

Doctor in the Kitchen®

by Laurence M. Hursh, M.D.
Consultant, National Dairy Council

NUTRITION A LA CARTE

- Remember your first ice cream cone — your first dish of corn flakes? I remember the twenties when I had my first Eskimo Pie and when men trucked fruits and vegetables to our neighborhood and sold them door to door. But the good old days didn't allow us to have fresh or frozen fruits and vegetables all year 'round. Now we can enjoy better nutrition, with fruits and vegetables available every day.
- Legend has it a sausage vender at the Chicago World's Fair in 1883 provided his customers with a white glove to hold their sizzling frankfurters while they ate them. When customers didn't return the gloves, he lost money and hit on the idea of wrapping the franks in a bun. The hot dog was born.
- How did men first discover butter? It's believed that nomadic tribes carried cream or milk in bags of skin on the backs of horses or camels and the movements of the animal churned the cream until butter was formed. This probably first happened by accident. Today's modern stainless steel churns turn out 5,000 pounds of butter in an hour.
- Anemia is a frequent problem among women of childbearing age. It is caused by inadequate iron reserves in the body and not enough iron in the diet. Teen-age girls, too, frequently do not get enough iron in their diets. Good food sources of iron include whole grain and enriched cereal products, eggs, meat and poultry, apricots, prunes, raisins, green leafy vegetables, dried beans and peas.
- Because they are in their most rapid growth period, teen-age boys need more protein, calcium, and more of most nutrients than at any other time in their lives. Their energy needs, too, are high. Thus, between-meal snacks are usually needed and should be chosen from the four food groups — meat, milk, fruits and vegetables, breads and cereals.
- It's true that ounce for ounce, fats contain about twice the calories of protein or carbohydrates. But even if you are trying to lose weight you need some fats in your meals. Essential fatty acids perform certain specific tasks in keeping you healthy. Fats also make our food taste delicious. Just don't overdo fats.
- Two eight ounce glasses of milk furnish about three-fourths of the calcium an adult needs daily. Along with the calcium you get a favorable amount of phosphorus, top quality protein, and riboflavin (a most important vitamin), as well as other vitamins and minerals. It's almost impossible to get enough calcium in your diet without milk.
- It is commonplace to say that water is essential in all animal and plant nutrition. Still, many people don't think of water as a nutrient, along with such substances as proteins, carbohydrates, fats, vitamins, and minerals. Put them all together, however, and add water and you have six vital nutrients that we must have to be healthy and to survive.

Veterans Corner

Q — How can I check to determine whether my wife is the designated beneficiary of my National Service Life Insurance? This may be a strange question. However, my mother, who was my beneficiary when I went into service, died recently, and I cannot remember for certain that I filled out any form changing the beneficiary designation to my wife.

A — Write to the Veterans Administration office to which you send your NSLI premium payment and request that you be advised as to the beneficiary you have designated to receive the proceeds of that policy.

In the event that your wife is not the designated beneficiary, ask the VA to send you form 29-336. It would also be a good idea to check the method of payment you may have previously selected to insure that the proceeds of your policy will be paid to your wife in the manner you desire.

Q — My brother has been in a VA hospital for some three months, his last pension check was reduced to \$30. Why was it reduced? Can it be increased to the amount he received before going into the hospital?

A — Your brother's pension check from the Veterans Administration was reduced to \$30 a month because of a law limiting pensions to this amount for veterans without dependents after two full calendar months of hospitalization. Your brother's full pension will be restored after he is released from the VA hospital.

Q — When I was discharged from Army a couple of months ago, I converted my \$10,000 Servicemen's Group Life Insurance policy to a permanent policy. I have recently been advised by

the Veterans Administration that I can apply for up to \$10,000 government life insurance since I have a service-connected disability. Can I obtain this insurance and keep my converted SGLI policy also?

A — Yes. SGLI is not issued by VA but by private insurance companies. National Service Life Insurance is issued and administered by the VA and is also available to veterans with a service-connected disability who were separated from service on or after April 25, 1951. You must apply within one year from the date VA determines your disability to be service-connected. \$10,000 is the maximum amount of Government life insurance any veteran may have, but this is in addition to the SGLI.

Q — My son received his college degree under the War Orphans Educational Assistance Act. He used his full 36 months entitlement. I am now eligible for up to 36 months of Veterans Administration educational assistance as the widow of a veteran killed during the Korean War. If I don't use my entitlement, may my son use part of it to obtain a graduate degree when he gets out of the Army after two years service?

A — No, your entitlement is not transferrable. The purpose

Veterans Benefits Income Generally Tax Exempt

W. R. Phillips, Manager of the North Carolina Veterans Administration Regional Office, reminded veterans today that VA benefits are generally tax exempt and need not be reported as income on federal or state federal income tax returns.

Except for interest earned on GI insurance dividend left on deposit with VA (which is a reportable item), all proceeds from GI insurance policies are tax exempt.

Phillips said other major items of income that need not be reported include educational assistance allowances, pension and compensation payments, subsistence payments to vocational rehabilitation trainees and grants for special automobiles and "wheelchair homes" for the severely disabled.

Also tax exempt are all benefits to surviving dependents of deceased veterans and compensation allowances for dependents of deceased veterans and compensation allowances for dependents of disabled veterans.



by Capt. Fred Lawton, Director Marine Safety, Raytheon Company & America's Cup championship sailing master.



of this education and assistance program for widows of veterans who died as the result of military service and the wives of permanently and totally service-disabled veterans is to enable them to advance their own skills and improve their own education so that they can reenter or remain in the mainstream of American academic, social and economic life. However, as a veteran himself, your son will be entitled to an additional 12 months of VA educational assistance as they result of a recent law permitting an aggregate of 48 months of educational assistance under two or more VA programs.



GARDEN TIME

By M. E. GARDNER, N. C. State University

When I want to convince myself that it is possible for every family, with a suitable location, to have a good vegetable garden I drive out US 1 Bypass South of Raleigh. I cut off at Jones Franklin Road and then on toward Furquay-Varina and Holly Springs. Along this route I have seen some real good ones.

Of first importance is the selection of site. Avoid low, flat locations where drainage is likely to be poor and, frost a hazard. For convenience, the garden should be located as near the house as possible. However, you may wish to sacrifice here for better soil elsewhere. This is especially true on the farm.

Water for irrigation is a must if you are to have tender and tasty vegetables during hot, dry weather. The water may come from the home system, or from a pond or stream if you have an irrigation system.

Practically all of our common vegetable crops thrive best in full sun. Since this is true, trees should be avoided for two reasons. In the first place they shade the plants; and secondly, they have extensive root systems which will rob the plants of moisture and nutrients.

The soil should be the best you have available. Don't expect much from fill soil until you have had a chance to build up the organic content and correct the pH and nutrient balance.

Ideally, you should have a top layer of soil two or three inches deep and well supplied with organic matter. The next three or four inches of soil should be rich and friable in order to serve as a moisture reserve. The bot-

tom four or five inches should serve the purpose of good drainage. You may not reach this ideal but you can strive for it.

It is estimated that a vegetable garden, for a family of five, will save the family budget about \$450 if well planned and attended. Aside from the money prefer "to pick their own," fresh and tasty, and have enough for freezing and canning.

Some home gardeners provide space for a perennial garden in addition to the area set aside for vegetables. Such crops as strawberries, raspberries, bunch grapes and asparagus can be set there.

Since the care and management of perennial crops are different from the annuals, space should be provided along one side of the garden so that management problems can be facilitated.

SGT. WATERS IN SIAM

Sergeant Glenwood W. Waters, son of Mrs. Julian O. Waters, 307 E. Vernon Ave., Kinston, is on duty at Udorn Royal Thai AFB, Thailand.

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