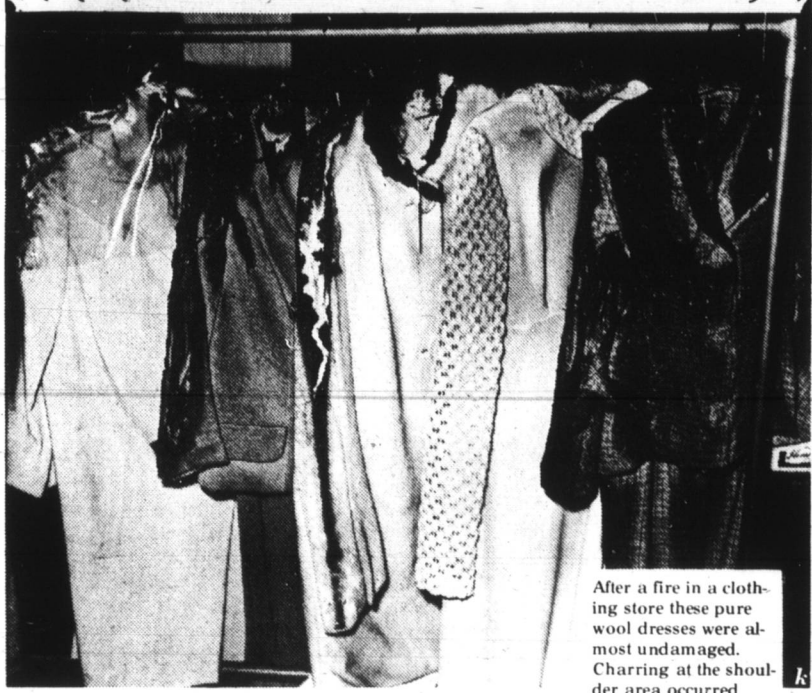


Survivors of Fire in Store



NEW YORK (CFN)—Fire! When tamed it can be one of mankind's greatest blessings. When on the rampage, it can spell death, destruction and untold pain.

The headlines are familiar: "Girl Dies As Clothes Catch on Fire" . . . "Pajamas Ignite, Boy Seriously Burned" . . . "Burning Robe Kills Woman" . . . Clothing fires claim an estimated 2,000 Americans killed annually and an additional 250,000 injuries requiring medical attention. The figures may be higher because no central agency is responsible for reporting statistics.

But one thing is certain: increased public attention is being focused on the problem of clothing fires.

The Federal Trade Commission is initiating a study of clothing flammability, particularly children's clothing, and the United States Senate Commerce Committee is holding hearings to amend the Flammable Fabrics Act.

Meanwhile, last December, some of the problems were discussed at a recent Conference on Burns and Flame Retardant Fabrics at the New York Academy of Medicine attended by representatives of the textile and apparel industries, government, safety organizations, and the

medical profession. At the Conference, the seriousness of clothing fires was emphasized by Dr. Richard A. Prindle of the U.S. Public Health Service who reported on a recent study in Birmingham, Mich. Of 179 clothing ignitions analyzed in the study, 37% required skin grafts and extensive surgery, while only 6% of those whose clothing did not burn required surgery and hospitalization.

Dr. Prindle noted, "Wool fibers are comparatively flame resistant in their natural state. . . Wool is not often found among fibers worn by individuals involved in severe clothing burns. Wool, however, is not the only fabric used in the manufacture of clothing."

George L. Drake, Jr., of the U.S. Department of Agriculture, stated that the melting of nylon when ignited and its sticking to the skin can be more dangerous than the flame itself because the resulting burns are so difficult to treat.

Louis Segal, Fire Prevention Engineer, advocated a national law requiring that certain fabrics carry a warning label right on the garment. He added that "You

After a fire in a clothing store these pure wool dresses were almost undamaged. Charring at the shoulder area occurred when fire melted plastic "protective" covers. Severe skin burns can result from this type of melting in synthetic fiber garments.

could exempt garments that didn't need such a label, for instance, wool or an adequately treated garment."

When selecting apparel, remember clothing design is an important factor in safety against fire. Relatively close fitting apparel resists burning while loose fitting garments such as robes and gowns are particularly dangerous.

Flame retardant treatments for cotton and synthetic fabrics still have many problems—lack of permanence, high cost or harshness to the touch.

It may not be possible for some time to meet all your clothing needs in pure wool or other fire-resistant fabrics, so be especially careful of cigarettes, cooking ranges and other sources of ignition when wearing clothing that may be flammable. And if you use a blanket to put out a fire make sure it is wool—or you may be adding fuel!

Vets Questions and Answers

Editor's Note: Below are authoritative answers by the Veterans Administration to some of the many current questions from former servicemen and their families. Further information on veterans benefits may be obtained at any VA office.

Q—I am separated from my husband. However, he says he will continue me as the principal beneficiary on his National Service Life Insurance policy if I agree to pay the premiums. If I agree to this, is there any way I can be sure he won't change beneficiaries without my knowing it?

A—No. The insured may change the beneficiary on his policy at any time without the beneficiary's knowledge or consent. If you go along with your husband's suggestion, you'll have to gamble on his good intentions.

Q—I am a World War II veteran with a \$10,000 NSL insurance policy. My policy number is prefixed with the letter "H". All my friends have policies with a "V" prefix, and they get a dividend every year. I've never received a dividend and I'd like to know why.

A—Policies with "H" num-

bers are nonparticipating policies and no dividends are payable on such insurance. "H" insurance is a special type which was issued between August 1, 1946 and December 31, 1960. The requirement of good health was waived because of a service incurred disability; thus no dividend is accumulated or paid because of the higher insurance risk.

Q—I am a Viet-Nam serviceman hospitalized pending retirement. I have recently applied for Vocational Rehabilitation and understand I will be rated for service-connected disabilities by the Veterans Administration before I am discharged. What I want to know is, will this rating set the one year period I will have to apply for service disabled veterans insurance?

A—No. The rating made by the Veterans Administration before you are discharged is an administrative rating made to determine your entitlement to Vocational Rehabilitation. Your one year period for applying for service disabled veterans insurance will commence by the VA subsequent to your discharge.

Says Children Clothes Should Fit the First Time They're Worn

RALEIGH—Children's clothes should fit the first time they're worn, rather than be "grown into," points out Dorothy Barrier, extension clothing specialist, North Carolina State University.

So when buying children's garments, look for these strategic points, she suggests. Shoulder seams should be at the shoulder line, not drooping over the shoulder bone; waistlines should be midway between the hip bone and the end of the rib cage; pants legs and sleeves shouldn't "drag."

"When selecting a pattern for a dress, blouse or skirt, choose the pattern size closest to your child's measurement," the specialist advises. "Never use age as a determining factor."

Children the same age differ widely in height, weight and build, Miss Barrier observes. Take waist and length measurement — any necessary adjustments of pattern should be

made before you cut the fabric.

For a boy's or girl's pants pattern, choose the size that is closest to your child's waist measurement, the specialist suggests.

One way to determine the natural waistline is to tie a string snugly around the waistline, Miss Barrier indicates. Unless your child is unusually tolerant, avoid the use of pins when fitting. It is best to baste by machine or by hand.

If you want a dress to last more than one season, you can cleverly allow for growth where it won't show or change the style and fit, Miss Barrier explains. Add several inches to the skirt length and take a deep tuck just above the hem's edge. If the dress has a waistline, it's sometimes possible to put a tuck at the waistline seam. Loose pleats can be placed at the shoulders and released as the child grows.

Prize Missouri Recipes

Perhaps the most famous recipe from Missouri is the one for PREMIUM SALTINE Crackers, the largest selling cracker in the United States if not in the world.

The recipe originated some ninety years ago in the Missouri town of St. Joseph. The F. L. Sommer and Company, a candy and baking company entered their "XXX" soda cracker in the St. Joseph's County fair where it took first prize and was judged "Premium" in the soda cracker category. The company, distributing its products primarily in the Missouri Valley, became part of the American Biscuit Company which eventually, in 1898, merged with three other companies to form National Biscuit Company.

The basic recipe and method of production has changed little since 1876 except that, today, an electronic control panel controls the mixing of ingredients. The list of ingredients or formula used for the thin-crisp saltines now being produced reads like this: about a thousand pounds of flour, some 35 gallons of water, one pound of yeast, 10 pounds of salt, varying amounts of soda (up to 12 pounds depending on the climate of the bakery), and almost 100 pounds of shortening.

Crushed saltines combined with butter and basil form the topping for this second prize recipe which features two of Missouri's top income producers.



HAM AND CORN CUSTARD

- 2 cups cubed, cooked ham (about 3/4 pound)
- 2 cups fresh corn kernels
- 3 eggs, beaten
- 1/4 cup all-purpose flour
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon ground white pepper
- 1/4 cup butter or margarine, melted
- 2 cups light cream or milk
- 1 cup crushed PREMIUM Saltine Crackers (about 24 crackers)
- 1/2 teaspoon basil leaves
- Parsley sprigs

North Carolina Highway Patrol Encourages Use of Seat Belts

RALEIGH — The Highway Patrol is responding to a request by the Public Health Service to encourage motorists to use their seat belts.

"Beginning July 1, the Patrol will include in their reports to news media information about whether an accident victim was wearing a seat belt. These reports will become a permanent part of accident investigation," Colonel Charles A. Speed, Patrol Commander, said.

Dr. Richard E. Marland, Chief of the Injury Control Program with the Public Health Service, has asked North Carolina Troopers to join other state enforcement agencies across the nation in providing seat belt data to the press.

"The news media reports on accidents are a direct point of contact with the general public," Dr. Marland said. "If these reports tell whether seat belts are used in covering a specific accident, it will emphasize, by example, their importance." Colonel Speed said Troopers

have usually included that information when reporting to news media in the past. "But beginning July 1, such information will be a regular part of all accident investigation reports," he added.

Speed said the Patrol has always had excellent cooperation from news media in North Carolina with projects such as this.

"We are certain that news media reports on accidents can help emphasize the importance of using seat belts when they include the information we supply them in their stories," Colonel Speed said.

The Public Health Service already has embarked on a campaign to acquaint the nation's news media with the importance of including seat belt data in their stories on accidents.

—Convention

Continued from page 2B
vision presentations (live) from the Homer G. Phillips Hospital will be featured throughout the convention.

—Punch

Continued from page 1B

Punch made with nutritious (high in Vitamin C) Tang Instant Breakfast Drink, ginger ale, and pineapple juice. This great combination of flavors just seems to hit the spot any time of day.

This idea of relaxing with a cool, refreshing beverage is such a great one that it might be wise to make up a pitcher of Sunset Punch and put out an extra glass for you—you, like he, will love it.

SUNSET PUNCH
1 cup (7 oz. orange-flavored instant breakfast drink)
1-1/2 cups pineapple juice
1 bottle (1 pt. 12 oz.) ginger ale or club soda
Cracked ice or ice cubes
Combine instant breakfast drink with pineapple juice and ginger ale, stirring until completely dissolved. Pour over cracked ice or ice cubes. Garnish with mint leaves, if desired. Makes about 3-1/2 cups plus ice or 10 to 12 servings.



HERCULES TIRES

Timely Tire Tips

from **HERCULES**

TIRE ROTATION

One of a series of timely Tire Tips to help you get more dependable service from your tires. Along with today's high speed and easy riding automobiles come various suspension and steering systems. All of these systems are designed to give a relaxing and safe ride to the passengers. The combination of suspension flexing and speed cause the tires to wear differently when mounted on different wheel positions. To help compensate for varying tire wear, it is desirable to switch wheel positions (including the spare) approximately every 5,000 miles. An owner's manual is included with every new car sold. The owner's manual contains the suggested wheel rotation pattern and frequency of rotation that the manufacturer of the auto deems necessary. Check your owner's manual for the pattern of tire rotation on your car. If you don't have an owner's manual, check with your local Hercules dealer for tire rotating advice. Not only will your tires last longer because of more even tread wear, but the rotation routine provides an excellent opportunity to inspect your tires for unsafe conditions such as cuts, bruises, breaks and smooth tread. If the maximum tire life is expected, rotation of your tires is necessary.



J. D. Brothers
Operations Mgr.

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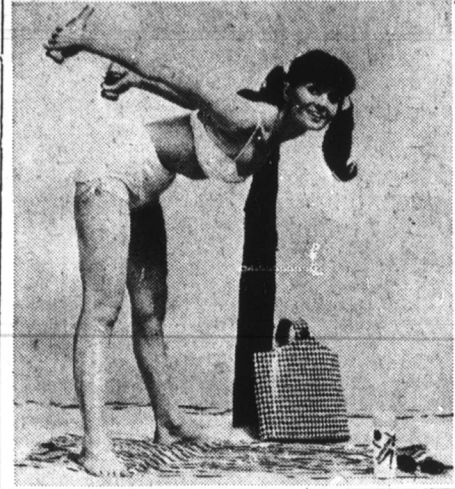
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The Beachniks (FAMILY STYLE)



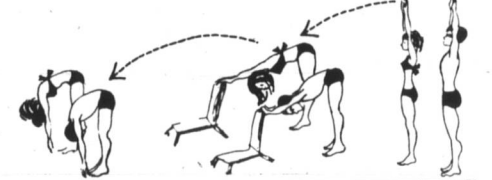
Here may be a new family plan to keep the peace on the beach. We suggest that along with the coke, the sandwiches, the beach-towels, the bronztan, a good book and the bathing suits, you take this list of exercises. They won't go for it? Don't go into a tailspin: The idea has possibilities. Dare them into a self-improvement session. It's sure to be good for a lot of laughs, too! Turn it into a contest and everybody will be hooked. It will also keep the little ones occupied. They can muddle along imitating the others.

Of course, all of you need a good sunscreen that will filter out the burning rays of the sun and let the tanning ones through, plus moisturizing to counteract ugly flaking and peeling. There is a new moisturizing bronztan lotion so that those who really desire a tan can make the most of it.

The exercises are from a Dell purse book, which has many more of the same. Try to get the gang together at good beach and the on the exercise routine. Ten minutes only at first, work up to a half hour. Good Luck!

1. LONG STRETCH

loosens and limbers
To "dekin", to ease tensions, do the long stretch once at the start of each session. First, keeping heels on floor, reach straight up. Next, bend forward from the hips so fingers touch the nearest support, lowering head to stretch the back. Last, let your body fall, relaxing completely.



2. HANGOVER

firms chin and neck
Lie flat, on bench or pier so that the head hangs over the edge. Then — without lifting shoulders or moving any part of body — raise head slowly until chin touches chest; lower head slowly to first position. Three to five times. Be sure you are both protected from the sun with a good sunscreen lotion like bronztan.



3. LAZY LADY

firms hips and tones thighs
Lie on side as shown, lean neither forward nor back; outstretched arm acts as prop. Raise leg straight into the air, five times up and down. Roll over, repeat with other leg.



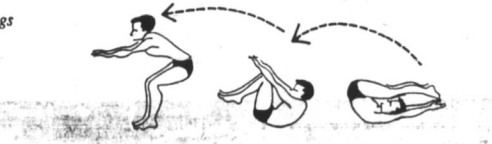
5. SWAN DIVE

firms chest and arms
Feet slightly apart, bend forward from hips, back straight. Pull arms way up and back; move them in opposing circles, then reverse directions. Do each five times.






7. STAND-UP

firms abdomen and legs
Lie flat on your back with arms stretched back overhead. Swing feet with legs straight up overhead and in one swift movement, roll forward and stand, feet together! Bend knees and reach out as you roll. Makes a great finish for any floor exercise.



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