

EDITORIALS

SENATOR ERVIN SAYS

are always checking on our bank accounts, savings accounts, and on our other assets.

The Social Security Administration would like to remind you of another account - one that should be checked from time to time. This, of course, is your social security account.

If you are one of the 9 out of 10 working Americans with a social security card, the Social Security Administration is keeping a record of the earnings reported to your account. Year after year for as long as you work in employment covered by the Social Security Law, regular reports of your earnings are sent to the Social Security Administration in Baltimore, Maryland.

Have you checked your social security record in recent years? Do you know whether all your earnings have been correctly credited to your social security account? If your answer is "No" to either of these questions, you should take action now.

Your Social Security District Office has a post card form with which you can request a statement of the earnings credited to your social security account. You need only fill it out, sign, stamp, and mail it. When you receive the statement of the earnings credited to your account, check it carefully.

If your own records, such as payroll slips, Forms W-2, do not agree with the amounts shown on your Statement of Earnings, you should write or visit your Social Security Office immediately. The time in which corrections can be made is limited. So don't delay! Check your social security record now and make sure that you are getting the credit you deserve.

Contact your Social Security District Office at 311 East Walnut Street in Goldsboro and ask for Form 7004.

Changes In Your Social Security

All of us are interested in our financial standing; therefore, we

Health and Safety Tips

From The American Medical Association

It's time again for that first sun-burn of the season. Here's how to do it.

Go to the beach or pool on the first hot day. Stay all day in the sun in your swim suit, particularly through the noon hour, when the rays are most penetrating. Don't bother with protective lotions. It really is very easy to get a painful, almost crippling burn. If you stay out long enough, you can even get a deep third-degree burn.

Actually, tanning has no physical value. Exposure to the sun is damaging to the skin. Sunlight speeds wrinkling and aging, and excessive exposure over a period of time can cause serious skin conditions. Physicians would prefer that their patients avoid exposure to the sun as much as possible.

However, medical men also are aware that sun tanning is widespread in America and probably will continue to be popular despite its potential hazards. Thus, doctors advise their patients to take precautions to reduce the skin damage from tanning as much as possible.

The human skin varies greatly in the amount of sun it can absorb. Dark-skinned, dark-haired, dark-eyed persons can take considerable sun without burning. Redheads, blondes, blue-eyed, fair-skinned people need to be more wary.

You must to some extent learn for yourself how much sun you can take without burning. A time-table that will suit many of us is as follows:

First day, expose skin to sun for 15 to 20 minutes. This means 15 or 20 minutes each on face and back. Second day, increase exposure by one-third, to a little less than half an hour. Third day, again increase exposure by one-third, to from 30 to 40 minutes. And so on.

By the fourth day, a new pigment will begin to darken your skin. In a week you should have enough skin thickening and pigmentation to give considerable protection against burning, sunburn, and sunstroke.

Most of the sun lotions contain chemicals called "sunscreens." The better lotions allow you to stay in the sun longer with less risk of burning. They don't shut out all rays, or you would never tan at all. The sun pills, used under medical direction and obtained by prescription, can help "easy burners" acquire a less painful tan, but they're not for self-use.

If, after you've tanned, you still go out and get sunburned, treat it as you would any other burn. Use soothing lotion to ease the pain. If the burn is unusually deep and painful, see a doctor.

BIBLE FACTS OF INTEREST

BY: Ella V. Pridden

"No Stealing" - Thou Shalt Not Steal, one of the commandments, is the foundation upon which Christ's Gospel of love is built. Why do people steal?

Is the standard of honesty declining in America? In what sense are all stealing from God? Those who enter into covenant with God, love God and their fellow men.

Honesty is one of those basic moral principles upon which all human life rests. Almost all dishonesty is the little compromise, the day-by-day, cheating of ones self or others. We need always to consider dishonesty of word, lying.

Young and old must take an uncompromising and determined attitude toward honesty. Greed is the mother of most of our troubles. It is responsible for most of the wars that afflict us, whether in the home, in industry, in politics, or between nations, or races. It causes more quarrels and bitterness, heartaches, and breaks more of the laws of God than any other form of selfishness that has ever appeared in the world.

Every man since Adam has had to reckon with greed, either in himself or in others, greed is usually the cause for stealing. Greed generally brings a bitter end. Dishonesty is a device which makes its advance even to the most upright in heart. Our only defense is our quick rejection of evil, and the placing of our lives completely in the hands of God.

This is The Law By Robert E. Lee WITNESSES TO WILL NEED OF A WILL What is a will?



"HE ALWAYS CARRIES LIMBURGER - TO MAKE SURE OF A SEAT IN THE TROLLEY CAR!"

Uncle Pete from Chitlin Switch SAYS

DEAR MISTER EDITOR: I see by the papers where several colleges is complaining that the honor system for taking exams at the end of this school year wasn't working none too good. We used that system back when I was a boy. The teacher would announce that we was on our honor and would we please all set three desks apart. It worked pretty good in them days and I'd recommend it fer this generation.

It looks like the value of money is getting less ever day. For instance, I was reading this piece in the papers where penny weighing machines was about to disappear in this country. A feller in Memphis claimed he used to operate 100 of these machines but he's now down to 161 and aims to go out of business. He says they just ain't no profit no more in

traveling all over the area collecting the pennies. And up till it took a nickle to mail a letter, the nickle was about to get extinct like the Buffalo. The fellers at the country store Saturday night was setting a round giving each other the benefits of their doubts and Ed Doolittle said he had noted where Congressmen from some of the farm states was trying to get a special item in Kennedy's tax out special fer giving the farmer a better deal with taxes. Clem Webster allowed as how this would bring on a heap of confusion on account of every city gadner claiming he was a farmer. I don't know how this would work out, Mister Editor. I recollect hearing my Pa say one time that a real farmer could hear a hen cackle and tell wheth-

A will is a written document in which you state who is to own your property after your death. By it you name the persons whom you wish to benefit or protect. An executor is named in it to collect your assets, pay your creditors and funeral expenses, and in general to wind up and settle your estate. If you make a will, you may to a very large extent designate just how your property is to be used after your death. You may, for example, give the use or income of property to your wife for the term of her life and upon her death the absolute ownership to any one or all of your children.

What is the difference between an executor or administrator? An executor is the person a testation has named in his will as the one he wants to administer his estate. An executor is not generally required to give a bond. This is because the testator must have had confidence in the honesty and integrity of the person or else he would not have selected and named him.

An administrator is a person appointed by the clerk of the superior court to administer the estate of a decedent when there is no will. He may also be a person appointed by the clerk of the superior court when there is no executor named in the will or the person named in the will has died, resigned, or is incompetent. An administrator is required to give a bond.

Both an executor and an administrator receive a commission for services rendered. What happens to the property of a person who dies without a will?

What is a codicil? A codicil is a written document that amends or changes an existing valid will. It must be executed with all of the formality required of a will. A will is not made public until after the maker's death. It may be changed or revoked at any time.

ENROLL NOW FOR... SUMMER TERM DAY SCHOOL BEGINS June 10th Special Courses Complete Secretarial Courses Speedwriting - Shorthand Accounting Courses Call Kinston JA 7-6240 For Appointment Free Counseling at our Office or in your Home Hardbarger Business College "A Selecte School Since 1924"

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Say Lady... by Sara Hunter House Ser... Blueberry Mountain Cake 1 large Chiffon-Cake 1 envelope unflavored gelatin 1/2 c. sugar 1/4 tsp. salt 3 eggs 1 c. milk 8 oss. cream cheese, softened 1 tsp. vanilla extract 1 pint blueberries, cleaned TOPPING 1 c. heavy cream 1/2 c. confectioner's sugar 1/2 c. prepared sour cream 1 tsp. vanilla extract Slice, chiffon cake horizontally in to 3 equal-sized layers. Combine unflavored gelatin, sugar and salt in top of double boiler. Heat 1 cup with 1 cup milk. Stir into dry ingredients. Place over boiling water and cook until mixture begins to thicken, or about 15 minutes. Slowly add cream cheese and vanilla extract, stirring until blended well. Fold in 1 cup blueberries. Refrigerate until firm. Spread 1/2 of the mixture on first layer of cake. Top with a second layer and spread with remaining mixture. Cap with remaining layer and refrigerate until firm. For topping: Whip cream and confectioner's sugar until stiff. Add sour cream and vanilla extract and continue beating until well blended. Fold in remaining 1 cup blueberries. Frost cake with topping. Chill well before serving. Yield is 12 to 16 servings.

THE WAYSIDE PULPIT D. E. Earnhardt Why do you doubt Matthew 14:31 A recent graduate from college wanted an interview. He told me that he was having trouble knowing where to put God in life. I told him that his problem was where God was going to put him. Our education is supposed to make us so levelheaded that our tobacco juice will run down the same on both sides. If education is keep us from believing, then we should have been lighting bugs with our headlights on behind. If we are to believe only what we see, then we should be toadfrogs running from the freight train but refusing to believe in engineers. There are not but two civilizers-education and religion. If man is good and ignorant, his goodness will float his ignorance and his ignorance will lead him into error. If a man is bad and educated, his meanness will make his education a curse.

Bid For Highway Improvement RALEIGH - The State Highway Commission today received a total of 103 bids on twenty-three projects during the official Highway Letting held in Raleigh. A total of \$6,935,396.21 was received. DUPLIN - 17,567 miles grading, base course, concrete base, binder, surface and structures on NC 11 from US 117 at bridge over Rockfish. Seek, northerly to a point just south of NC 41 at Tin 41 at 3-P. City. \$45,955.25. Nello L. Tec Company, Durham, N. C. STRUCTURES; \$24,984.36. Reagan Construction Co., Wilmington, N. C.

COUGH TOO MUCH? SHORT OF BREATH? Never ignore these two danger signals. They might be nature's way of warning you of something wrong with your breathing. * You may have a Respiratory Disease. Your Christmas Seal association says Don't take chances. See your doctor.

Swimming Season Daily 10 a. m. 't 10 p. m. PICNICKING FACILITIES Ideal For Church School Youth And Family Groups. SKATING Afternoon And Night GOLD PARK LAKE 5 Miles South Of Goldsboro

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NEED STATIONERY, ENVELOPES, BUSINESS FORMS, PRINTED QUALITY JOB PRINTING CALL THE DUPLIN - TIMES. The most rapidly expanding segment of American agriculture is the family farm with 10000 or more acres of improved land, according to the U. S. Department of Agriculture.

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THE DUPLIN TIMES Published each Thursday in Kenansville, N. C., County Seat of DUPLIN COUNTY Editorial, business office and printing plant, Kenansville, N. C. RUTH P. GRADY, OWNER and PUBLISHER KUTH P. GRADY, EDITOR Entered At The Post Office, Kenansville, N. C. as second class matter TELEPHONE-Kenansville, Day 29 6-2171-Night 29 6-2141 SUBSCRIPTION RATES: \$3.50 per year plus 11c N. C. Sales Tax in Duplin, Lenoir, Jones, Onslow, Pender, Sampson, New Hanover and Wayne counties; \$4.50 per year plus 14c N. C. Sales Tax outside this area in North Carolina and \$5.50 per year plus 17c N. C. Sales Tax elsewhere. Advertising rates furnished on request. A Duplin County Journal devoted to the religious, moral, educational, economic and agricultural development of Duplin County.