



INDIVIDUALISTS?
 "For all their talk of being individualists, the hippies are anything but. They are conformists of the worst kind, segregating themselves physically in hippy ghettos, isolating their ambitions to self-indulgence, and confining their dreams to drugged nightmares." —Union, S. C., Times

Distaff DEEDS

by Jan Christensen

PETTICOAT RULE

When a small egg production business stopped being financially rewarding, Colbert Allen, Ashboro, Rt. 1, decided to convert the small chicken house into a workshop.

He cleaned it thoroughly, plectered sheet rock on the walls, and added a heater. About that time the women in the family become interested in the room.

One daughter painter the interior. Then Mrs. Allen decided to entertain members of her Extension Homemakers Club there.

Rose Badgett, home economics Extension agent, observes that the room would be a good location for a workshop.

"But," she added, "I doubt that Mr. Allen will ever get his machinery moved in."

The ladies had lawn furniture, folding tables and other comforts in the place, she noted, and petticoat rule can be great—especially when it's three against one.

SHOW OFF YOUR LINENS
 Homemakers are familiar with the use of plastic trays for storing shoes and sweaters in the clothes closet, but Mrs. Mary J. Whitmore, assistant home economics Extension agent, Durham the linen closet too.

Ms. Whitmore points out that by using acrylic transparent trays that slide out from sturdy racks, instead of the traditional installed shelves, busy homemakers will bring sparkling order to often neglected linen closets, show off colorful linen sets, towels and blankets. The linens remain wrinkle free and easy to find.

HAVING RECIPES HELPS
 Winter squash production in Carteret Country for 1968 was bountiful, reports Mrs. Floyd G. Garner, home economics Extension agent. Sellers arrived at the markets with baskets full and over-overflowing. There were more at home.

Customers admired the colorful displays. Once in a while they bought one or two squash for a fruit bowl or harvest arrangement, but the baskets remained noticeable untouched. Why? Did people

dislike winter squash or didn't they know how to prepare it?

The agent collected all types of winter squash recipes and gave them out at the market. In a very short time the baskets were emptied, refilled and emptied again. Soon all the Extension market sellers' winter squash had found its way to the tables of Carteret County families. Mrs. Garner says.

RUB AND RUB
 Refinishing furniture has become the "in thing" in Fairfield, Hyde County.

Mrs. Iberia Tunnell, Extension home economics agent, encouraged the women not just to refinish items, but to do a better job than the professionals.

One on-looker, who does refinish Joe Simmons of Fairfield, "You have that chair sanded enough. I don't get mine near that clean."

But when Mrs. Tunnell saw the chair she directed Mrs. Simmons to "rub, rub and rub some more."

Now that I have refinished my walnut chair and my husband has oiled the seat, I am glad that I rubbed and rubbed some more, the homemaker testified.

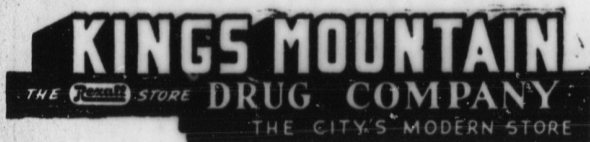
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Teen-Age Volunteer Workers 'GO MOD' To Support March of Dimes Programs



Teen-age volunteers for the March of Dimes are following the lead of their national chairman, TV star Kathy Garver, as they "GO MOD" in a meaningful manner.

They work extremely hard to raise money for the March of Dimes (MOD) fight to prevent birth defects, and they work equally hard on the community service and education programs needed to win that fight.

For example, Teen Age Program (TAP) volunteers for the March of Dimes brought the good old summertime to handicapped children in Portsmouth, Va., this year.

TAPs in this southern city boosted a recreational project praised by Portsmouth Health Department and civic organization co-sponsors. Their unanimous verdict was that TAPs reached the children in a way that adults could not.

The Portsmouth teen-agers devoted the summer holidays to making summer as much fun for physically handicapped children as it is for boys and girls enjoying normal health.

Each TAP became a "buddy" to a particular youngster. They drove the children to and from the city park, where games and arts and crafts classes were set up for them. They played checkers, catch-ball games, held sing-alongs, read stories and helped their small charges romp through other specially planned activities.

The Portsmouth project was only one outlet for the thousands of March of Dimes TAPs who serve communities across the nation year-round. In cities, towns and rural centers they help to support the March of Dimes in its nationwide program to prevent birth defects.

Since 1958, when the voluntary health organization redirected its energies and resources from the successful war on polio, it has established more than 100 Birth Defects Centers. The extensive March of Dimes program includes patient care, research, profes-

TAPPING OUT TUNES was part of a summer of fun organized by the Teen Age Program (TAP) of the March of Dimes at a recreational project for handicapped children in Portsmouth, Va.

sional education and public health information programs.

Despite our nation's excellent health standards, a quarter of a million infants are born each year with physical or mental defects. As future parents, teen-agers have shown their concern for preventing these tragedies.

Community education ranks high with TAPs. Evidence of this is the growing attendance at Young Adult Conferences on Birth Defects sponsored during the year by the March of Dimes.

The organization's first national conference held at Brigham Young University, Provo, Utah, drew more than 300 TAP representatives from 48 states as well as delegates from 28 youth organizations and 17 adult organizations.

In October, the fourth annual Young Adult Conference on Birth Defects at Sargent College of Allied Professionals at Boston University, had a record attendance of 1,000 young people. The same month, 650 participated in a confer-

ence at Colby College in Waterville, Maine.

But TAPs do more than attend conferences. A whirlwind Miami, Fla. TAP, Maria Landry, 18, recruited teen-agers to renovate quarters for a local Birth Defects Center, spoke before youth groups about birth defects and helped the Northeast Miami Junior Women's Club and B'nai B'rith to sponsor county-wide youth conferences. She also arranged layette showers for needy mothers and enlisted more than 300 young people to serve as volunteers for non-professional duties at Jackson Memorial Hospital.

Susan Merritt, 18, of Colton, Calif., teen chairman of the March of Dimes San Bernardino County Chapter, was awarded a Junior Volunteer Service Award by the Mayor and City Council for her outstanding community service. Miss Merritt organized many successful education programs for young people and also helped raise more than \$10,000 for the March of Dimes.

You And Social Security

The monthly premium older people pay for the voluntary medical insurance part of Medicare will remain at the present \$4 for the period July 1969 through June 1970. Lex G. Barkley, social security district manager, noted today.

The premium covers half the cost of protection that helps pay doctors' and surgeon's bills and a variety of other health care expenses. The other half is paid out of Federal general revenues.

A new enrollment period opened January 1, Mr. Barkley said, and will provide another chance for people who missed out earlier to sign up—those who were born October 1, 1901, or earlier, and those who were enrolled but dropped out before January 1, 1957—it will be the last chance to enroll.

According to Mr. Barkley, older people who delay in enrolling pay a premium that is 10 percent higher for each full year they could have had the medical insurance protection but were not enrolled. And those who wait 3 years past their first chance to sign up will not be able to get the coverage at all.

He estimated that the period between now and March 31 will be the last chance to enroll for about two out of three persons 65 and over in this area who are not yet enrolled for the supplementary protection.

Mr. Barkley said many of the elderly people in this county who have not yet signed up for the supplementary doctor bill insurance will be receiving application blanks in the mail soon. If they

Mail Returns At Early Date

GREENSBORO, N. C. — North Carolina taxpayers can help themselves and the government by mailing their tax returns as early as possible this year to the Southeast Service Center in Chamblee, Georgia, according to J. E. Wall, District Director in Greensboro.

Wall said that the earlier a taxpayer mails his return, the faster the return can be processed and the refund check delivered.

Wall also urged employers to get withholding statements to their employees as quickly as possible. The law requires delivery of these forms to employees by January 31. "Many employers," Wall said, "get W-2's out to their employees much sooner than that."

Wall emphasized the need for accuracy in filing returns. "Check

and double check your arithmetic," he said. He also pointed out that many taxpayers forget to sign their returns and fail to enter their Social Security numbers on their forms. He also added that last year nearly 5000 taxpayers in North Carolina did not receive their refund checks because of incomplete mailing addresses.

How long does it take to receive your refund? If you file early and your return is error free, you should receive the check within four to six weeks, Wall said.

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