



Health Insurance Survey Planned

The U. S. Census Bureau will conduct a special survey on health insurance in conjunction with the August Current Population Survey, it was announced today by Director Joseph R. Norwood of the Bureau's regional field office at Charlotte, N. C.

The health insurance survey is being conducted for the U. S. Public Health Service. The questions to be asked include kinds of health insurance plans in use and extent of coverage of the population for different types of health benefits.

The health insurance questions are in addition to the usual inquiries on employment and unemployment which are asked in the current Population Survey which is conducted locally and in 329 other areas of the country on a sample basis each month.

Current Population Survey information will be collected locally during the week of August 15 by Mrs. Frances C. Hedden.

FOR ATHLETE'S FOOT
Use T-4-L liquid for 3 to 5 days. Wet it fresh on a daily, healthy skin. Replace the infection, if not delighted with instant-drying T-4-L, your use back from my druggist. Note: T-4-L is especially for severe cases. Use T-4-L FOOT POWDER too—gives antiseptic, soothing protection. NOW AT MEDICAL PHARMACY.

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With The Farm Women

By Mairdred Morris
(Items this week from Pasquotank, Transylvania, Montgomery, Johnston, Rutherford, and Randolph Counties).

USEFUL HOBBY
Mr. and Mrs. C. L. Granger, Elizabeth City, Rt. 3, are working on an interesting hobby. They have built a 3 x 8 foot cold frame for the propagation of camellias and azaleas. They have filled two sections with small cuttings from their own plants.

Miss Elizabeth Chappell, assistant home economics agent, says the Grangers have worked out the landscape plan for their new home and will use the cuttings in their landscape plans.

JELMETERS IN DEMAND
More and more homemakers in Transylvania County are using jelmeters. Mrs. Ruby P. Corpening, assistant home economics agent, says more homemakers are calling each day to get information on purchasing jelmeters.

The jelmeter is a graduated glass tube with an opening at each end. The rate of flow of the juice through this tube is used as a measure of the jelling power of the juice and therefore, an index to the amount of sugar to use.

SAVINGS AND INVESTMENTS
Do you have a fire proof metal lock box in which to keep all your important papers? Mrs. Mantha McK Harris, home economics agent in Montgomery County, showed her Home Demonstration Club women the boxes as she urged them to keep all important papers in a safe place.

Mrs. Harris was explaining savings and investments with her club women. She discussed how to plan a wise investment program: safe dollar-type invest-

ments; investments with more risks involved; and four basic rules to follow in planning investments.

FOLLOW-UP OF STATE SYMPOSIUM
Mrs. Charles Kirby, Selma, Rt. 2, is using the information she gained at the state-wide Home Demonstration symposium for planning meetings in Johnston County.

Miss Sarah Ann Butts, home economics agent, says Mrs. Kirby presented brief highlights of the symposium which dealt with the social, economic, and technological trends affecting families in North Carolina with emphasis on human values. With these things in mind, the women made preliminary plans for their home economics program next year.

LASTING FRIENDSHIPS
Mrs. R. L. Timmons of Forest City and Mrs. Montgros Mercer, Louisburg have been meeting each year following the music workshop to visit and discuss the music work in the state. Miss Eugenia Ware reports this year others visited with them including Mrs. Ernest Magness, Mrs. W. L. Stallings, Mrs. Maud Lovelace, Miss Naomi Wells, and Mrs. Mabel Smith.

They not only had a luncheon and chatted about the workshop but made plans for furthering the music program in the state.

WORLD AFFAIRS CONFERENCE
This year Mrs. Gilbert English got busy in her county and lined up three ladies to accompany her to the Blue Ridge World Affairs Conference. Miss Virginia Redding, Mrs. Rosa Welborn, and Mrs. Auman went with Mrs. English.

Miss Rose Badgett, home economics agent in Randolph County says Mrs. English, who is the past president of the N. C. Home

Stretch Freezer For More Space

You cannot exactly stretch the freezer but you can stretch your mind and think up ways not to waste the space you have. You may be wishing for more space now so you can get more of those big, ripe peaches in the freezer.

Miss Nita Orr, frozen food specialist for the N. C. Agricultural Extension Service, advises you to count the corn cobs now. Corn on the cob is an extravagant user of space. However if you feel you must freeze some on the cob, use the corn with small cobs — for example, Seneca Chief.

Large bones have no place in the freezer. Boned meat is easier to carve, easier to serve, and easier to eat. Miss Orr says you can store three turkey rolls or one turkey with its bones in the same space.

A good freezing bag in a sturdy carton uses space well. Cor- nered pans for cakes, pies and other cooked foods are better than round ones. They wrap easier and stack better.

"Extra wrapping on meat and poultry slows up freezing and does no good in storage," says Miss Orr. "Use just enough to cover the food to make a tight closure."

Keep your food moving in the freezer. Keep up with what you put in and what you take out. If you manage your freezer space right, you can put more food into it.

Demonstration Clubs, presented the report on how North Carolina clubs have participated in the World Affairs program.

The USDA predicts that retail food prices will decline slightly during the next few months.

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Phillip's **Pork & Beans** 2 16 OZ. CANS 23c Borden's Eagle Brand Milk 15 OZ. CAN 29c

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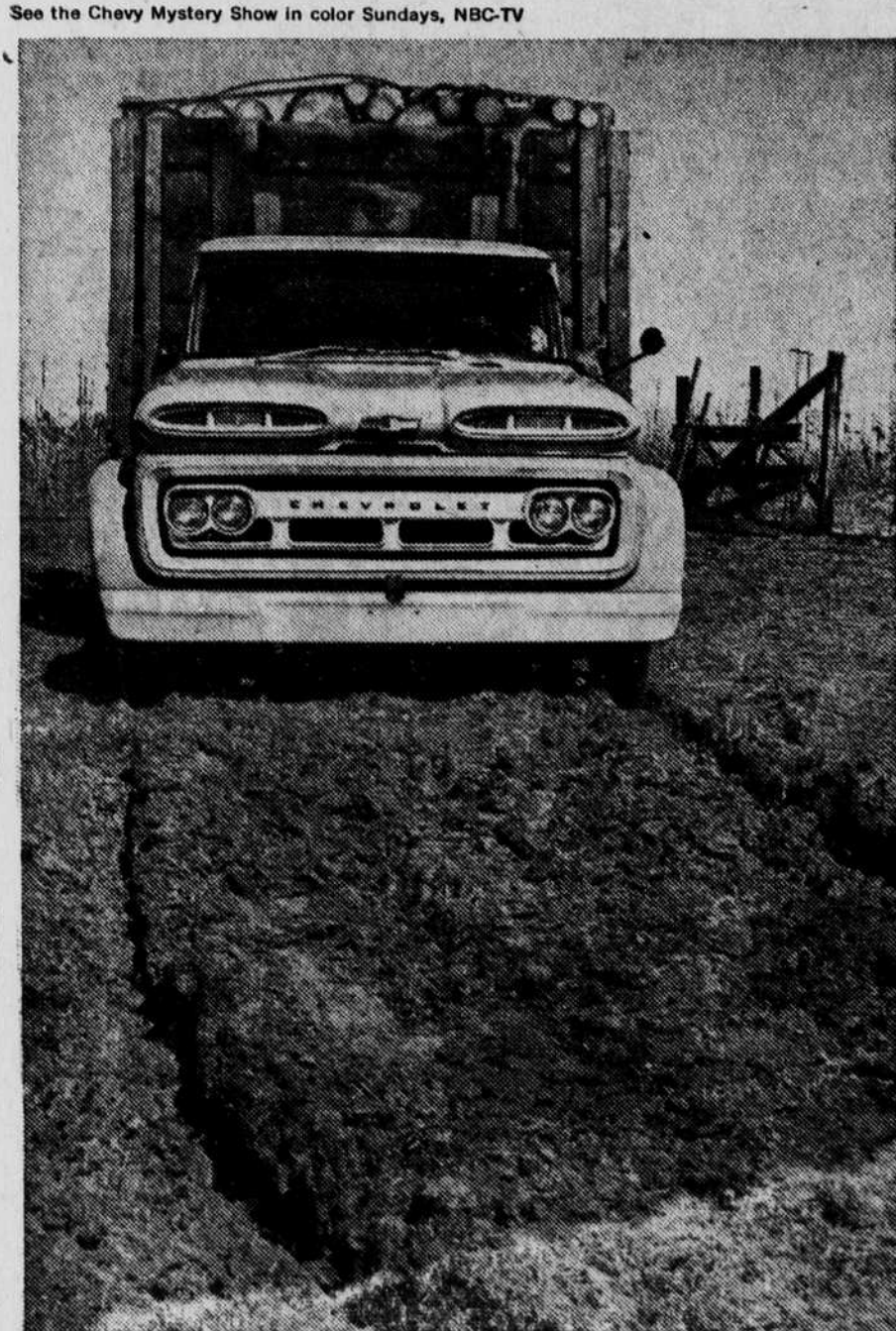
U. S. No. 1 White **Potatoes** 10 LB. BAG 29c
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Few trucks are subjected to the body-wracking beatings that are part of a day's work for this Chevrolet Series 60 pulpwood hauler. It's owned by J. E. Fox, North Carolina logging contractor. As Bobby Fox, a partner in the business says, "Loaded with pulpwood, we drive over stumps and potholes you'd think would tear the truck to pieces. These trails would shake the cab off an ordinary truck, but not our Chevy. We can average an extra load a day... make \$45 to \$50 a day more with this Chevy than we can with the others."

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