

### Facts About Our School

(Editor's Note: The following column is supplied by the Morehead City School to acquaint citizens with school practices and operation).

American Education Week, a time when the values of public education are being stressed throughout the length and breadth of the land, is a good time for us to look at conditions right here at home in our own schools.

For sometime now the need for a separate high school in Morehead City has become increasingly apparent. The enrollment in our elementary schools has now reached approximately 1,400 students. The high school enrollment has reached almost 400, making a total of nearly 1,800 for both schools. This is a large number of children.

Our high school can accommodate adequately — from the standpoint of classroom space — about 300 students. We are already badly overcrowded now, but what about just a few years ahead? Take a look at our high school enrollment possibilities:

1957-58	390-400	Now
1958-59	425-450	Next year
1959-60	475-500	Year after next
1960-61	525-550	3 years hence
1961-62	575-625	4 years hence
1962-63	625-650	5 years hence
1963-64	675-700	6 years hence
1964-65	700-750	7 years hence

These figures are based on present enrollment. Certainly the drop-out toll could take its effect and the possibility of continued growth

alter the picture. But what about and expansion? Surely we don't expect this community to stagnate or go backwards in the next 10 years, when a major railroad now connects our port with the entire nation.

The point is that we cannot come close to taking care of what we already have with present facilities. This fact is pretty obvious.

This year's fifth grade has over 200 students. The year they hit high school, a very conservative estimate of enrollment would be 500 and a possibility of one in excess of 643. That time is but three school years away. Schools are not erected overnight. When does our new high school get started? The need is apparent!

The time for action is now!

### Prisoners Still Have Fertile Imaginations

Parchman, Miss. (AP)—Confinement doesn't always dampen the imagination. Prisoners at state penitentiary have stuck these labels on the camps at the penal farm:

- White women's camp: "Forbidden City."
- Negro women's camp: "Garden of Eve."
- Dairy: "Land of the Pull."

### Basic Cookie Recipe Offers Four Variations

By MARY RUTH WILSON  
Carolina Power & Light Co.

How would you like to have a basic cookie recipe — one that is easy to make, looks different, but can be used in a variety of ways? This is one that I believe you will enjoy using to serve at parties, to make for the family, or to send boxes to friends.

- Bon Bon Cookies**
- 1/2 cup soft butter
  - 3/4 cup sifted sugar
  - 1 teasp. vanilla
  - 1 1/2 cups sifted flour
  - 1/2 teasp. salt

Mix together butter, sugar, and vanilla. Blend in flour and salt and mix thoroughly by hand. This is the basic recipe. Now for the variations:

1. Add 3/4 cup chopped nuts to dough. Roll in small balls. Bake at 350 degrees for 12 to 15 minutes until set but not brown. Roll cookies while warm in sugar.
2. Wrap a level teaspoon of basic dough around a cherry, nut or date. Place on baking sheet and bake as above. Dust with sugar.
3. To basic dough, add 1/2 cup crushed peppermint candy. Roll in 1-inch balls. Dip these balls in slightly beaten egg white and then in granulated sugar. Press a chocolate bit in the center of each. Bake as above.
4. Add 1/2 cup chopped nuts to basic dough. Roll in balls. Flatten balls out with thumb and place in center of each cookie 1 teaspoon tart apple jelly. Bake as above.

### Aged Receive Help Through Two Government Programs

By E. S. PRESTON  
State Board, Public Welfare

Two plans for protection against dependency are provided for persons 65 years of age and older under the Federal Social Security Act of 1935 and its amendments.

One is Old Age and Survivors Insurance (OASI) administered by the federal government and the other is Old Age Assistance (OAA), administered in this state by the State Board of Public Welfare.

The insurance program (OASI) enables people to build up credits through contributions based on their earnings during their working years. Then, upon retirement, they and/or their dependents receive regular benefits based upon the amount of their earnings prior to retirement. The purpose of the OASI insurance program is to keep people from becoming needy when they can no longer earn.

The initial act, however, did not extend these benefits of OASI to all employed persons. Also when the law was enacted it was recognized that some persons were already dependent and too old to work. Some plan was needed for these persons.

Old Age Assistance (OAA) was provided in the law for those in economic need who became 65 and met the eligibility requirements.

It was anticipated that, as the number of persons covered by the OASI insurance program increased, the proportion in need of old age assistance (OAA) would decrease.

Until 1954, however, a large segment of the population — the farmers and farm workers — were excluded from the OASI insurance coverage. This was particularly significant in a rural state like North Carolina. Low per capita income also kept many of the state's citizens from being able to save for the future.

The OASI insurance program is keeping down the number applying for OAA assistance despite the fact that 8,000 more persons are being added to the segment of the population 65 and over each year in the state. However, the OASI program is not cutting down on the total number of OAA recipients.

The gradual rise in the percentage of older people receiving some benefit from the OASI insurance program while still needing help from the OAA assistance program may be seen in the facts for the past three years.

In February 1955 there were 51,479 persons 65 years of age or over who were receiving OAA assistance in North Carolina. Of this number it was estimated that 3,896, or 7.6 per cent, were also receiving OASI benefits. In the same month in 1956 a total of 51,489 persons were receiving OAA. Of this number 4,151 or 8.1 per cent were estimated to be receiving OASI benefits also.

In that same month this year 51,606 persons were receiving OAA. Of this number 4,567 (8.8 per cent) were estimated to be receiving OASI also. In each instance the check from the OASI insurance program is one of the items of income taken into account when the budget for the person applying for OAA assistance is made out.

From these figures it can be seen that the number receiving OAA assistance is increasing very slightly in spite of the sharp increase in numbers in the segment of the population 65 and over. The percentage of people receiving OASI insurance benefits who must have supplementary OAA payments is showing a very gradual rise.

It is estimated that the number of OAA recipients will remain approximately the same for the next few years but that the grants necessary for minimum needs will slowly increase because of the rising cost of living.

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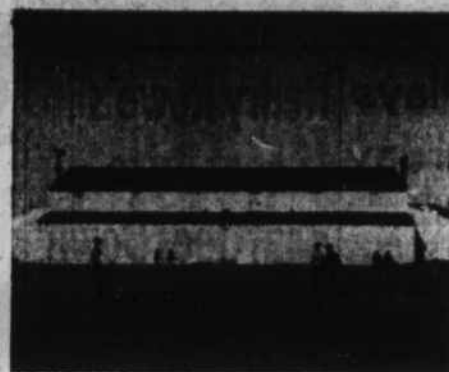
### Antiques Still in Use in Morehead City



This old dog is out of date . . .



So is this one (the Harry North building, 1880-?)



. . . And this one, the "Coliseum"



Shower room in gym

### Fun at the County Fair



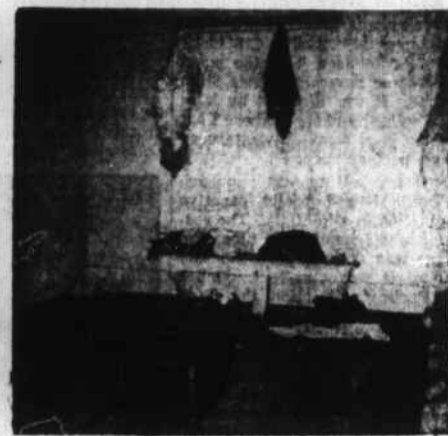
Ginny Lewis, right, Beaufort, examines one of the teddy bears offered as prizes at the cat rack. Mrs. Betty Monroe, Miami, Fla., says that some of the county marksmen are about to clean her out of prizes.



Folks found it hard to keep their feet on the ground when rides like the ferris wheel and octopus were so handy. In the seat on the right, John Dennis, Beaufort, is having trouble with Iva Faye Hill of Core Creek. She doubled up in the seat and closed her eyes until she was safe on the ground.



Typical scene on a cold day in the Harry North building. This old "pot belly" supplies heat for a 33 by 43-foot room.



Dressing room — no locker space.



Band instrument "storage space" in Harry North building.



Football players use bleachers in gym as dressing area and equipment storage. (Photos taken by James Morton, 8th grade pupil, Morehead City School).

### Nutritionists Warn Against New Day Without Breakfast

(Editor's Note: This column is sponsored in the interest of better health by the Carteret County Tuberculosis Association).

"But I just don't feel hungry in the morning." It isn't just women fighting the battle of the bulge who try to get by with a cup of black coffee and a piece of toast. Many of us just don't feel like eating breakfast.

We know better. We know that our bodies need food after the 12 hour stretch since dinner. Studies among teen-agers have shown that they suffer an 11 o'clock slump in their school work if they haven't eaten breakfast. Factories and offices have recognized this slump among their workers by instituting mid-morning coffee breaks.

There's a good reason why many of us can't face a plate of scrambled eggs at 7 a.m. When the alarm clock goes off, our body temperature is at its lowest. Stirring about with the business of getting dressed for the day starts the temperature up towards normal.

But the hypothalamus, the part of the brain that controls appetite, gets the wrong message. It interprets the rising temperature to mean that food has already been consumed, so it shuts off appetite. The farmer who gets up and goes right out to the barn to do his early chores isn't troubled this way.

By the time he comes in for

breakfast, his temperature has stabilized itself and the hypothalamus has created an appetite that can tear into a double helping of pancakes with sausage.

What's the answer, if you haven't cows to feed? You can try to get up earlier and do a few household tasks. If that's too difficult, make your mid-morning break a meal — not just another cup of coffee and a doughnut.

There are ten times as many miles of surfaced highways in the United States as there are miles of railroad tracks.

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**WHAT HAPPENED TO GEORGE CAN HAPPEN TO YOU!**

**SURPRISE! SURPRISE! IT'S MOMMA'S BIRTHDAY. AND, WHAT'S IN THAT PRETTY PACKAGE?**

**OOOH --- A PORTABLE TV! MOMMA'S PLEASED AND SO IS GEORGE (NOW HE CAN SEE THE FIGHTS)**

**BIRTHDAY OR NOT, IT'S NEAR SUPPERTIME. BUT NOW MOMMA CAN WATCH TV WHILE SHE COOKS!**

**MEANWHILE GEORGE KILLS SOME TIME MAKING MOUNTAINS OUT OF MOLEHILLS IN HIS WORKSHOP**

**UPSTAIRS MOMMA PLUGS IN THE COFFEEMAKER AND WHAM! BLACK-OUT, MOMMA'S SAD - GEORGE IS MAD**

**WHAT HAPPENED? OLD WIRING OVERLOADED - BLEW A FUSE - HAPPENS IN 4 OUT OF 3 HOMES TODAY.**

**THE SOLUTION?**

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