

LISTAFF DEEDS

By Jan Christensen

GET OUT OF RUT

Several homemakers in Wayne County have gotten out "of a rut," so far as their food buying practices go, reports Betty Jean Barr, associate home economics Extension agent.

Some of these women believed strongly that they could not afford to shop at a large supermarket; prices were too high. Others thought buying certain meat cuts would throw off their food budget allowances.

Then these ladies visited stores as a group. One trip to three different stores was all it took to convince them that overall prices were reasonable. They also learned that some roasts, steaks and other meat cuts do sell at prices that will not raise havoc with their food budgets.

"It's amazing," one lady said, "how we can get into a rut and become so satisfied with our present choices, when a little knowledge and self-acceptance can help us learn and save so much for our families."

BEAUTIFUL COMMUNITY
Members of the Monroeton 4-H club, Rockingham County, are working hard to beautify their community. Jane K. Stuart, assistant home economics Extension agent, says,

The 4-Hers bought three oil drums, painted them green and white, and set them out for litter barrels. They put the drums at the community building, fire station and picnic area.

VEGETABLE BLOCK PRINTING
Vegetable block printing is a favorite craft of many Sevier County homemakers, asserts Ann M. Braswell, home economics Extension agent.

The women are using raw potatoes, okra, onions, cabbage or peppers to print designs on place mats, aprons and kitchen curtains, she adds.

Not only do the ladies have conversation pieces; they also have lovely finished products they are proud to display, the agent observes.

TRAIN AIDES
Home management aides, working with the OEO program in Wake County are now prepared to assist low-income families with their cleaning problems.

Mrs. Natalie P. Wimberley, home economics Extension agent, notes,

In a two-day session the group discussed the importance of a clean house, how to interest families in keeping a clean house and how to do the job.

Each aide then demonstrated a cleaning technique, such as cleaning a range or a refrigerator, washing woodwork or dishes and dusting.

"This exchange of ideas gave the aides many methods they can use for reaching families that need special help," the agent added.

Goins Serving With 197th Infantry

FT. BENNING, GA. (AHTNC) — Sergeant Fred D. Goins, 21, son of Henry L. Goins, Route 1, Bessemer City, N. C., received the Army Commendation Medal while serving with the 197th Infantry Brigade, Ft. Benning, Ga., March 9.

Sgt. Goins earned the award for meritorious service during his last assignment with the 1st Infantry Division near Phouc-Vinh, Vietnam.

The sergeant is a cook in Company A, 1st Battalion of the 197th Infantry Brigade's 29th Infantry.

Louise Wetmore On State Board

Miss Louise Wetmore of Lincoln has been appointed to serve a three year term of office on the State Administrative Committee of the Board of Piano Certification of the North Carolina Music Teachers Association. The State Administration Committee is charged with the responsibility of the Administrative details of the Certification program. Mrs. Harriette Line Thompson of Queens College, is chairman of this state committee of three members.

Dr. William Sasser of N. C. Wesleyan College, Rocky Mount is President of the North Carolina Music Teachers Association. Joseph Lammers of Queens College and Dr. Harold Luce, formerly of U.N.C. Greensboro, are the immediate past presidents. Mrs. Mary Etta Crane of Cherryville is the new District Chairman of Piano Certification, which office Miss Wetmore held for three terms.

Miss Wetmore, also, has served on the State Piano Committee at U.N.C. Greensboro for three terms, to select the piano judges and piano contest numbers for the State High School Piano Contest held annually at U.N.C. Greensboro.

Edwin Ware In Fraternity

Edwin L. Ware, Kings Mountain, a student at Western Carolina University, has been initiated into the brotherhood of Alpha Phi Omega service fraternity.

Ware, a junior majoring in history and social science, is active in student affairs holding membership in the International Relations Club and the Young Democratic Club. He is the son of Mr. and Mrs. Franklin L. Ware.

TODAY'S INVESTOR

BY THOMAS E. O'HARA
Chairman, Board of Trustees
National Association of Investment Clubs

Q. I have \$20,000 in savings. Should I invest now? Should I invest at all? Do you think I would be better off leaving my money in savings and accumulating 5 per cent interest? What about a depression? My wife and I are in our 30s and do not own our home.

All my life I have heard people raise questions such as yours — people who are fearful of putting their money into stocks. Many of them never get around to investing, possibly because they can't make up their minds as to what is safe.

A. I don't believe you're going to find any qualified observer of the economy in general and the stock market in particular who will give a flat answer to all of your questions.

No one can be completely sure of what the future holds. But we can be sharply aware of what the past has held, and can make some assumptions about the future that likely are valid.

Another conclusion to be drawn from the past is that there is no absolutely safe or riskless place to put your money. You do have

a fair certainty that your money will be available when you want it if it is in bank savings. It will also earn interest; but the problem there is that continuing inflation cuts into your interest and at times even into your capital.

As to a depression, none of us are really sure of whether we are edging into a depression — or into a wild inflationary boom. And this touches on one of the basic principles of the National Association of Investment Clubs: Don't invest all of your money at one time. Stretch out buying of stocks as a hedge against the possibility of either up or down movements in stock prices. This is known as dollar-cost averaging.

I think one of the best investments a couple can make is purchase of a home, especially if they are likely to remain in the same community. Home owning is an excellent investment for a couple, both as a way of meeting the human need, and the economic need of the family. The growing scarcity of desirable

land, the expanding population and rising building costs make the economic desirability clear.

As for investing otherwise, I suggest that your lack of confidence in the market might be because you've had no experience with it. Why not start an investment club with a group of friends or neighbors? You can keep your monthly investment worthwhile and whether you want to increase your investment or discontinue your program.

Q. During my working years I invested chiefly in American Telephone & Telegraph, because I worked for a subsidiary of that company. Now that I am retired, I find half of my funds are in AT&T. Do you think I should sell some of it and diversify further?

A. It is hard to find fault with AT&T as an investment, particularly right now when it is priced at around \$50 and paying a dividend return of well over 4 per cent. I don't know where else you have invested your money, but I would be inclined to spread my funds between four or five investments. I wouldn't be

SESSION MEETING
Members of the Session of First Presbyterian church will meet Sunday morning at 10:40 a.m. in the Session Room of the church to receive new members.

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Weekly **Health Tip**

By **WILSON GRIFFIN**

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