

## Times Offers Helpful Hints on Meal Planning

**RALEIGH** — When you live alone, or there's just the two of you, cooking sometimes becomes a chore. It's easy to slack off on meal planning, even to skip eating as "to much bother." Yet good eating habits are

important all through our lives. Here are some hints from Extension home economists, North Carolina State University, that may make cooking for one or two a bit more fun: One-dish meals can be simple and nutritious. Com-

bine meat with potatoes and a vegetable, cooked rice, or macaroni. Add canned condensed soup or gravy. Cook on top of range or in the oven.

For dessert, keep it simple. Fruit, ice cream, and instant puddings are good to eat and good for you.

For someone who eats alone, prepared mixes may be more economical than those you make from "scratch." It's easy then to take the amount you need and keep the rest in a closed container.

Frozen vegetables are economical for the same reason. You can fix just the amount you will eat and keep the rest in the freezer for another day.

When you buy hamburger, make it into patties. Place plastic wrap between each patty and freeze. Then you can thaw only enough for one meal.

Try a new "convenience" food occasionally and see if it is a good buy for you.

Prepare larger quantities of food that freeze well, and freeze some for another day.

For quick salads — lettuce wedges, sliced tomatoes or canned fruit with cottage cheese are possibilities.

Condensed cheese and mushroom soups are great for saucés.

### Six Gun Junction Shoot-Out!



It happens six times a day! An exciting action-filled old-time western "shoot-out" on the make believe streets of Six Gun Junction. Kids of all ages enjoy roaming through replicas of western stores and jails plus the lively entertainment at the Red Dog Saloon, complete with can-can girls and root beer.

Six Gun Junction is one of many popular attractions on the Mississippi Gulf Coast catering to families. A twenty-six mile long beach offers every seashore resort fun. Often called "America's Riviera," the area also offers many historical points of interest, some dating back 300 years.

Few resort areas in America offer such a wide variety of family attractions as does the Mississippi Gulf Coast.

FOR YEARS, BEFORE THE TIME OF THE AIRPLANE, DAILY WEATHER REPORTS WERE BASED ON REPORTS FROM KITE FLYERS!

### HANDICAPPED CHILDREN GET FEDERAL HELP



**Parents!** Are you worried about Johnny's behavior? Is he too active? Too quiet? Does he have difficulty getting along with other children? Is he falling behind in school? Is there a mysterious something that makes him seemingly different from other children? If you know where to take him for diagnosis, you should take him there without delay. You may find that he can be substantially helped by specialized treatment and education. Chances are, he can be trained to lead a healthy, happy, normal life. But if you or Johnny's teacher or doctor don't know where diagnosis and Special Education are available, you should know about the massive effort the U.S. Government has launched to give you just this information. It's all very simple—and it's free. Just write to:

**CLOSER LOOK**  
Box 1492  
Washington, D.C. 20013

And give all details, including child's age and grade in school. Your letter will be processed by the National Special Education Information Center established by the Bureau of Education for the Handicapped of the U.S. Department of Health, Education and Welfare. Assembled at this center is information on facilities and teaching programs for handicapped children painstakingly gathered from all over the nation. Although it has been functioning only a short time, the Center, with the aid of a computer, is already answering more than a thousand inquiries each week from parents, teachers, doctors and friends of handicapped children. An estimated 15% of the Nation's children are suffering from a handicap. In addition to the humanitarian aspect of this government effort, those in charge point out that Special Education can benefit this country—not to mention the child and the parents—in dollars and cents. For example, if

a severely handicapped child can be given special training that enables him to earn, say, \$60 a week for 40 years he will contribute \$120,000 to the economy. But if he has to spend his entire life in a public institution, he will cost the taxpayers from \$150,000 to \$200,000! More than 300,000 additional teachers are needed to teach the handicapped. To encourage high school and college students and others to choose Special Education as a career, the U.S. Office of Education is allocating \$30,000,000 this school year in grants and loans to qualified students. In addition, the Bureau can advise on help available from state and local governments, and from colleges and private sources as well. Interested students should write to: Special Education Careers, Box 1492, Washington, D.C. 20013.

### American Motors to Build M151 Vehicles



The largest military contract since the acquisition of Jeep Corporation a year ago has been awarded to American Motors' General Products Division, which will build more than 34,000 of these quarter-ton military trucks for the U. S. Army. Value of the contract is more than \$105 million. Known as the M151A2, the new Army workhorse offers many advantages over the original Jeep of World War II—including a new rear-suspension system, energy-absorbing steering wheel and new brake system.

### Tips On Upholstery Care

Time spent keeping upholstered furniture clean today will pay dividends in longer life and better looks. Upholstered furniture represents a substantial investment, and it merits planned and careful care. Soil and stain unattended soon become difficult, if not impossible, to remove. Here are some tips for keeping your upholstered furniture in like-new condition:

**CARE BEGINS BEFORE YOU BUY . . .** Before you buy any upholstered furniture, ask

yourself, "How will it wear and clean?" Most fabrics used today are blends of different yarns. Durability and shrinkage cannot be determined for every blend on the market and do not correspond with the characteristics of fabrics rated individually. Generally, tighter fabric weaves indicate quality and give longer wear.

**ROUTINE UPHOLSTERY CARE . . .** Vacuum once a week and reverse cushions. Keep furniture away from direct sunlight.

### YOUR LIFE INSURANCE

#### 'Minor' Health Problems Can Affect Life Expectancy

**For Immediate Release**  
Suppose you apply for life insurance and discover that you are one of the few people who must pay a higher premium because of impaired health.

About one out of 20 applicants for "ordinary" policies has to face this unpleasant fact, according to an Institute of Life Insurance study.

Sometimes the news comes as a complete surprise. You may have had no suspicion that your health was less than perfect.

Or you may have been aware of your condition, but not have realized that it could affect your life expectancy.

#### No Cause For Alarm

In either case, the extra premium is likely no real cause for alarm. If your condition was not a matter of serious concern before you were charged the higher premium, the chances are that your own doctor will tell you the impairment is a minor one and you are basically in good health.

Nor does this indicate any fundamental disagreement between your own doctor and the life insurance company. It's merely a difference in point of view. Your own doctor treats you as an individual, while a life insurance physician bases his analysis on statistics covering large numbers of people.

If you were to ask your doctor how long you had to live, he would tell you that nobody can point a finger at a man and say when he will die. And your doctor would be absolutely right.

#### 40 Plus 31 Years

Actuaries can predict with considerable accuracy that all 40-year-old men have an average of 31 more years to live. And experience among large numbers of 40-year-old men with a certain health impairment may show that their average life expectancy is reduced to 28 years.

But no average applies to any particular individual. With or without the impairment, some 40-year-old men will not live another 28 years, and many others will live longer than 31 more years.

So doctors in the life insurance business do not try to predict how long you will live. They merely see where you fit into appropriate groups for which average life expectancy and mortality rates are calculated.

#### Difference in Premiums

Life insurance premiums are based on mortality rates, rather than life expectancy. But, generally speaking, a group of people with a life expectancy of 28 years would have to be charged a higher premium than a group with a life expectancy of 31 years. That's because, with the former group, the life company would have an average of three fewer years in which to accumulate enough money to pay all claims.

All insurance involves a group of people sharing a common risk. And even a small difference in the risk can affect their premiums.

The takeoff noise of the U.S. SST over the community will be about half as annoying as intercontinental range jets in the present fleets, and will meet the present FAA certification requirement for the latest subsonic jets. The approach noise will also be about half as annoying. With the present objective, "sideline noise" will not be noticeably different than the new subsonic jet rule, and our engineers have eight more years to improve on that.

For a simple illustration of this, consider fire insurance on two groups of 1,000 houses—all alike, except that one group has slate roofs and the other group has shingle roofs.

#### Houses . . . And Houses

Assume that each house in both groups is insured for \$10,000 and that past experience indicates one slate-roofed house and two shingle-roofed houses will burn down during the year.

Leaving out all other factors that affect premiums, owners of the slate-roofed houses would have to be charged \$10 apiece in order to pay \$10,000 to the one man whose house burns down. But owners of the shingle-roofed houses would have to be charged \$20 each in order to pay \$10,000 apiece to owners of the two houses that would burn down.

Owners of the shingle-roofed houses would have to pay twice as much for the same protection as owners of the slate-roofed houses.

Whether there were 999 or 998 houses left in each group might seem trivial, but it would make a big difference to fire insurance underwriters—and, of course, to the people whose houses burned down.

It is much the same with life insurance. An impairment that might not be significant to your own doctor may be quite significant to a life insurance physician and could affect your premiums.



Working at Leisure

### Annuity Payments Are on the Rise in '70

#### For Immediate Release

Annuity payments to American families have risen by more than 13 per cent during the first quarter of this year, compared to the same period in 1969, reports the Institute of Life Insurance.

More than \$456 million was paid out by life insurance companies across the nation under annuity contracts. This was an increase of \$33 million.

Most annuities are made available to employees by the companies for which they work to provide a pension after retirement. However, many people also purchase annuities on an individual basis to guarantee themselves a regular lifetime income after retirement.

Payments for retired employees under group annuity plans accounted for \$316 million of the first-quarter benefits in 1970, up 19 per cent over the same period in 1969.

Individual annuity payments also climbed, totaling \$140 million within the first three months of this year, compared to \$136 million for the same period in 1969.



**MAKINGS OF A BIRTHDAY PARTY**—(Crunchy Peanut Butter Squares)—Planning a birthday party? A great menu (and one that is nourishing for the

younger set) includes nuts, fruit juice, ice cream, and these Crunchy Peanut Butter Squares. With the refreshment

issue out of the way, ideas for invitations, favors, and entertainment shouldn't be hard to find.

### Helpful Ideas For Birthday Planning

Indoors or outdoors, upstairs or down, fifteen or thirty guests, Saturday morning or afternoon? These are just a few of the decisions which have to be made when planning a child's birthday party. Major areas of concern, however, cover the details of invitations, favors, refreshments, table decorations, and entertainment.

Children like to issue their own invites, either in writing or orally, preferably in person. They can also be counted on to select or make the party favors.

The refreshment department is mother's responsibility. There's no reason why the food can't taste good, and still contribute to a youngster's daily nutrient needs. One great menu includes nuts, fruit juice or milk, ice cream, and Crunchy Peanut Butter Squares. These nourishing treats, made with Post Crispy Critters Oat Cereal, can be easily prepared long before the magic hour. When attractively served, they (along with the favors) can be utilized as table decorations.

It's true, indoor entertainment with pencil-paper or word games, outdoor activities like a hunt or relays a boat ride, or museum visit will assure the young guests of a grand time. And so will

the refreshments, when you offer them these Crunchy Peanut Butter Squares.

**Crunchy Peanut Butter Squares**  
1/2 cup sugar  
1/2 cup peanut butter  
2 eggs, well beaten  
4 cups animal-shaped oat cereal

1/2 cup semi-sweet chocolate chips, melted

Combine sugar, peanut butter, and eggs in a skillet. Mix well. Cook and stir over medium heat until mixture comes to a boil and pulls away from sides of the pan. Remove from heat.

Stir in cereal and mix thoroughly. Spoon into a buttered 9-inch square pan. Moisten hands in cold water and pat mixture into bottom of pan. Chill 2 to 3 hours, cut into squares; dip one end of each square into melted chocolate. Chill until firm. Makes 36 squares.

Last year 248 American companies, representing 17 industries, spent \$256,000,000 for pollution control, an increase of 26 percent over the previous year. By 1972 the chemical industry alone will spend \$600,000,000 for pollution control. Since 1951 the steel industry has spent a total of \$1,223,600,000 in pollution control techniques and research and development in that area.

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