

THIS CHILD'S BENEFIT, \$14.25, WAS PAYABLE ON ACCOUNT OF HER DECEASED MOTHER

[This is Article No. 7, in a Social Security Series of Eleven Articles, which will run weekly, being furnished by the local field office of the Social Security Board dealing with various phases of the Board's activity. The Journal is indebted to Mr. Lane T. Proctor, manager of the Charlotte office, for same.—Editor]

"IT HAPPENS EVERY DAY"

Florence M. was a girl used to taking on responsibility and carrying through with it. The elder of two daughters in a poor family, she had early stepped into the working world. Her contributions to the family income had lightened the father's burden, and Kate, her kid sister, had been able to have privileges that had been denied to Florence. But Florence had not begrudged them. She had herself seen to it that Kate had a little money to spend and some good times. When Kate married at eighteen, Florence was as happy about it as though it were her own life's adventure that was opening.

Florence expected that once the wedding expenses were paid, she would have a little more to spend on herself, but it was not to be. The younger sister had scarcely left home when the father was stricken with paralysis. Florence took over the whole family responsibility. For ten years she supported the entire household. In the meantime Kate's marriage had turned out badly. Her husband ran afoul of the law and landed in a penitentiary, and Kate had had to go out and work to support her boy. Broken in spirit, she soon broke in health, and when little Billy was seven years old, Kate died.

Florence immediately took the child under her care. To make ends meet, she put in Saturday afternoons working for another concern, took typing

home to do at night. But, devoted as she soon became to Billy, the strain of supporting four people on a stenographer's salary was telling on her heavily.

U.S. EMPLOYMENT SERVICE SERVES THOUSANDS IN MONTH AUGUST

The local U. S. Employment Service disclosed today that thousands of persons were served during the month of August. George Everette, Jr., manager, made the announcement. For the entire month of local white office had 8,331 persons come in for service of some kind. Of this number, 2,545 secured the desired information.

Two weeks later the Social Security field office phoned Florence and asked her to drop in. They had the claims papers ready. Kate, it seems, had paid social security taxes for six years and had died fully insured. As her child had been living with her and had been supported by her all this time, a monthly benefit of \$14.25 was payable for Billy.

Florence was happier now than she had been in a long time. "You don't know what this means to me," she said as she left the field office. "This money was all I needed to make a go of things at home. I know I can carry through now."

COTTON MILLS NEED 238,500 WORKERS NOW

WASHINGTON.—With cotton textile production lagging, the industry needs 238,500 workers by November 1 to meet fully the estimated demands for cotton products, WMC reports. With 28,500 workers required to build up the total work force to May levels, the industry also needs about 210,000 replacements to make up for separations, which averaged 7.7 percent in April, WMC said. Total employment in the industry in May was 437,900, a decline of 14 percent from the peak of 510,300 in December 1942.

SEND AN XMAS GIFT OVERSEAS

WASHINGTON.—GI advice to the home folks on Christmas presents for boys overseas sits down to "What you send is not as important as the fact you remembered to send it." Christmas packages to servicemen abroad must be mailed between September 15 and October 15.

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FORGET IT!

If you see a tall fellow ahead of a crowd,
A leader of men marching fearless and proud,
And you know of a tale whose mere telling aloud
Would mean that his head must in anguish be bowed,
It's a pretty good plan to forget it.

If you know of a skeleton hidden away
In a closet and guarded and kept from the day
In the dark; and whose showing, whose sudden display,
Would cause grief and sorrow and lifelong dismay
It's a pretty good plan to forget it.

If you know of a thing that will darken the joy
Of a man or a woman, a girl or a boy,
That will wipe out a smile, or the least way annoy
A fellow, or cause any gladness to cloy,
It's a pretty good plan to forget it.

—Exchange.

TIME OFF WITH PAY ON V-DAY IS APPROVED

PHILADELPHIA.—The third regional War Labor Board passed a

resolution authorizing all firms within its jurisdiction to grant time off, with pay, to their employes on the day Germany is defeated.

The time off is not to exceed one day and the resolution includes firms in Pennsylvania, Delaware, Maryland, the District of Columbia and the nine southern counties in New Jersey.



Cereal Menus and Combinations

By BETTY BARCLAY

More and more, in the home, on the train, at the club or in a cool hotel dining room, men and women are ordering cereal and fruit combinations for breakfast and lunch.

It's much different than in the old days when a bowl of cereal and cream at breakfast was about all the cereal we consumed that day. Now, we know cereals have much to offer — those with whole-grain nourishment are included in the Basic 7 — that daily pattern of basic foods for well-rounded meals. There are many delightful cereal combinations, that are a welcome change from our usual breakfast and luncheon menus.

Here are two cereal combinations for lunch — followed by two menus calling for the combinations given. These in turn are followed by two delicious and rather unusual recipes showing how cereals fit into daily menus, in other ways as well as at breakfast-time. For something new, try them and these delightful, healthful and satisfactory menus.

Cereal Combinations for Lunch
Grape-Nuts with Sliced Peaches, Strawberries and Blueberries
Cereal Medley (Corn Flakes, Wheat Flakes, and Bran Flakes) with Raspberries

Menu No. 1
Lettuce and Tomato Salad
Bread and Butter Sandwiches
Grape-Nuts with Sliced Peaches, Strawberries and Blueberries
Milk or Cream
Beverage

Menu No. 2

Hot or Jellied Consomme
Cereal Medley
(Corn Flakes, Wheat Flakes, and Bran Flakes) with Raspberries
Milk or Cream
Cheese and Crackers
Beverage

Scrambled Eggs with Toasties
3 eggs
1/4 teaspoon salt
Dash of pepper
6 tablespoons milk or water
1/2 cup Post Toasties, crushed
Beat eggs slightly, add salt, pepper, and milk, and mix well. Pour into greased skillet and cook slowly, stirring regularly across bottom of pan, until creamy. Add cereal and serve at once. Makes 3 to 4 servings.

Blueberry Bran Muffins
1/2 cup milk
1 cup 40% Bran Flakes
1 cup sifted flour
3/4 teaspoon double-acting baking powder
1/4 teaspoon salt
3 tablespoons sugar
1 egg, well beaten
3 tablespoons melted butter or other shortening
1/2 cup blueberries

Pour milk over bran, let stand 5 minutes. Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Add egg and shortening to bran mixture and mix well. Add flour, beating only enough to dampen all flour. Fold in blueberries. Bake in greased muffin pans in hot oven (425° F.) 25 minutes. Makes 12 muffins.



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ADMINISTRATOR'S NOTICE Having qualified as administrator of the estate of R. C. Dellinger, deceased, late of Mecklenburg County, North Carolina, this is to notify all persons having claims against the estate of said deceased to exhibit them to the undersigned at 214 Johnston Building on or before the 6th day of September, 1945. All persons indebted to said estate will please make immediate payment. This 14th day of September, 1944. W. L. DELLINGER, Administrator of the estate of R. C. Dellinger. H-Sept. 14-21-45—Oct. 5.

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