALAD
(Yield: 6 to 8 servings)

- | | |
|------------------------------------|---------------------------------|
| 6 South African rock lobster tails | ½ teaspoon salt |
| ½ cup lobster broth | Dash pepper |
| ½ cup precooked rice | ½ teaspoon dry mustard |
| 1 cup celery, diced | ½ teaspoon aromatic bitters |
| 4 tablespoons minced scallions | 1 tablespoon lemon juice |
| ½ cup mayonnaise | ½ teaspoon Worcestershire sauce |

Drop frozen lobster tails into boiling salted water for 10 minutes. Drain immediately, reserving ½ cup broth for rice. Drench tails in cold water and cut away thin underside membrane. Remove tails from shell in one piece and slice into bite-size rounds.

Cook rice according to package directions, using lobster broth in place of water. Chill lobster meat and rice while dicing celery, green pepper and scallions. Mix mayonnaise with seasonings and toss all ingredients together. Chill well.

information, a caseworker will assist them.

A leaflet explaining the details of old age assistance is available at your county department of public welfare, or you may write to the State Board of Public Welfare, Raleigh, North Carolina.

Health For All

EATING WELL

Step right up, ladies and gentlemen, and get your vitamins from the food store rather than the drug counter! That's one pitch you can be-

lieve. You don't need expensive health food or vitamin pills to be well nourished. You can get all you need for pep and resistance to infection just from the food you eat, provided you have a balanced diet.

Nutritionists say that a balanced diet is made up of the "fundamental four" food groups. You should eat some of each every day.

1. Milk and milk products—butter, cream, ice cream, cheese, for protein, vitamins, calcium and other minerals.

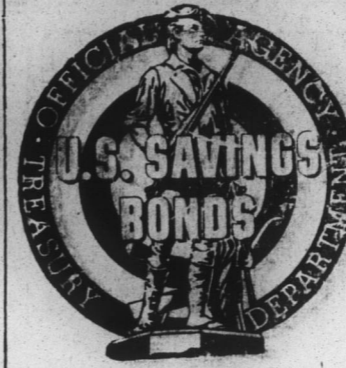
2. Meat, poultry, fish, eggs—for vitamins, the building blocks of the body, minerals, and vitamins. You can also get some

protein from peas, beans, and nuts, but the best protein comes from meat, poultry or fish.

3. Vegetables and fruits—green vegetables, yellow vegetables, fruits of all kinds, but especially citrus fruits, for vitamins and minerals.

4. Bread and cereals—whole grain or enriched, for carbohydrates, the energy food, minerals, and protein.

You don't need to balance the diet at every meal. The body



can compensate for a temporary, small nutritional imbalance. But in the course of a day, some food from each group should be eaten.

Food fads and fetishes come and go, but the basics of good nutrition remain the same. Don't

take supplementary vitamins unless your doctor tells you to, which he may do if you've been ill. Put the money you save into more foods from the "fundamental four".

So long as we love we serve; so long as we are loved by others I would almost say that we are indispensable; and no man is useless while he has a friend. —Robert Louis Stevenson.

Success is never blamed. —Thomas Fuller.

TRY A HERALD CLASSIFIED

THANK YOU, VOTERS!

I want to take this opportunity to thank the voters in the Third Township for their vote and support in re-electing me to the office of County Commissioner. I will exert my best efforts in the interest and welfare of Chowan County as a whole.

C. J. HOLLOWELL



\$2.10
pint

\$3.35
4/5
quart

86
proof

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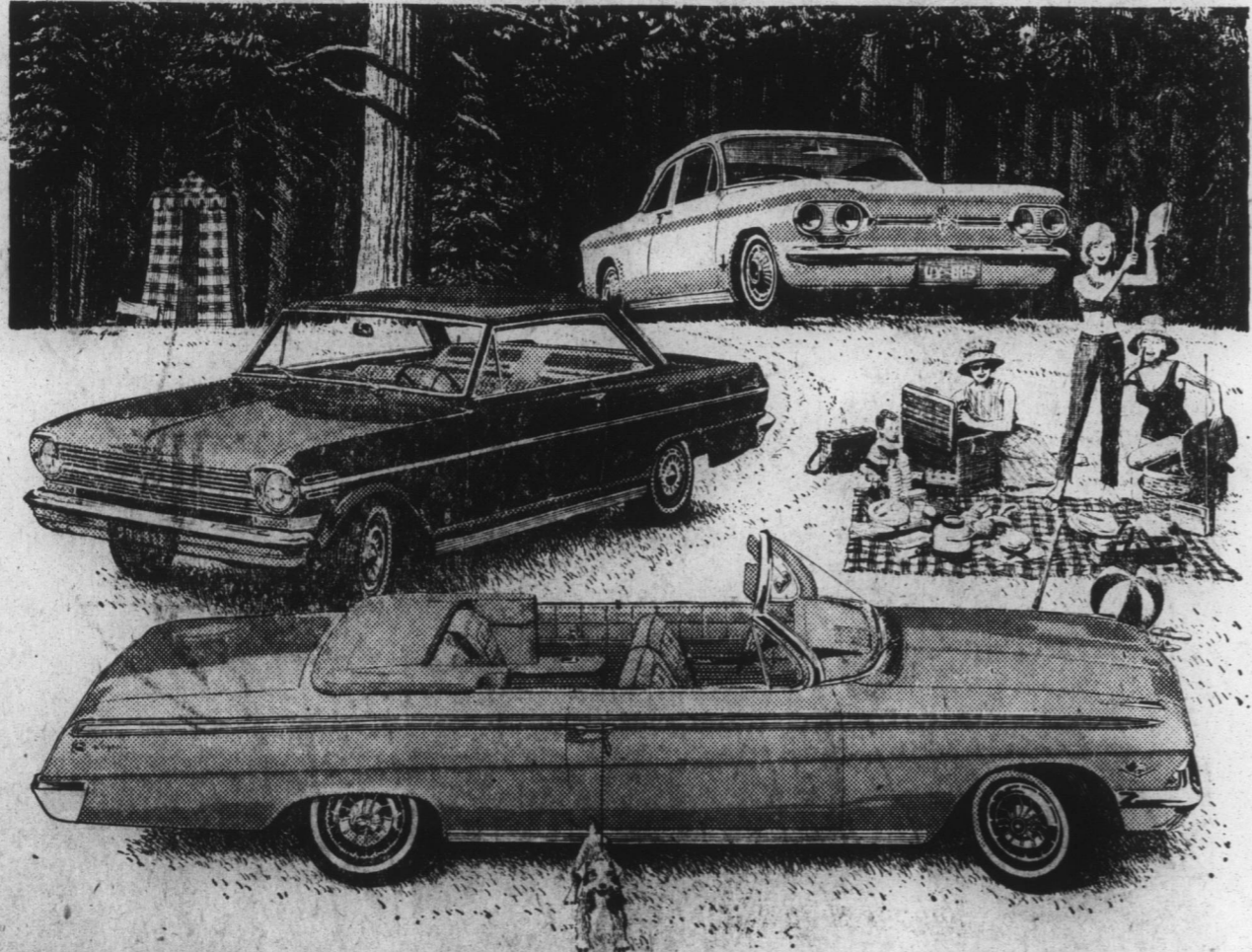
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