

### Meal-Planning Hints Are Given

RALEIGH — You don't have to be a scientist to plan and serve good meals. Neither can you rely on chance for meals that will

protect the health of your family. Here are some pointers from Virginia Wilson, extension nutrition specialist, North Carolina State University, to help make meal planning easier and more

successful. Decide on the amount of food groups — milk and milk products; meat, poultry, fish eggs and dried legumes; vegetables and fruits; and breads and cereals.

Consider the special diet needs of your family. These will be influenced by the age, activities, health and weight problems of family members.

Plan meals around a main dish first, and select other foods to complete the day's meals. A dated menu file with recipe references can simplify meal plans. Have a balance in the work load of preparing each meal. If a complicated main dish is chosen, plan a simple dessert. Plan for variety in color, form

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or shape, texture and temperature of foods to make each meal more satisfying. Food should be pretty and tasty.

Be creative in planning; try a new recipe each week. Be sure to try it first on your family before you use it for a company meal.

Include mild and strongly flavored foods, and vary garnishes in your menus. A blend of seasoning and flavoring adds interest to meals.

Balance low-cost and high-cost items in menus to stay within your budget.

Check menus from the standpoint of good use of available equipment.

Prepare a general plan for all meals for a week to save time, work and money and to help avoid hum-drum meals.

When you go to market have a flexible plan so you can take advantage of good buys and plentiful foods. You'll find it will contribute to thrifty, attractive and more appealing meals.

### Drive With Skill Watkins Reminds

Since Death will ride as usual in the Labor Day parade, every driver in the state is being called upon to use all his skills dodging the Grim One's traps and missing the list of 22 unsuspecting victims who may be killed in traffic accidents on North Carolina's streets and highways during the long holiday weekend, the N. C. State Motor Club warns.

Highway fatalities will be officially counted from 6 p.m. Friday, Sept. 2, through midnight Monday, Sept. 5, a 78-hour period, for the holiday that brings the summer vacation season to an end.

North Carolina's Labor Day death toll last year soared to 30 persons killed and 618 injured in a total of 1,020 accidents. The 30 deaths equalled the state's all-time high for a holiday period set during Christmas of 1959.

Leading driver violations were: speeding, 214; drove left of center, 146; failed to yield right of way, 133; followed too closely, 80; and reckless driving, 64.

Thomas B. Watkins, president of the motor club and the National Automobile Association,

### Routine Docket Aired Monday In City Court

The following actions were taken during a routine city recorder's court session Monday afternoon.

Frank M. Sullens, 36, charged with public drunkenness and violation of the prohibition laws, 60 days suspended upon the payment of a \$10 fine and costs.

Frank M. Sullens, 36, charged with assault on a police officer and damage to personal property, six months suspended upon the payment of a \$50 fine and costs.

Vernon L. Stewart, 19, 302 Blanton Street, charged with assault on a female, no pros, prosecuting witness ordered to pay costs.

George W. Short, 47, Mooresboro, charged with larceny of paint, continued.

Lee Roy Bennett, 22, 221 Morris Street, charged with improper tag, 30 days suspended upon the payment of a \$5 fine and costs.

Coller F. Gentry, 40, Morris Street, charged with assault on a female, capias issued.

William L. Davis, 23, 407 Childers Street, charged with reckless driving, 90 days suspended upon the payment of a \$15 fine and costs.

John W. Melton, 20, East King Street, charged with simple trespassing and using profane language continued.

J. K. Willis, Jr., 41, 104 South Sims Street, charged with carrying a concealed weapon and public drunkenness 13 months; case appealed, bond set at \$300. Submissions included: Harold C. Thrift, 13, Route 1,

said, "There are many ways to drive dangerously, many fatal moves a motorist can make, many opportunities to use poor judgment and poor highway manners that bring untold suffering and destruction.

"The attitudes and skills of too many drivers are failing to meet the exacting demands of high-pressure travel. Unless every motorist takes his driving responsibility more seriously this Labor Day weekend, the traffic toll might hit another record high."

### EXECUTOR'S NOTICE

Having qualified as executor and executrix for the estate of Bennett Rufus Willeford, deceased, all persons having claims against said estate will please file same with the undersigned on or before February 25, 1967 or this notice will be pleaded in bar of any recovery.

All persons indebted to said estate will please make immediate payment.

This the 25th day of August, 1966.

Mrs. Elizabeth Thomson Willeford, Executrix  
Bennett Rufus Willeford, Jr., Executor  
Estate of Bennett Rufus Willeford  
8-18-9-15

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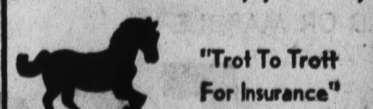
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IN VIET NAM — A/2C Thomas L. Payne, son of Mr. and Mrs. John T. Payne of Kings Mountain, is assigned to 366th Air Police Squadron in the 366th Tactical Fighter Wing at Phan Rang AFB in South Viet Nam. His address: AF #778836 366th Air Police Squadron, Box 808, APO San Francisco, Calif.

### The Veterans Corner

EDITOR'S NOTE: Below are authoritative answers by the Veterans Administration to some of the many current questions from former servicemen and their families. Further information on veterans benefits may be obtained at any VA office.

Q—I am service-connected for

a disability, but am being treated in a VA Hospital for a non-service-connected ailment. Will my compensation be increased to 100 percent during hospitalization?

A—Compensation is increased only if treatment is given for service-connected disabilities.

Q—My sole income is retirement annuities totaling \$3,108 per cent. My wife has no income other than her salary. I am 72 years of age and have retired for disability. Am I eligible for VA pension based on my World War I service?

A—Your income would not be a bar to receiving pension from the VA, since it would amount to less than \$3,000 after making the 10 percent deduction permitted from Social Security and other retirement annuities. None of your wife's income would be considered for VA pension purposes since \$1200 or her total earnings, whichever is greater, is deducted from her total income by the VA in computing the amount available to the veteran.

Q—I receive disability compensation from the VA as a totally disabled veteran. I received an extra payment from my son until his 18th birthday. He is now 19 years old is entering school to further his education. Am I entitled to increased compensation for him?

A—You are entitled to increased compensation provided your son is unmarried and in school. So long as he remains in school and unmarried, you will be entitled to benefits until his 23rd birthday. To secure this added payment, you should write the VA, giving your claim number and a full statement of the facts.

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