



The Africans have a word for it: "Ujamaa." It means "together" and describes the close-knit relationship that binds a family, a tribe and—most recently in Africa—a nation.

But the continent's poverty-ridden peoples are "together" in a more devastating sense: They share the scourge of disease that goes with poverty. Malnutrition alone claims half of Africa's preschool-age population. That means a child has only a 50-50 chance of celebrating his fifth birthday.

Catholic Relief Services' African Health Program is aimed at ending this tragic waste. Mothers bring their children to health centers once a month for checkups by trained workers. The mothers themselves are instructed in child feeding, sanitation and other health measures. It's a precious gift to millions of poor.

You can help by sending contributions to a Catholic church or to American Catholic Overseas Aid Fund, Empire State Building, New York, N.Y. 10001. You'll be adding years to young lives.

SEW AND SEW



With expert instruction, even unskilled schoolgirls are quick to get the point of needlecraft.

For one thing, of course, it helps to stitch together cloth-

ing to protect against the elements. But to impoverished Third Worlders, it also spells the new dignity that comes with freedom from raggedness.

That's why Catholic Relief Services sponsors sewing classes across the 68 countries in which it operates—from Mexico to the Philippines to Korea to Morocco.

You can help. Send your dollar contributions to any Catholic church or to American Catholic Overseas Aid Fund, Empire State Building, New York, N.Y. 10001. It doesn't take much. Even your pennies can help a needy family to look like a million.

Plan Vegetable Garden, Avoid Error

It's time to plan your 1973 vegetable garden if you haven't already. You will be better satisfied with your garden if it is planned before the first seeds are put into the ground.

George Hughes, North Carolina State University extension horticulture specialist, emphasizes that the plan may not be very meaningful unless it is written down.

He suggests that you show the location of each crop and the amount to be planted. On an average, about one-tenth acre per person should be sufficient. However, take into consideration your intentions to freeze or can, and plant accordingly.

If possible, the garden site should be rotated from year to year to help prevent buildups of insect and disease pests. If site rotation isn't possible, rotate your vegetables within the garden.

Here's another planting tip: plant perennial crops such as asparagus, rhubarb and berries along one side of the garden. They will be out of the way when you plow and prepare for spring planting.

Another good idea to assure a steady contribution from the garden is to make successive plantings. Follow early vegetables such as peas, beets, kale, mustard and lettuce with crops such as tomatoes, corn, beans and okra.

Keep grape vines, rose bushes and other plants that will be sprayed with materials not labeled for vegetables a safe distance from the garden.

When you're ready to go to the seed store, buy vegetables by their variety names. There is as much difference between varieties of tomatoes and sweet corn as between breeds of dogs and horses. Some varieties of tomatoes, for instance, are resistant to wilt while others are not. It will pay you to get the wilt resistant type if there is any evidence at all that wilt is present in your garden.

Buy seed or plants from a reputable firm. Stick to those varieties recommended for your area. Try new varieties on a limited scale until they prove to be better than the old ones.

There is information available free from your county Agricultural Extension Service office on approved varieties, best planting dates, plant spacing, fertilizer needs and other helpful details.

1040 U.S. Individual Income Tax Return Taxpayers Ask IRS

This column of questions and answers on federal tax matters is provided by the local office of the U.S. Internal Revenue Service and is published as a public service to taxpayers. The column answers questions most frequently asked by taxpayers.

Q) My daughter earned more than \$750 from a summer job last year. Can I still claim her as a dependent?

A) No. Use of the tables is optional. You may deduct the actual sales tax you paid on purchases, but be sure to keep the records to justify your deduction.

If you use the sales tax tables to determine your deduction, you may add to the amount shown in the tables the sales tax paid on the purchase of an automobile, airplane, boat, mobile home and materials used to build a new home where you are your own contractor.

Q) My father can claim me as a dependent. Last year I earned \$745 from a part-time job and received \$10 interest on my savings account. Is it true that I won't have to file a return because I don't have \$2050 in income?

A) No. A change in the tax law requires a dependent who received \$750 or more in gross income, which included unearned income (interest, dividends, etc.) of any amount, to file a return.

Many persons in these circumstances would have been filing a return anyway to recover any tax withheld.

Q) If I itemize my deductions, do I have to use the tables in your tax forms pack-

age to compute a sales tax deduction?

A) Telephone or visit your local IRS office. Forms are also available at many banks and post offices.

Q) Are there any limitations on how much you can deduct for qualified child care expenses?

A) Yes. The maximum deduction for any calendar month for child care expenses incurred in your home is \$400. Expenses for the care of your dependent children under the age of 15, if performed outside your household, are limited to \$200 a month for one child; \$300 a month for two children; or \$400 a month for three or more children.

In addition, your deductible expenses must be reduced by one-half of the amount by which your adjusted gross income exceeds \$18,000 for one year. For more details, see your Form 1040 instructions or write your Internal Revenue district office for a free copy of IRS Publication 503, "Child Care and Disabled Dependent Care."

Q) The person I paid to fill out my tax return has not signed it. Should I make sure that he does?

A) Yes. Anyone who pre-

**MORE WHEAT**

North Carolina farmers have planted a larger wheat crop than last year, preliminary estimates indicate. The crop planted last fall for harvest next spring is estimated at 290,000 acres, up about 10,000 acres from last year.

Despite some delay in seeding, the young crop is described in good condition and, at this early stage, could be predicted to yield around 10.7 million bushels. That would be a 54 percent jump over the yield of the previous crop, which was plagued by poor harvest weather.

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Distaff Deeds

Joint Effort Is Aimed At Sickle Cell Anemia

By JANICE CHRISTENSEN

An effort to inform citizens of Rowan County about sickle cell anemia, a disease common among black people, was launched about a year ago.

Extension agent Mrs. Louise Slade and representatives from other health, educational and civic organizations formed a study group in April, 1972, to learn about sickle cell anemia and to take positive action.

In January a progress report showed the study committee had purchased a film strip for use in junior and senior high schools, had distributed 2,000 pamphlets, had set up a Speakers' Bureau, had found a location where all information about the disease could be centralized, and had completed a proposal asking for funds to help combat sickle cell anemia.

If the proposal is funded, Mrs. Slade says, "money will be used for a screening program to identify those with the disease, for training 18 para-medical students and for genetic counseling to persons anticipating marriage."

**TWO-FOLD SUCCESS**

A Foster Grandparent program in Wayne County has had a two-fold success: It provided love and affection for retarded

children at O'Berry Center, a state mental hospital, and it offered a more meaningful life for some of the county's senior citizens.

The Foster Grandparents Program, instituted in the fall of '72, recruited senior citizens to work with two children each, explains Martha Thomas, home economics extension agent.

The program touched the lives of these elderly people. Some who had previously visited their physicians one or twice a week for illnesses, ranging from high blood pressure to arthritis, have now been dismissed by their doctors.

**STILL YOUNG**

Mrs. Jennie Tucker, Ruffin, Rt. 2, is a woman in her late seventies who thinks young and acts young.

She recently completed course work for her high school diploma and she is currently enrolled in a bookkeeping class at the local community college.

In addition, Mrs. Tucker likes to share her craft skills and knowledge with younger Rockingham County homemakers, observes Mrs. Zadie Jackson, home economics extension agent.

The homemaker, who enjoys basket weaving and needle crafts, is teaching other women to quilt.

**YOUNG ACHIEVERS**

THE YOUNGEST FULL PROFESSOR IN A MAJOR UNIVERSITY WAS WILLIAM R. HAMILTON. HE WAS ONLY 22 YEARS OLD WHEN HE WAS NAMED ANDREW'S PROFESSOR OF ASTRONOMY AT THE UNIVERSITY OF DUBLIN IN 1827.

THOUSANDS OF YOUNGSTERS THROUGHOUT THE WORLD ARE EASING THE LOT OF LESS FORTUNATE PEOPLE BY PARTICIPATING IN PROJECTS SUCH AS SCHOOL PLAYS, FASHION SHOWS, AND OTHER EFFORTS TO RAISE FUNDS.

THE THIRD WORLD'S YOUNG ARE GETTING A CHANCE TO DEVELOP THEIR POTENTIAL THROUGH THE CATHOLIC RELIEF SERVICES. YOU CAN JOIN THE AGENCY'S SUPPORT-A-STUDENT PROGRAM BY SENDING A CONTRIBUTION TO YOUR NEAREST CATHOLIC CHURCH OR TO AMERICAN CATHOLIC OVERSEAS AID FUND, EMPIRE STATE BUILDING, NEW YORK, N.Y. 10001.

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**NEW PRODUCTS**

The number of new products introduced is declining, according to the Progressive Grocer, from 860 in 1967 to 736 in 1971. New colors, varieties and flavors also showed a decline. "Two possible causes," speculates Mrs. Ruby Uzzle, extension consumer marketing economist, North Carolina State University, "are the recent economic recession and improved new product research, which weeds out failures before they reach the market."

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