

David H. Henderson
Reports from
Washington

Major voices in the House last week included extension of the President's authority to impose price and wage controls and an amendment to the Federal Highway Act which would permit a portion of the federal highway trust funds to be diverted to urban mass transit purposes instead of highway construction.

I voted in favor of giving the President an additional one year authorization to impose price and wage controls and against a proposal to impose a Congressional freeze which would roll back prices to the level of March 15. Certainly all of us would like to have prices back at the level of March 15. In fact, we would like to be able to roll them back 10 or 20 years.

But a rollback would require, for example, a farmer with chickens that he has fed on high-priced feed since March 15 to sell them at a price which does not reflect all of the increases he had had to pay. I pointed

out on January 15 that I did not agree with the President's decision to end Phase II, and I hope and expect him to reimpose some controls more rigid than we have now, but I do not think Congress has sufficient flexibility and broad overview to start effecting specific dates and items.

I voted against diverting highway funds for urban mass transit such as rail and bus systems. I feel that this would be a breach of faith with the highway users who have paid gasoline tax for the avowed purpose of completing our basic federal highway system. Contrary to some argument, there is no "surplus" in this fund.

If federal tax dollars are going to assist in the funding of urban transit systems, they should be authorized and appropriated from the general fund; not funds collected from taxes levied on gasoline to build highways.

Family Should Discuss Handling Death Crisis

RALEIGH—All of us make special preparations for the addition of a new baby or a new son or daughter-in-law into a family. But it is just as important to prepare for the subtraction of a life.

Although we do not plan to die, we need to get ready for the troubles that death makes in a family, believes Leo Hawkins, extension family life specialist, North Carolina State University. For how you handle this crisis may make or break the family.

One of the chief problems remaining family members face in the event of death is making decisions about a funeral. The more plans you make ahead of time, the wiser your decisions will be, the specialist points out.

Family members should talk about and make tentative decisions concerning where they wish to be buried. They should say what they want concerning future funeral arrangements.

In addition, both of the couple should be aware of family financial affairs.

Each person should know total income and sources; insurance policies and local agents; other securities and agents; other legal papers such as property deeds and tax receipts; location of will and any

personal instructions; cash available not in joint account or jointly owned safety deposit box; family lawyer and financial consultant; and clerk of the court, who handles some of the proceedings.

Also think about what provisions you can make to help the remaining family with finances if the breadwinner dies. Remember, too, it would cost money to replace the services provided by a wife and mother.

Education and training are good insurance. Make preparations to qualify for a job that will give you what you would need to support the family, advises the specialist.

It is also a good idea to think about the different housing arrangements the family may have to make. The more possibilities you can figure out ahead of time, the easier it is to make a wise choice later.

Sometimes widowed persons make hasty decisions immediately after the death of a mate. They may sell the house and learn too late that it was a mistake. Or the family may agree to buy a house without thinking through their finances.

Any of these factors that can be decided in advance will ease the burdens that death makes in the family, the specialist concludes.

Meat Stretching Ideas Help Trim Food Costs

RALEIGH — With shoppers' concern for meat prices these days, it's a good idea to stretch the meat you buy.

How to do it? One good way is to prepare the meat you buy at a low temperature so that it doesn't shrink, says Mrs. Ruby Uzzle, extension consumer marketing economist, North Carolina State University.

Meat does shrink somewhat as it cooks, but low temperature keeps the shrinkage to a minimum. If you use a meat thermometer, you won't overcook the good meat you buy. And you'll save meat flavor and keep it juicy at the same time.

The next way to stretch the meat you buy is to use all of it. Refrigerate meat promptly when you get home from the market. Then be sure to refrigerate the leftovers promptly.



Does your teen-ager think he's seen and done "everything" that there's nothing left unexplored for him to conquer?

Psychologists and sociologists say it's a familiar syndrome these days. Some of them blame the media, especially TV. Youngsters grow up having the whole world brought right into their living rooms every day in living color.



But the experience is passive. And that's why they get bored with it all.

So many educators are now recommending an active alternative: taking teen-agers out into the world itself through summer foreign study travel programs.

One long-established educational publisher, Scholastic Magazines, set up Scholastic International for just that purpose. It now has programs in ten countries of Western Europe, plus Israel, Kenya, and the Soviet Union. Study themes range from "The Search for Values" and "The Spirit of Western Man" to foreign language programs, science, music, and the performing arts.

Most educators stress that teen-agers get more out of traveling abroad with an organized study program than they do "winging it" on their own. Accommodations and meals are assured (something a "backpacker" is rarely sure of). And the study programs are tailored especially for teen interests—bringing students into direct contact with experts in different fields they could never encounter on their own.

For a free pamphlet about the trips, write Booklets Department, Scholastic International, 50 West 44th Street, New York, N.Y. 10036.

Use leftovers in any number of good tasting dishes. Crumble leftover bacon over fresh-cooked vegetables for more flavor; use leftover bits of roast for an excellent sandwich spread.

It is estimated that we waste two-thirds of a pound of food per person per day in the United States, Mrs. Uzzle adds. Don't do that if you want to stretch the family food dollar.

When you think of stretching the meat you buy these days, you may also think of adding other foods to make it seem like more.

The "stretcher" may be vegetables, either dry or fresh, or a starchy food. And the "stretcher" varies in cost and food value, too.

Sometimes we pay a high price for having the "stretcher" and the spices measured out for us. We call it convenience.

Potatoes and vegetables are the old standby nutritious stretchers. Salt pork, bacon bits, along with the brown in the pan, become the gravy or sauce to give an illusion of meat on the table just as the bit of ham does in scalloped potatoes. We use vegetables to stretch the meat portion in soups and stews.

When you depend on cereals for stretchers, be sure you are getting the greatest food value for the investment. Whole grain or enriched products are the most nutritious forms of cereal.

When you consider a meat stretcher, think about the cost of the stretcher and its nutrition as well as the meat, Mrs. Uzzle says.

Attends Conference

Larry G. Blount of Duplin County was one of approximately 60 supervisors, special education instructors and physical education teachers from 26 North Carolina counties who attended a conference on physical education and recreation for the emotionally handicapped at East Carolina University, Greenville, recently.

The conference, sponsored by the ECU Division of Continuing Education and the ECU Department of Health and Physical Education, featured a keynote address by Dr. Leon Johnson, Director of Adapted Physical Education at the University of Missouri.

Also included in the day's events was a demonstration of new exercises and techniques at the ECU Developmental Evaluation Center. Mr. Blount is a Baptist minister of Teachey and also works with mentally retarded children in Duplin County at a center in Rose Hill.

So says the VA... FREDDY by Eggo



FROZEN CRAB
Crab should be cooked before freezing. Cook as for table use, cool and remove meat from the shell, advise extension food specialists, North Carolina State University. Pack dry meat in containers and use within three months.



Mack's Dept. Opened Newest Branch in O

The new Mack's Variety and Fashion Store will formally open here Thursday. The 11,000-square-foot department store is located in College Plaza Shopping Center, on North Brewster's avenue.

The ultra modern store features 21 departments of variety and fashions, including candy, discount health and beauty aids, jewelry, stationery and school supplies, hardware, toys, home furnishings, housewares, small appliances, automobiles, pets, tropical fish and supplies, records and tapes, radios, luggage, sewing notions, etc.

The store here brings to 77 the number of stores in the chain, and is the fifth store to be opened in 1973. Mack's is in its 48th year of operation and has stores in Virginia, South Carolina, Georgia and North Carolina. Executive offices and warehouses are based in Sanford. The company was incorporated in 1938 and became a publicly held corporation in 1971.

Officials said "Mack's is greatly impressed with the rapidly expanding economy of Mount Olive, and this new store will be evidence of the company's confidence in the greater Mount Olive area."

Manager of the new store is J. R. Thomas, 33, a native of Lillington. Before coming with Mack's in March of 1972, he worked for 15 years as a manager with Eagle stores, a variety store chain headquartered in Charlotte.

Thomas is married to the former Clea Steward of Broadway, and they have three children, Renee, 15, Phyllis, 13, and Terri Lynn, eight. The

family attends the Methodist church. Thomas said they plan to move here "as soon as we can find a house."

Assistant Manager is Robert A. Sloan, 24, a Warsaw native, who started working with the chain on June 1, 1972, in Warsaw. He has worked at Mack stores at Carolina Beach, Rutherfordton, Lenoir, Shalotte, Colonial Heights, Va., Boronia Vista, Va., and Myrtle Beach, S.C.

Sloan is married to the former Mary Stagle of Virginia, and they are parents of one child, Alan, age two. The family, who also attends the Methodist

FEED FACTORS

Factors that have contributed to the high cost of livestock feed in the U. S. are not all of domestic origin. Some of the major factors are weather problems and short crops in foreign nations. Drouths have or will cut harvests in South Africa and India, for example. Australia's December wheat harvest was down. Unfavorable weather caused the Soviet Union to plant 17 million fewer acres to winter wheat than its planting goal.

HOME DRUGS

In 1970, Americans were "dropping" aspirin at the rate of 20-30 tons per day. And they were having prescriptions filled at about one billion a year or five for every man, woman and child.

Employees of the new store are Geraldine Price, drug department; George Cook, Jr., stockboy; Gloria Bass, hardware; Phyllis McCallie, electronics; JoAnne Bass, candy; Archie Bass, Tim Carrere, and William McArthur, stockboys; Nancy

church, reside at Kermagay's trailer court on North Chestnut street.

CEREALS NO. 1

Most of the world's population relies on high carbohydrate foods such as cereals, sugar, roots, tubers and plantains, for a major share of its diet. Cereals are the most important, directly accounting for almost two-thirds of the average per capita calorie intake in the Far East and nearly half in the Soviet Union and Eastern Europe. Rice and wheat are consumed in the largest quantities.

TURKEY PRICES

Turkey prices have risen only slightly since last year, although the cost of producing them has climbed 5 to 6 cents a pound, according to North Carolina State University specialists. Production is expected to rise about 15 percent the first half of this year, probably dampening further retail price increases.

Douglas, Lucille Baker, and Carol Williams, cashiers; Debbie Johnson and Terri Odom, candy; Susan Davis, children's wear; Mildred McCallie, sport and boy's wear; Betty Williams, pet department; Jan Jackson, housewares; Pamela Martin, ladies apparel; Mildred Pate, sewing notions; Ron Grady, ladies apparel; Debbie Denton, office clerk.

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