

May Have To Double Up Classes To Reach Goal Before Deadline

Eligible veterans may choose their own type of training in any school or establishment approved by an appropriate state agency.

Mr. DeRamus said they may enroll in schools or college, take on-the-job training, enroll in institutional on-farm training or other programs which combine school and job training or select correspondence school courses.

Veterans will receive an allowance each month to meet part of their training and living expenses.

The first step is to obtain the necessary application forms at the nearest VA Regional Office.

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eligible for 36 months of readjustment courses but now only 24 months remain before the final deadline.

To be eligible for such readjustment education or training the veteran must have had active service at any time between June 27, 1950, and January 31, 1955. He also must have served at least 90 days unless discharged sooner for a disability incurred in active service.

His training must begin within three years after release from active duty and cannot extend beyond eight years following that date. However, Reservists recalled to active duty may be eligible for an extension of these deadlines.

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Publication Gives Beekeeping Fundamentals

Honeybees, proving their worth each year, produced seven million pounds of honey in North Carolina in 1962 and played vital roles in the production of a large number of agricultural crops.

There are some 200,000 colonies of honeybees in the state, representing a capital investment of some \$2 million. The seven million pounds of honey they produced were not enough to meet the demand in North Carolina, a honey deficit state.

Beekeeping in North Carolina is a relatively small operation with only a few commercial men in business.

W. A. Stephens, extension beekeeper at North Carolina State College, has prepared a publication designed to acquaint those interested in beekeeping with the fundamentals.

The circular answers many questions about the bees themselves, about hives, cost of operation, the honey flow and management.

Extension Circular No. 334 (revised), entitled "Bee Lines," is available without charge at the local agricultural extension office or from the Department of Agricultural Information, State College, Raleigh, N. C.

Lenten Skillet Low in Cost and Calories



Photo by Carnation Co.

A welcome recipe for Lenten menus is this vegetable skillet combining ease and economy with bright flavors and colors. Developed by Carnation Company's home economists, this skillet uses Carnation Instant Nonfat Dry Milk Crystals for all the proteins, B vitamins, calcium and phosphorus of whole milk. Delicious, delicate tuna adds more protein. Green beans and tomatoes contribute green and scarlet color and a bonus of vitamins A and C. This complete main course meal, so satisfying to the appetite and to the eye, is high in nourishment... low in calories.

Low Calorie Lenten Skillet

(Makes 4 servings)

- 1/2 cup boiling water
- 1 teaspoon salt
- 1 package (10 ounces) frozen cut green beans
- 1/2 pound fresh mushrooms, sliced
- 1 can (6 1/2 to 7 ounces) tuna, drained
- 1 medium tomato, cut in wedges
- 2 tablespoons flour
- 1/2 teaspoon pepper
- 1/2 teaspoon each onion salt and paprika
- 1 cup reliquefied instant nonfat dry milk crystals (according to package directions)

Combine water, salt, green beans and mushrooms in skillet. Cover and cook 5 to 10 minutes, or until vegetables are tender. Mound tuna in center of skillet; circle with tomato wedges. Cover and heat to serving temperature.

Meanwhile combine flour and seasonings in saucepan; gradually stir in reliquefied instant crystals. Cook and stir over low heat until sauce thickens. Serve with vegetable skillet.

Tax Refunds Into Bonds If Requested

Taxpayers were reminded today of the new plan allowing them to take their tax refunds in United States Savings Bonds, by J. E. Wall, Director of the Internal Revenue Service for the Greensboro District.

Beginning with the 1963 Individual Income Tax Return, eligible taxpayers will be given the opportunity of taking their refunds in Series E Savings Bonds, in addition to the standard options of cash or applying the refund to next year's tax. When Savings Bonds are chosen, the smallest possible number of the highest denomination bonds will be issued, along with a check to cover any remaining balance of a dollar or more.

The idea of allowing a taxpayer to choose between Savings Bonds and a check is not new. Taxpayers have been recommending it for

years. What enabled the Treasury to offer it with the 1962 returns was the recent installation of high-speed data processing equipment to handle tax returns. The Treasury also conducted a survey of taxpayers to determine their interest in a Savings Bonds refund. A significant number of those questioned said they would take their tax refunds in Series E Bonds if given the option.

Last year approximately five billion dollars in refunds were returned to American taxpayers. Sales of Savings Bonds could thus be swelled by many millions of dollars in the next few months, thus putting more of the public debt into the hands of small savers.

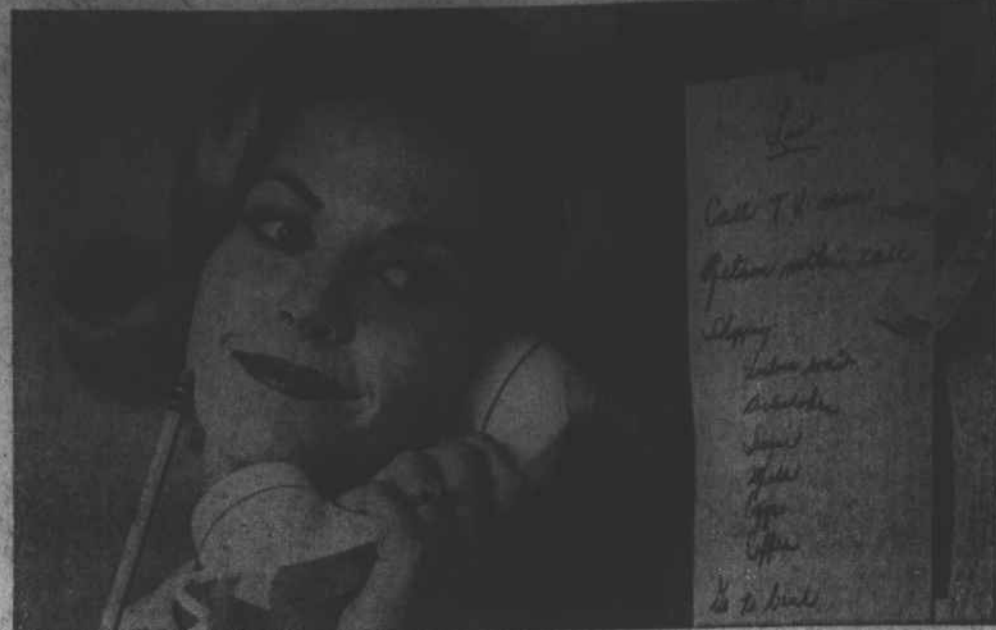
The tax forms - 1040 (long) and 1040A (short) - have been changed to provide an extra space in which taxpayers may elect U. S. Savings Bonds for their refunds. Information on the option also appears in the instructions for both of these forms.

"Only the Mint Can Make Money Without Advertising"

U. S. farmers produce 65 per cent more crops per acre in 1962 than they did in 1920. U. S. Department of Agricultural statistics show.

One-sixth of the nation's food energy and 75 per cent of its calcium requirements come from dairy foods.

At rates of 500 lbs. per acre, a Jumbo fertilizer distributor introduced by New Holland can cover 9 acres without a refill.




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Raining? Reach for your phone to shop, get information, or plan get-togethers. Rain or shine, you can make all the local calls you like without adding a penny to the low cost.

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The Job's Not Done...

In 1935, ninety-seven out of every hundred farm families in North Carolina HAD to draw and carry water from the well. Thanks to REA — and the member-owned rural electric cooperatives—ninety-eight out of a hundred now have electricity available to do the job.

BUT, only six out of ten farm homes actually have running water systems—a convenience that most of us consider a necessity.

As the price of electric service falls, more rural people can afford to add electric pumps. And if our rural electric cooperatives are allowed to survive, that price WILL continue to fall.

In eight years, rural electric cooperative rates in North Carolina dropped almost 34 percent. Des-

pite this, we still have a long way to go. Our cooperatives get only \$453 in revenue per mile of line in North Carolina. Compare this to the \$3,879 per mile received by our state's private power companies.

As our cooperatives add consumers, and revenue per mile increases, each member bears a smaller part of his system's costs. That's why it's important that cooperatives be allowed to serve new loads and enjoy the benefits of their investments within their territories.

If they are allowed to do this, it will mean that more and more rural people will come to know the conveniences that city people have had for years.

FOUR-COUNTY ELECTRIC MEMBERSHIP CORP

And

TRI-COUNTY ELECTRIC MEMBERSHIP CORP