

OUR TOWN AND SOCIAL SECURITY

By D. W. LAMBERT, Manager Asheville, N. C.

Today I shall tell you about Social Security for the business woman. A woman earning wages or salary in covered employment is insured on the same basis as a man. About 29 million wage-earning women have Social Security accounts with the United States government. More than 78 thousand women are now receiving benefits on the basis of their own wage record. About 60 per cent of all payments made under Social Security go to women and children.

To qualify for retirement benefits a worker must be "fully insured." A wage earner is "fully insured" at any time when she has been paid \$50,000 or more in a job in industry or commerce for 40 calendar quarters or in each of at least half the calendar quarters since January 1, 1937, or her 21st birthday anniversary, if that was later.

What this insurance may mean to a woman who works for her living can be seen in a case like this: Mary Jackson (name fictitious) retired from her job in October, 1940, at age 65. She had made an average of \$60.00 a month from January 1, 1937, until she retired. She now receives a monthly benefit of about \$21.84. These payments will continue as long as she lives—unless she should go to work again on a job in industry or commerce paying more than \$14.99 a month. Her payments will be suspended for the months in which she earns such pay. She can, however, work on any job not covered by the Social Security Act and draw her insurance as well as her salary.

At Miss Jackson's death—if she has no relative who might be eligible for benefits—a lump sum up to as much as six times her monthly benefit will be payable to the person or persons who have paid funeral costs.

The Social Security field office at 203 Flatiron Building in Asheville will be glad to answer any questions about Social Security you may wish answered. Just write the office or meet the representative when he comes to your town.

No Exotic Perfume Matches The Aroma of Baking Bread

By BETSY NEWMAN

WHAT are some of the most appetizing aromas in the world? Why bread baking in the oven, bacon or ham frying, coffee brewing.

I bet if a young man hovering on the brink of matrimony went to see his current girl friend and smelled those smells and discovered that she was wielding the utensils and mixing the ingredients that produced them, he would quickly ask her to be his'n. No exotic perfume would have the same effect as those delicious odors.

We'll take a fascinating recipe called "Three-Way Yeast Bread" and try to produce a delightful fragrance in our own kitchen.

Today's Menu
Fried or Boiled Ham
Parsley New Potatoes
Creamed Young Dandelion Greens
Carrot Sticks Pickles
Three-Way Yeast Bread
Rhubarb Pie Coffee

Creamed Young Dandelion Greens
Wash greens thoroughly and pick over; drain and put over slow heat to cook, adding no more water than comes to the leaves; add 1/2 tsp. salt. When tender, chop in the saucepan, add 1 tb. butter, a dash of pepper and more salt if needed, and 1/2 c. top milk or cream. Bring to simmering point and serve at once.

Three-Way Yeast Bread
1/4 c. lukewarm water
1/2 c. molasses or brown sugar
2 tsp. salt
5 1/2 c. sifted flour
2 tbs. melted shortening
3 c. bran

Crumble yeast into lukewarm water and stir until yeast dissolves. Add molasses, salt and 3 cups flour; beat well. Stir in shortening; add bran and remaining flour and mix thoroughly. Turn out onto lightly-floured board and knead until smooth and elastic, about 10 minutes.

Place in greased bowl, brush with melted shortening. The dough is now ready to be stored in the refrigerator if you wish. However, if it is to be baked at once, cover and let stand in warm place until it doubles in bulk. Punch down. Let rise 15 minutes, then shape into 3 loaves and bake in a moderately hot oven (375 F.) until done through and beautifully brown—about 40 to 60 min. Makes three small loaves. Or make one loaf and store the rest until another day.

Bran Raised Muffins
Form one-third of above bread dough into balls; place in greased muffin cups. Brush with melted shortening, cover and let stand in a warm place until double in bulk. Bake in moderately hot oven (400 F.) about 20 minutes.

Fruit Whirls
Roll one-third of bread dough 1/4 in. thick. Spread with 1/4 c. honey or corn syrup, and sprinkle with 1 c. raisins. Or spread with jam or marmalade. Roll up like jelly roll, cut in 1-in. slices. Put on greased cookie sheet or in greased muffin tins and brush with melted shortening. Cover and let rise until double in bulk. Bake in moderately hot oven (400 F.) 20-25 min. Makes 10 whirls 2 1/2 inches in diameter.

Gen. Eisenhower To Be Farm-Home Week Speaker



General of the Armies DWIGHT D. EISENHOWER
Dwight D. Eisenhower, Army Chief of Staff and General of the Armies, has accepted an invitation to be a featured speaker at Farm and Home Week, to be held on the State College Campus, August 25-29 as a function of the Extension Service and cooperating farm organizations.

The distinguished general will speak in Riddick Stadium, the evening of August 28, according to present plans.

Theatre In The Sky Will Play Here Five Times During Summer

Maurice Geoffrey, director of "Theatre In The Sky" which will play for five weeks during the summer, beginning July 15, in Waynesville, has announced that he will bring the Theatre to Sylva each Friday night during this five weeks period.

The Theatre gave performances in Waynesville last summer and were so well received that it is coming back for this season. Subscription tickets for the five weeks

season are on sale in Waynesville. No advance tickets will be sold for the performances here. Door admission will be announced later.

Almost four times as many veterans are receiving Veterans Administration outpatient treatment now as a year ago, making additional VA hospital beds available for the more seriously ill veterans.

According to the National Fire Protection Association, farm fires destroy approximately \$90,000,000 worth of property each year.

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The Best Part of the Meal

Summertime Preserving and Canning

By BETSY NEWMAN

PRESERVING time is nearly here, or is here, rather, for pineapples and rhubarb come in May. The one great trouble with canning, is that we have vacations in the summertime, and I usually miss something that I want to "put up," but I do a fair amount a little at a time, as I have time.

Suppose we concentrate on a few recipes of jam or preserves to help our menus and food budgets next year. I like jam for my breakfast with my toast. How about you? I do hope we can get enough sugar to do our canning this year.

Today's Menu
Breakfast
Stewed Prunes Cereal Top Milk
Scrambled Eggs Toast Jam Coffee

Luncheon
Lima Beans with Tomato
Raw Vegetable Salad
Cookies Tea Milk

Dinner
Swiss Steak
Mashed old or Boiled New Potatoes
Asparagus Radishes
Fresh Pineapple with Candied Ginger Coffee

Lima Beans with Tomato
1 c. dry lima beans
1 tsp. salt
2 tbs. brown sugar or molasses
Soak beans overnight (unless they are the quick cooking kind) in water to cover. Drain and cover with

hot water and simmer gently from 20 to 30 min. Drain again.

Grease a casserole or bean pot and put in a layer of beans; sprinkle with salt, one-half of 1 lb. brown sugar or molasses, and moisten with tomato. Over this sprinkle one-half the chopped onion and green pepper, cover with rest of beans, season with salt and sugar, add remaining tomato, onion and green pepper, cover and bake in a slow oven (250 F.) until beans are tender, from 6 to 8 hours, adding boiling water as needed. Remove cover during last half hour of cooking to brown. Serves 5 or 6.

Rhubarb and Fig Marmalade
2 lb. unpeeled rhubarb
1/2 lb. figs, cut fine
Juice 1 lemon
2 lb. sugar

Combine ingredients and let stand for 24 hours. Bring to boil and boil rapidly to jelly stage. To test for jelly stage, take spoonful of juice, cool a moment, then pour back into kettle from side of spoon. When jelly is ready, these drops will come together and "sheet" off the spoon. Partly cool, fill glasses, seal.

Rhubarb Conserve
4 lb. rhubarb
5 lb. sugar
1 lemon
1 lb. seeded raisins
2 oranges

Wash and peel rhubarb unless it is very young and tender; cut in 1-in. pieces. Put in kettle with sugar, raisins and grated rind and juice of oranges and lemon. Blend, cover and let stand 1/2 hour. Bring to boiling point and let simmer 45 min., stirring almost constantly. Fill sterilized jelly glasses, cool, seal and store. Makes 10 to 12 glasses.

Words of the Wise
Earnestness is the best gift of mental power, and deficiency of heart is the cause of many men never becoming great.
—(Bulwer)

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ville will be glad to answer any questions about Social Security you may wish answered. Just write the office or meet the representative when he comes to your town.

The number of veterans awaiting admission to Veterans Administration hospitals is showing a downward trend because VA is able to take care of more patients every month.

Gloomy Day Glamor



By VERA WINSTON

SOMETHING BRIGHT and gay to wear on a rainy day is a grand gloom dodger. It might well be this pretty, practical raincoat which is made in misty blue striped with black. It buttons down the front to well below the waistline. A set-in belt ties in the center front. The slit pockets use stripes in the opposite direction for cuffs. The set-in sleeves feature deep armholes and French cuffs. The parka-hood is separate.

Many internal parasites infesting swine and poultry can be eliminated through better sanitation practices.

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