

Needy elderly not getting food stamps

She is 75 years old and lives alone. Her children have moved away and she has no family to turn to. She doesn't drive a car. Inflation has eroded her small social security check. During this past severely cold winter, she had an even rougher time making ends meet because of additional fuel bills. She is eligible for Food Stamps but does not participate.

North Carolina has over 700,000 citizens over 60 years of age. Many of them face the same problems as this lady. Economically, the state's older adults do not fare as well as those of many other states. Almost one-third (33 per cent) of North Carolina's elderly have incomes below the poverty level compared to a national average of only 18.7 per cent.

The pinch of inflation, the energy crisis and non-existent or inadequate retirement pensions, force a large percentage of our elderly citizens to live in dire poverty circumstances.

One-third have chronic health problems, with over half of these being directly related to poor nutrition. Yet, very few of the state's elderly participate in the Food Stamp program which is designed to help people with low incomes purchase adequate food to meet their nutritional requirements. Only approximately 6 per cent of the state's elderly who are considered eligible participate in the program.

Why not? Misunderstanding of eligibility requirements, transportation

COLLINS DEPT. STORE

119 Broadway
Black Mountain



Misses and Junior
COATS
54⁹⁰
to
99⁰⁰



Men's
SWEATERS
Regular \$20.00 to \$30.00
12⁹⁰



CASUAL FOOTWEAR
Many styles and colors to choose from in assorted scuffs and sandals. Popular fall colors and in sizes 5-10
Regular \$9.00 and 10.00
3⁹⁰



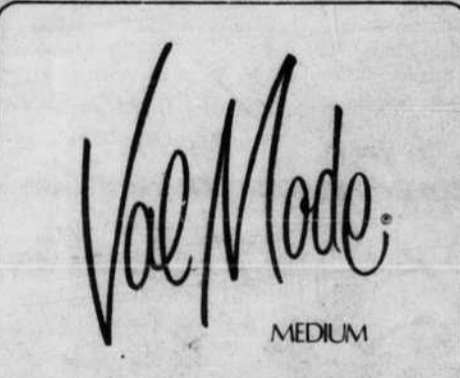
Ladies
SLACKS
Misses 8 to 18
7⁹⁰
and
10⁹⁰



Tricot
PANTIES
Choose from hipsters, bikinis and briefs with cotton gusset. Sizes 5-10 and extra sizes too. White and colors.
99¢
Regular \$1.65



VINYL HANDBAGS
Add a little zip to your fall wardrobe with a new handbag. Choose from assorted styles in colors of espresso, navy, tan, black and almond.
8⁹⁰
Regular \$14.00



Vae Mode
MISTEE
Save 40% to 50%
Ladies Nylon Sleepwear

A wonderful opportunity to save on first quality nylon sleepwear from the regular fall selection. A beautiful selection of fall colors and subtle prints. A selection of peignoir sets, long and short gowns, pajamas and lounge pajamas. Shop now and save on ladies warm nylon sleepwear in sizes S-M-L.

Regular 12.00 to 40.00
5.90 to 19.90

Collins Lingerie

Famous HANES Underalls

The favorite style pantyhose for ladies everywhere. Features the hose and panties all in one. Panties with cotton gusset. Full shades in sizes A-B-C-D. Stock up now while the savings are worthwhile.

Regular 1.55
Collins Hosiery

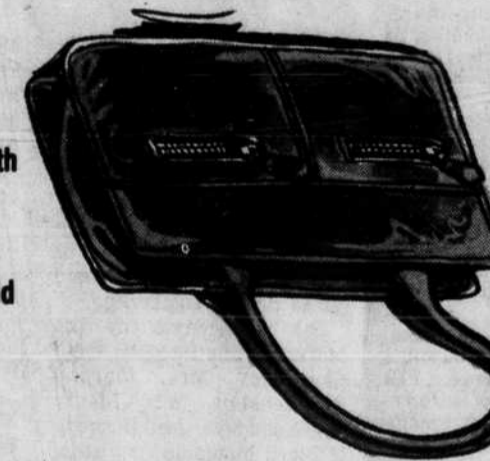


Men's
DRESS SLACKS
Regular \$20.00 to \$23.00
9⁹⁰

Boy's
SWEATERS
Regular \$10.00 Sizes 8 to 20
5⁹⁰



Ladies
SCUFFS
100% washable scuffs with comfortable cushioned innersole. Long wearing outer sole in choice of solid and pastel colors. Sizes S-M-L-XL
Regular \$2.50
1⁶⁶



Ladies
BRAS
\$1⁰⁰ Off on all Bras in stock

Boy's
SKI JACKETS
Sizes 8 to 18
14⁹⁰

Men's
PAJAMAS
Cotton Polyester
Regular \$11.00
6⁹⁰



Ladies
KNIT TOPS
Regular \$11.00
6⁹⁰

Famous Name Little Boy's JACKETS

Choose from toddlers and sizes 4-7 boys in assorted styles and fabrics. Special purchase that really is valuable for you.

Sizes 2-4T Regular \$22.00
14⁹⁰
Sizes 4-7 Regular \$25.00
15⁹⁰



INFANTS PLAYWEAR

Top quality infants and toddlers playwear in assorted styles, fabrics and colors. Tummy savings for the little ones.

4⁹⁰
Regular \$8.00 to \$12.00



Men's
WINTER COATS
Assortment of styles and colors.
22⁹⁰



Men's and Boy's
Converse Fast Break TENNIS SHOES
Men's Reg. 6.50 4⁸⁸
Boy's Reg. 6.25 3⁸⁸

Stillbirth rate high

Fetal deaths (stillbirths) for the first six months of 1977 increased by 9 per cent according to a statistical report recently released by the Department of Human Resources (DHR) Division of Health Services.

A total of 542 fetal deaths were reported during the first six months of 1977, compared to 496 for the first half of 1976.

On the other hand, a downward trend in infant mortality (birth to one year) during recent years continued in the first half of 1977. North Carolina reported 677 infant deaths, a 6 per cent decline from the provisional count for the same period a year ago.

Dr. Richard Nugent, head of the DHR Perinatal Care Branch, said the increase in fetal deaths probably can be explained by the increase in deliveries. He said North Carolina still ranks high in infant and fetal mortality in comparison to other states, underscoring the need for continuing to develop perinatal health services.

The report noted that live births are on the rise in North Carolina for the first time since 1970, according to provisional statistics for the first six months of 1977. A total of 40,742 births was reported, an increase of about 2,500 births or 7 percent over the number reported during the same period a year ago.

The increase in births, occurring nationally also, began in September of 1976. In North Carolina, almost 2,000 more births occurred during the last four months of 1976 than during the same period of 1975.

Birth rates by age groups for the first half of 1977 show that the greatest increase over

1976 rates was in the age group 30-34. The 1976 rate of 43.6 births per 1,000 women in this age group rose to 46.4 during the first half of 1977.

Health officials pointed out that these figures occurred two years after a prediction by two California demographers that the nation would soon see an upswing in the birth rate.

The demographers speculated that the decline in the birth over the last six years was due in part to young women delaying childbirth. If their theory is correct, a rise in the birth rate should continue over the next few years.

Other provisional statistics for the first half of 1977 show a slight increase in the number of deaths. The 1976 count of 23,227 deaths compares to a total of 23,567 deaths reported during the first half of 1977.

Causes of death which showed increases during the first half of this year over those in 1976 were: arteriosclerosis, nephritis and nephrosis, accidents other than the motor vehicle, and suicide. Most of the increase in suicide, however, was reported in the first quarter of the year. On the other hand, deaths from motor vehicle accidents, infectious and parasitic diseases, and homicide decreased.

Although the number of North Carolina divorces continued to rise, the number of marriages decreased slightly. The marriage total was 16,888, close to the 20,006 reported for this same period in 1976. During the first half of 1977, the provisional divorce total reached a record high 12,218, an increase of 5 percent over last year's provisional count of 11,681.

Dwarf Type Plants Get Attention

Smaller building lots and a desire for minimum care plants are two of the reasons more people seem to want slow-growing dwarf or semi-dwarf type foundation and landscape plants for their homes. If you are among those who are looking for good plants for your selection, North Carolina State University agricultural extension horticulturists offer the following as a partial list of relatively small shrubs. Your nurseryman may be able to suggest others.

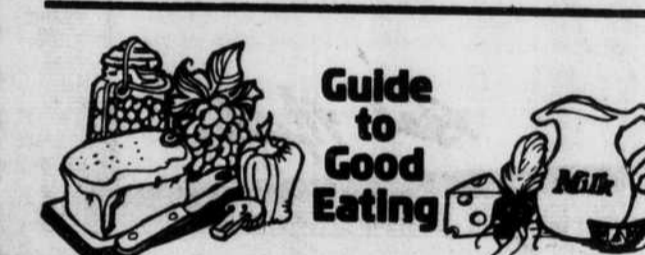
The list includes Retunda Holly, Dwarf Yaupon Holly, Dwarf Burford Holly, Helleri Holly, Dwarf Gardenia, Japanese Juniper and the new dwarf Crepe Myrtle.

COLLINS

IT'S OUR 50TH ANNIVERSARY

After 50 years of FASHION HISTORY We're Just BEGINNING

H.B. DENNY, who painted Town Hall when it was first built in the 20s, was on hand to repaint the new interrogation room recently. The room is bare except for a desk, two chairs and a one-way mirror. (Dan Ward)



SAFETY OF MILK AND MILK PRODUCTS

Anyone who acquires food - whether from farm, home gardening, or shopping at the supermarket - may face the problem of food spoilage. Each of us invests about \$80,000 in food in our lifetime, and throwing away food that cannot be eaten is certainly a waste.

Generally, consumers recognize the importance of proper handling of perishable foods. However, when it comes to milk and milk products, extra care is a must. Along with eggs, meat, fish and poultry, milk and milk products are defined by the U.S. Public Health Service as "potentially hazardous." This means that these food products can support the rapid and progressive growth of bacteria which causes illness if handled, stored or served improperly. You have heard the old saying, "Life begins at 40." To the bacteriologist, no truer words are spoken, since at 40 degrees F. and above, bacteria are alive and growing. The 3 c's in the home care of milk are: keep it Clean, Covered, and Cold. Fluid milk will maintain its freshness and flavor for at least 10 days below 40 degrees F. Exposing milk to sunlight may destroy its good flavor, and reduce riboflavin, one of its nutrients. This B vitamin promotes healthy skin, eyes and clear vision, and helps release energy from food.

It is in the area of safety that dairy product consumers are best protected. The term "Grade A" can be seen on package labels of milk and milk products in the supermarket. The Grade A rating designates "wholesomeness" rather than quality. The milk has come from healthy cows, and was handled under strict sanitary conditions enforced by state and local milk inspectors. A recent USDA study showed that milk plants are inspected on the average of twenty-four times a year, although the Public Health Service recommends only two times.

The date on milk cartons is called the "pull date" or "sell by date." This is set to allow for additional storage life in the consumers' home. The product will remain fresh and usable for several days after the date on the container.

Here's a delightful surprise to complement any meal:

DESSERT MOCHA SHAKE
2 cups cold milk
1 pint chocolate ice cream (2 cups)
1/2 cup chocolate-flavored Quick milk mix
2 teaspoons instant coffee
Cinnamon Whipped Cream*

Combine milk, ice cream, chocolate mix and coffee. Blend well in blender or with a mixer. Garnish with Cinnamon Whipped Cream and cinnamon stick. Yield: About 4 cups.

* CINNAMON WHIPPED CREAM: Whip together 1/2 cup whipping cream, 1 tablespoon sugar, and 1/2 teaspoon cinnamon on a CHILLED bowl with CHILLED beaters, until stiff peaks form, scraping bowl occasionally. (PRN)

— Dairy & Food Nutrition Council of the Southeast

Fireplace Log Can Be Made of Rolled Paper

If you are short of wood for the fireplace this winter and have bundles of old newspapers stored away, you can solve the first problem with the second one. Make logs from the papers.

Here's one of the ways to do it, as suggested by a U.S. Department of Agriculture source: Roll layers of newspapers tightly around a broomstick. Keep rolling until the log is as thick as you want, then tie off the ends with wire or string. Remove the broomstick.

The log can be burned immediately, but if you want to improve on the artificial fireplace log, take it a step further.

Mix a tablespoon of detergent in a tub of water and soak the paper logs overnight. Remove them the next day and knead them with your fingers, making them more compact for longer burning.

The soaked logs must be allowed to dry thoroughly before they will burn, and this will take several weeks. Be patient. When they're dry, you should have a good, long-burning fireplace log that will produce less fly ash than had you burned it without soaking in the detergent water.

A shortage of kindling may be even more of a problem than a shortage of firewood. There are solutions to that, too. Use such throw-aways as was-coated milk cartons, for example. If you have a pine tree or two in the yard, gather and keep the cones. They make fairly good kindling.

Resist the temptation to speed things up with gasoline or other volatile liquids. This is a dangerous practice and shouldn't be done.