

Wayne Technical Accepting Applications

The Wayne Technical Institute announces the following courses. Registration is usually held at the first meeting of the class. Further information is available from the Institute.

Federal Tax Reporting, O-Berry School, Monday nights, \$2.00 per student.

Beginning Typing, Union High School, Monday nights for ten weeks, \$2.00 per student.

Federal Tax Reporting, Sampson County Board of Education, each Thursday night for four weeks, beginning Feb. 13, \$2.00 per student.

Electric Arc Welding, at the Institute, each Monday and Wednesday nights, beginning Feb. 26, \$5.00 per student.

Gas Burner Servicing and Repairs, each Tuesday and each Thursday nights, beginning Feb. 27, at the Institute, \$5.00 per student.

A course in beginning typing at Union High School in Sampson county. The course is offered by the Wayne Technical Institute and Union High School. Registration will be held at the first class meeting in the typing room at Union High School. The class will meet from 7:00 to 10:00 each Monday night for ten weeks.

Beginning typing is a course designed for adults to upgrade

themselves in the skill of typing which includes learning the keyboard and learning the fundamentals of typing letters.

The cost of the course will be \$2.00 per student. Persons desiring further information are invited to call Mr. Roland Marthis at LY2-4582.

Instructor for the course will be Mr. Roland Marthis, Commercial teacher at Union High School. Marthis is an honorary graduate of the School of Business at East Carolina College.

Power Plant (F. A. A. Manual 18.) at the Institute, each Tuesday and Thursday night, beginning February 23 for eleven weeks, \$3.00 per student.

Blue Print Reading, at the Institute, each Monday and Wednesday night, beginning February 26 for eleven weeks, \$3.00 per student.

Automotive Air Conditioning, at the Institute, each Tuesday and Thursday night, beginning February 27 for ten weeks. Student cost is \$5.00.

Architectural Drafting, at the Institute, each Tuesday Thursday night for eleven weeks, beginning February 27. Student cost \$3.00.

Digital Computers I, at the Institute. The course will meet from 7 to 10 p. m. on Tuesday

and from 9 until 11 a. m. on Saturday for eleven weeks beginning February 29. This course is the first of two courses in Data Processing. Machines covered will be: B14 punch reproducers, interpreters, sorters, 5 series of basic colators and basic 1401 computer. Cost of the course will be \$3 per student.

Automotive Transistor Systems, at the Institute, each Tuesday and Thursday night for six weeks, beginning April 9. Cost \$5.00.

I like the dreams of the future better than the history of the past.

Thomas Jefferson

Social Security

My workers who are of retirement age are still working full time at regular employment. It is believed that a great number of these workers have not applied for their social security benefits because they are still working. If you are one of these workers, you should contact your Social Security office at your earliest convenience. It may be possible for you to work and still receive benefits for some months of the year. This will depend on the amount of your benefits and the amount of yearly earnings.

There are several reasons why a person of retirement age should contact his Social Security Office even though he is still working.

- (1) A man or woman may, in some cases, continue to work full time and still be entitled to some benefits for the year.
- (2) A person can establish entitlement to benefits while he

Peanut Cheese Soup Cheery Fare For Chilly Days



Peanut butter and cheese combine to make a rich soup, brimful of flavor, to warm the heart and nourish the spirit these chilly days. Here's a soup with the double protein of cheese and peanut butter to serve as a main dish for lunch or supper. It's easy to prepare, yet has the subtle flavor of a long-labored-over dish.

PEANUT CHEESE SOUP

(Makes about 2-1/4 cups)

- 1 can (11 ounces) condensed Cheddar cheese soup
- 1/4 cup milk
- 1/4 cup water
- 1/4 cup Peter Pan Smooth Peanut Butter
- 2 tablespoons finely chopped onion, optional

Mix together all ingredients; heat to serving temperature, stirring occasionally. May also be served as a sauce for hot sandwiches, fish and vegetables. Garnish with parsley, if desired.

is still working, and his claim can be completely processed before he retires. This can be done even though his earnings, at present, prevent him from receiving benefits. This eliminates delay in receiving benefits at the time he finally does retire.

There is often a delay in payment when people do not have the necessary proofs and other required information available when they file their application. If an application is filed in advance of actual retirement, a person will have ample time to secure the necessary proofs for completion of his claim.

This would eliminate the last minute rush to secure the needed information which might delay your benefit check.

The Social Security Administration is unable to take any action toward preparing a person for retirement until he has filed an application.

If you are of retirement age and have not filed an application, you should contact your Social Security Office immediately. The office is located at 311 East Walnut Street in Goldsboro. The employees there are always at your service to help you with your social security problems.

Respiratory Diseases

1964 Heart-of-the-Year Award to Rickover



VICE ADMIRAL H. G. RICKOVER, who survived a heart attack in 1961 and continued as "father of nuclear propulsion," has been named recipient of the American Heart Association's Heart-of-the-Year Award. It is given yearly to a "distinguished American whose courage and achievement in meeting the personal challenge of heart disease have inspired people everywhere with new hope." President Lyndon B. Johnson was the 1959 recipient. He was then Senate Majority Leader.

When a disease severely threatens the very breath of life, its cause, treatment, prevalence and prevention become of great concern. Such is the nature of certain respiratory diseases.

Because of this concern, the scientists of the North Carolina Sanatorium at McCain, N. C., are at work on a project which when completed should provide answers to some unanswered questions regarding certain respiratory diseases and their relationship to tuberculosis. These diseases constitute a major health threat.

These investigations, according to Dr. W.H. Gentry, Associate Superintendent, Medical Director of the Sanatorium, are designed to study for a period of 12 months the incidence and severity of chronic respiratory diseases in a group of adult patients who live primarily in rural areas. These patients will be seen in the 15 local health departments, Chest Clinics and in the Sanatorium Out-Patients Department by sanatorium physicians. Most

studies previously reported here have been done on people living primarily in cities or large metropolitan areas. Many of the patients are seen as referrals from private physicians; others are former T.B. patients returning to the clinics for regular check-ups.

The patients get routine tests to determine breathing capacity chest X-rays, tuberculin skin tests and physical examinations. They also provide information for a standard questionnaire.

Those with evidence of significant pulmonary disease are advised to have a more detailed diagnostic work-up either by a private physician, or private diagnostic clinic, or in the Sanatorium. This diagnostic and treatment information will become a part of the overall study.

Emphysema, chronic bronchitis, asthma, silicosis and bronchiectasis are among the diseases found in addition to those having tuberculosis. Each leaves its crippling imprint on the tissues of the lungs and each takes its toll in human suffering and misery. Approximately 1,000 tests have been made since July, 1963. The completed study is expected to include more than 2,000 patients. These tests are charted by the counties from which the patients come. So far 33 counties are represented.

Patients in the emphysema group are largely white males 90% of whom have a history of smoking.

Treatment for this group presents a challenging problem. At the present time intermittent positive pressure breathing machines are used in the treatment of many patients. Some of them are able to carry on a fairly normal life at home by using small, inexpensive, handoperated treatment machines.

"The patients have to be taught to live with their disease, since there are no medicines that produce a permanent cure in most of them," said Dr. Gentry.

Dr. Gentry further noted that patients with severe shortness of breath have a tendency to

reduce their physical activity, some even becoming completely bedridden. This decreases further the efficiency of the complicated respiratory process frequently resulting in apprehension and fear of suffocation.

The study, helped financially by Tuberculosis Associations through Christmas Seal Funds, is still too much in its infancy to now produce the answers which are being sought. But, already it is showing that there is a need for recognizing the chronic respiratory diseases in the early stages when treatment can be more successful.

Garden Time

I have just read a report on the apparent effect of seaweed on the growth and flowering of iris. I found the results reported to be of sufficient interest to me to pass on to my readers.

Seaweed is commonly referred to as kelp and includes a large number of the brown weeds. There has been considerable interest in seaweed as a food and as a nutrient to supplement the fertilizer program. It has been used on both flowers, vegetables and fruits.

Mrs. Jeannie Price of Blackburg Va. used the seaweed formulation on her iris at the request of a Norwegian company who manufactures the product. Incidentally Mrs. Price is an accredited exhibition judge and a member of the American Iris Society. This fact lends credence to her report.

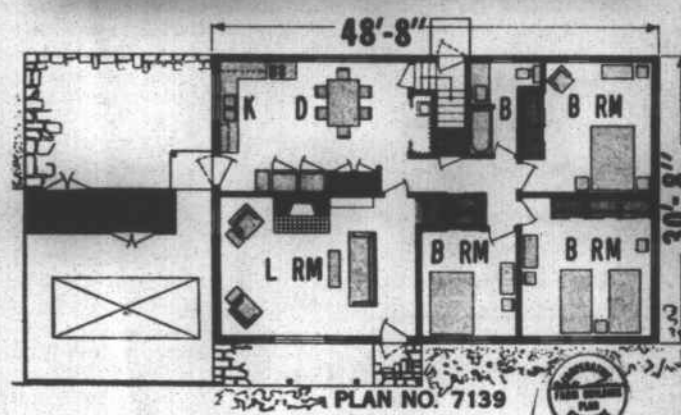
Mrs. Price used 29 varieties and four treatments--no seaweed, granulated seaweed, extract seaweed, and the extract plus the granulated form. In all cases the use of seaweed formulations made a difference in the general plant vigor, flower production, quality of the bloom, length of blooming season, and cold resistance.

The differences that Mrs. Price found in her treatments can be ascribed to the large number of trace of micro-nutrient elements found in seaweed. Leaf analyses were run for copper, manganese, molybdenum and zinc. In all cases the leaf content in parts per million was higher than you would expect from using a regular complete fertilizer such as an 8 (N)-8 (K). The pH (relative acidity or sweetness) of the soil was raised from 5.5 to a maximum of 7.2. This puts the pH in the neutral zone or slightly on the sweet side.

The leaf analyses show the accumulative power of the plants grown in seaweed without detriment to the plant or the soil. The findings do not give all the nutrient needs of the iris plant but they do give an indication of the response of this plant to what we might call a balanced fertilizer treatment.

Mrs. Price concludes: "My own experience (after one year) using Norwegian (Ascopyllum nodosum) seaweed verifies that the trace (micro) elements derived from this product are eminently successful with iris."

3-Bedroom Farmhouse WITH BASEMENT



If you've been wanting a home with plenty of room, this 3-bedroom farmhouse may be just what you're looking for.

Designed by the U.S. Department of Agriculture, the house is of masonry, slab on grade construction, and features --- plenty of storage space, a den or office for farm and household record keeping, two baths three bedrooms, laundry center, utility room, living room with fireplace, and family and dining area.

The laundry center is located next to the sleeping area, convenient to the source of most soiled clothing and linen. Three nearby closets offer convenient storage.

The family and dining area offers facilities for formal and countertop meals. It is arranged so the homemaker can eas-

ily supervise all activities while engaged in her usual household tasks. A desk for meal planning, a toy storage cabinet, and a sewing center are near the front window.

You can order free working drawings of the Plan No. 7141 from your county agricultural agent.

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NORMAN FUNERAL SERVICE Announces The Opening Of A FUNERAL HOME In Beulaville

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- Ladie's Wool Dresses - \$1⁰⁰

DIXIE DISCOUNT

Rose Hill, N. C.