

**BEAN SALADS**  
**String Bean - Pimento Salad** - Mix together lightly 3 cups shredded string beans, 1 pimento cut in 1/4 lbs, salt and pepper. Serve on lettuce with 1/2 cup Cooked Salad Dressing mixed with 2 tablespoons chow chow. One small onion may be added if desired.  
**Lima Bean Salad** - Mix together 3 cups tender lima beans, 1 cup chopped carrots, 1 tablespoon minced onion and 2 tablespoons India Relish or chow chow, and 1/2 teaspoon salt. Serve with Mayonnaise or Cooked Salad Dressing on a lettuce leaf. Garnish with hard-cooked eggs and sprinkle with paprika.

**BEET SALADS**  
**Beet Salad I** - Slice 6 medium-sized beets and 1 small onion. Arrange on lettuce and serve with mayonnaise or Cooked Salad Dressing to which has been added 2 tablespoons chow chow or other pickle.  
**Beet Salad II** - Chop 6 tender beets, mix with an equal amount of chopped cabbage, and 3 ta-

Blanched chopped pecans. Serve on lettuce leaves with French Mayonnaise, or Cooked Salad Dressing.  
**Beet Salad III** - To 3 grated beets and 3 grated carrots add 1 chopped cucumber. Serve with French Dressing.  
**Apple and Beet** - Use equal parts of chopped apples and beets. Serve with mayonnaise or Cooked Salad Dressing.

**CABBAGE SALADS**  
**Cabbage and Apple Cole Slaw** - Use 3 cups shredded cabbage, 1 cup diced apple and 1/4 cup chopped pecans. Serve with Cooked Salad Dressing or Sour Cream Dressing.  
**Cabbage and Carrot Salad** - Mix 2 cups shredded cabbage, 3 finely chopped carrots, and 1 small chopped onion. Mix with mayonnaise or Cooked Salad Dressing.  
**Cabbage Relish Salad** - Mix 3 cups shredded cabbage, 1 cucumber, 1 green pepper, 1 small minced onion, and 1 tomato. Add 1/2 cup vinegar, 1 teaspoon salt, and 1/8 teaspoon pepper. Marinate for 1 hour. Just before serving add 1 cup light cream.

**CARROT SALADS**  
**Carrot Salad I** - Chop, grind, or grate two parts of carrots, one part of onion, and 1 part of green pepper. Serve with French, Mayonnaise or Cooked Salad Dressing.  
**Carrot, Pea, and Pecan Salad** - Use 2 parts grated carrots, 1 part tender peas, and 1 part chopped pecans. Serve with French Dressing to which has been added fresh minced mint.

**TURNIP GREEN SALAD**  
**Turnip Green Salad I** - Chop tender turnip greens. Add chopped onion and Russian or Thousand Island Dressing.  
**Turnip Green Salad II** - Chop tender turnip leaves. Garnish with tomato sections and serve with French or Cooked Salad Dressing.  
**Turnip Green and Bacon Salad** - Chop tender turnip leaves and dice crisp bacon. Add a bit of minced onion, minced sweet pickle, 1 tablespoon catsup and Cooked

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**BELK-TYLER'S**  
 In Mt. Olive, N. C.



**TEACHES BLIND TO COOK**—Mrs. Pat Stephenson (above), home service representative for Carolina Power & Light Company, instructs Jody Bolton of Greensboro in the use of an electric range during one of a series of classes for students of the N. C. School for the Blind in Raleigh. Mrs. Stephenson joins the blind students (below) for a lunch they prepared in the CP&L kitchen. Students, left to right, around the table are Walter Lackey of Lenoir, Charles Helms of Monroe, Ronald Millsaps of Hayesville, Max Kennedy of Clinton, Larry Atwell of Charlotte, Juanita Byrum of Windsor, Hazel Foster of Richlands, and Miss Bolton.

**CP&L Teaches Blind To Use Appliances**

Hands move over the smooth chrome surface, follow the contours of the control panel. A finger guided by the instructor finds the switch and a smile lights the face of the student as the appliance hums into life.

These sensitive hands belong to students at the North Carolina School for the Blind in Raleigh who had gathered for a lecture and demonstration on the use of electrical appliances.

Mrs. Pat Stephenson, home economist for Carolina Power & Light Company, first described the various appliances and utensils. Then, one by one, she led the students - boys and girls alike - through a trial operation, guiding their hands, and then turning over to them the task of mixing and baking a cake. Afterward, they sat down and ate the food they had prepared.

This was one of a series of classes held by CP&L's home service department to help visually handicapped "see" and use conveniences of the modern kitchen.

"We give them practical instruction," Mrs. Stephenson said, "because we know such experience will be of use to them in later life. The many time controls, easily operated switches and other conveniences are useful to anyone; and to those who are visually handicapped, they are particularly helpful."

She hastened to add that her students - all seniors at the state school - are by no means helpless. To prove her point, she ran down the list of names:

Juanita Byrum of Windsor. She plans to enter Charleston College in Ohio for pre-medical work.

Larry Atwell of Charlotte. He will study business administration at the University of North Carolina. Two classmates, Walter Lackey of Lenoir and Charles Helms of Monroe, also will study at U. N. C. Walter is interested in law and politics; Charles will major in social science.

Jody Bolton of Greensboro will study to be a practical nurse. Hazel Foster of Richlands will enter Kings Business College. Max Kennedy hopes to start a health club in his hometown of Clinton. If not that he will work for the YMCA.

Ronald Millsaps of Hayesville near Murphy, an accomplished pianist, will enter Emory University to study law.

"Their ambitions and high scholastic standings explain why they also make such good student cooks," Mrs. Stephenson remarked.

**Garden Time**

Last week the question was asked about planting hydrangeas at this season of the year. I suggested that this could be done if you could locate container grown ("canned") plants. I checked with one of our local nurserymen and found them in good supply. Now the question of flower color in hydrangeas has been raised.

Perhaps first it will be best to distinguish between some of the types of hydrangeas because all types do not produce colored flowers. Some of the types are: Peegee, Snow Hill, Oakleaf, Climbing and Bigleaf or French. Of these types, only the pink varieties of the Bigleaf or French hydrangea (Hydrangea macrophylla) will turn blue, under certain conditions of soil environment.

The question naturally arises: what causes a pink hydrangea to turn blue? The change in color is due to the presence of aluminum in the flower tissues. What about changing a blue to a pink? This can also be done by regulating the soil pH.

For example: at pH 5.5, or slightly below, pink varieties of hydrangea (macrophylla) will produce blue flowers. In this case soil acidity is an indirect factor in the production of blue flowers because of the relationship to soluble aluminum in the soil. The aluminum is soluble and available to the plant at this pH.

On the other hand, blue flowers may be changed to pink by raising soil pH to approximately 7.0. In this case the aluminum is not in soluble form and therefore not absorbed by the plant.

To answer the question about color and color change in hydrangeas we can suggest the following procedure. If you want blue flowers, have your soil tested and add enough aluminum sulfate to lower the soil pH to 5.5 or slightly below. For pink flowers, add enough lime (hydrated preferred) to raise the soil pH to about 7.0 or slightly above.

Flowers of intermediate hues,

**Salad Dressing**. Hard cooked eggs may be used as a garnish.  
 Any tender green leafy vegetable may be used instead of the turnip greens. Mustard or spinach makes delicious salads.

**STUFFED TOMATO SALADS**  
 Wash medium-sized, firm, ripe tomatoes; peel, if desired, and scoop out the centers. Sprinkle the insides with salt, invert and chill in the refrigerator. Fill with stuffing, serve on crisp salad greens with salad dressing and garnish as desired. The following stuffings may be used:  
 Cottage cheese, pecans, and mayonnaise.  
 Cottage cheese, onion, and chopped green pepper.  
 Tomato pulp, onion, and crisp bacon.  
 Cucumbers, green peppers and minced onion.  
 Chicken salad.  
 Chopped hard-cooked eggs, minced onion, minced parsley and Mayonnaise or Cooked Salad Dressing.

**TURNIP SALADS**  
**Tomato Aspic and Turnip Salad**: Cook a can of tomatoes with a slice of onion, 1 tablespoon vinegar, 1/2 teaspoon sugar, a few sprigs of parsley, three or four cloves, salt and pepper to taste. Strain and add half a package of soaked gelatin. To this mixture add 1 cup grated turnips. Pour into a mold which has been rinsed clear, cold water. Serve on lettuce with mayonnaise.  
**Turnip and Carrot Salad** - Grate equal parts of turnips and carrots. Chop fine enough onion to season the salad and mix with the turnips. Place on lettuce leaf on the salad plate; add the grated carrots and then the grated turnip. Serve with Mayonnaise, French, or Cooked Salad Dressing.

The government's rural areas development program is designed to help people who help themselves - not to provide all the answers or all the financing.  
 Arnold Kelly of Miller Spotts Business College, Wilmington sent the week end with his parents, Mr. and Mrs. M. J. Kelly.

**Changes in Your Social Security**

June 30, 1963, is a very important date for workers who have been adversely disabled for several years, according to Ed Deese, Field Representative for Duplin County, N. C. On June 30, 1963, a person may file a claim for disability insurance benefits and establish a period of disability from the date his illness or injury occurred. However, the 1960 amendments to the Social Security Act, which took effect June 30, 1962, is a cut-off date for filing a claim for a disability that has existed more than 18 months prior to the date on which the application was filed.

Effective July 1, 1962, an 18-month period prior to the date of filing is the earliest period of disability that can be established for a worker regardless of the actual onset of his disability.

Mr. Deese went on to point out that the date of onset of a disability is extremely important in computing a worker's disability insurance benefits. For example, a man who became disabled in 1957 may establish that onset date if he files his claim before June 30, 1962, and will get a much higher benefit than if he waits until after the cut-off date to file. If he does not file a claim until July 1962, the onset of his disability is deemed by law to be January 1961, or 18 months prior to the date of his application.

Mr. Deese concluded that most people are not aware of the significance of the onset date in the computation of a disability insurance benefit. Any person who was disabled in 1960 or before should file his claim for social security disability insurance before the June 30, 1962, cut-off date.

If you would like detailed information concerning the requirements that must be met to entitle a person to social security disability insurance benefits, you may obtain Booklet No. OASI-29, entitled "If You Become Disabled", from your Contact Station in Kenansville, or by writing to the Social Security District Office at 311 E. Walnut Street.

Employees have responsibilities also and should make sure that the help by presenting their social security card to each employer that they work for. It is not enough that one employer or a former employer have their correct social security number. Many workers try to remember their social security number or write it down on another card or piece of paper. Our memories often play tricks on us and anyone can make an error in writing down a number. These errors may result in the employer filing incorrect or incomplete tax returns and the employee involved may thereby fail to get proper credit for earnings and lose valuable benefits.

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**Internal Revenue Service Offers Special Enrollment Examination**

The Internal Revenue Service announced today that it intends to offer a Special Enrollment Examination on September 19 and 20, 1963. This examination is required of accountants and lawyers who wish to practice before the IRS.

Mr. J. E. Wall of the Greensboro, N. C. Internal Revenue office said that he has available an information document, Document No. 5145, which deals with the qualifications required of applicants. In addition, Mr. J. E. Wall said that the application blank, Form 23-B, is also available at this office.

Each applicant is requested to file his application promptly with the office of the Director of Practice, Internal Revenue Service, Washington 25, D. C. and to enclose his check or money order in the amount of \$25.00, payable to the Treasurer of the United States. Mr. J. E. Wall emphasized that applications must be postmarked not later than September 1, 1963.

**S-J Base Offers Examinations**

Seymour Johnson Air Force Base Announces Examination For Stenographer, GS-3, \$3750 and GS-4, \$4910

The Base is accepting applications for the above mentioned examination. Applicants are required to pass a written test and, for the GS-4 level, must have had one year of stenographic experience.

Application Form 5000A/B may be obtained at Post Office or Base Civilian Personnel Office and show payment.

Mr. Deese reminds everyone that the Social Security District Office is in business to help both employers and employees. If there is anything that either does not understand or any information that they need, they should ask about it. This can be done by contacting Mr. Deese each Tuesday in Kenansville at the Courthouse; or by telephoning, writing, or visiting the District Office in Greensboro. The telephone number is 734-1491, and the District Office is located at 311 E. Walnut Street.

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**TO THE PEOPLE OF THE SECOND DISTRICT**  
 (Albertson, Glisson, Smith & Wolfscrape Townships)

After four months of looking, listening and traveling across this district, I can assure you that I am happy that the campaign for commissioner to represent our district is almost over. Without any doubt this has been one of the hardest fought campaigns for the commissioners seat within our district in many years. It seems to me that it has been more of a clash between the supporters of both mine and Mr. Grady's than between Mr. Grady and myself. There will always be some innocent people who get hurt in this type of campaign and I know that this has happened in this one. It becomes easy to cloud the real issues in a campaign when so many people become involved.

To those who have said that I was "picked or pushed into this race", I want to say that nothing can be further from the truth. This decision was mine and mine alone and was made last October. I know that any public office is a public trust and it belongs to the people it serves. With the honor of being the holder of such an office goes the duty of that person to serve all people with fairness at all times and never being dictated to by any one person or small group.

I am fully aware of many of the needs within this district as well as the county. To these and to the people I pledge myself to work. I have promised to stand by right and my own convictions to this end. If your problem is large enough to share with me, I will be little enough at all times to listen and then try to help if possible. I shall never let personal ambition deny any person what is rightfully his.

I appreciate the courtesy shown me wherever I have been, the encouragement given by so many people and realize that I have run on the confidence people have in me and not on my record of service. I am very grateful for the fine vote of confidence you gave me May 23 in the Democratic Primary and ask your consideration this Saturday June 23 for the privilege to represent our district.

Sincerely,  
**William G. Sullivan**  
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