Social Security

Q. Why are the social security taxes raised from time to time?

A. Social Security taxes are raised from time to time to finance increased benefit amounts and other improvements in the program.

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Q. I am receiving my social security retirement benefit while working part-time. My employer deducts social security tax from my pay. I'm over 65 — do I still have to pay the tax?

A. Yes. Your employer is correct in withholding the tax from your earnings. He also shares this responsibility by paying an amount equal to your social security taxes. As long as you work you continue to pay social security tax, regardless of your age or benefit status.

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Light Hous keeping

By LULA MACKAY

A friend of mine is terribly upset because her son has adopted a bush haircut . . . that is she was until this week. While gathering material for a discussion for a Negro History Week program she checked pictures for illustrations and came up with one of the great Frederick Douglass.

Lo and Behold, Mr. Douglass, the noted editor, orator and diplomat, who was not only editing a newspaper before the Civil War, but who became U. S. Minister and Consul General to Haiti, and later marshal and recorder of deeds for the District of Columbia, was wearing what would have been described as a bush cut today.

Budget Bit: Housewives will pay more for food, this year according to predictions of the U.S. Agriculture Department. The jump in food prices, however, is expected to be smaller than in 1968, the economists say. It is a "demand and price situation," they explain.

Bigger supplies of red meats, chicken, fruits and vegetables are expected in the first half of 1969. Although it is still too early to forecast the size of 1969 food crops, supplies for the year as a whole may total as much as 2 per cent above year-earlier levels.

These supply increases, coupled with prospects for less exuberant demand expansion, may limit retail food price increases for 1969 to around 2-2.5 per cent compared with a rise of 3.5 per cent the past year, economists say.

What's New? A dried skim milk that can be whipped into a low-calorie dessert topping and needs no refrigeration or pre-cooling of utensils has been developed by scientists of the U. S. Department of Agriculture. The experimental product can be stored like regular dried skim milk—without refrigeration, say the Agricultural Research Service scientists who developed the product.

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Calorie-conscious homemakers could sweeten the topping with non - calorie sweeteners and flavor with vanilla. For those less concerned with calories, sugar may be used for sweetening the topping, and jam or jelly can serve as a flavoring.

Homogenising is the secret to "whippability." Skim milk which has been homogenized before drying, and then reconstructed with one part of th peowder to two parts of water by volume, will produce a foam if hipped for 3 minutes. The foam will remain stable for an hour. One quart of the fluid milk will whip into a uart of foam.

Homogenizing non-fat milk is an inexpensive process and the resulting powdered milk could be sold at a price comparable to that of powdered milk now on the market, and would have the dual advantage for the homemaker of being readily available on the cupboard shelf as both a low-cost fluid milk and a whipped topping.

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Beauty Tip: When you consider that the average woman has about 21 square feet of skin, it's obvious that keeping it from drying out could be pretty expensive.

But keep it from drying out she must, particularly this season, when, if fashion is followed, much if it will be exposed.

So back to the shades of Grandmother, who always kept a bottle of rosewater near.

As for the expense, you can take a 49 cent bottle of baby oil, mix it with an equal amount of rosewater, and have as pleasant a moisturizer as you would want. Give your body an after-shower or bath rub. Use it to remove make-up and/or stash a vial away in your desk drawer for hand use.

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Recipe of the Week: An economic, delicious vegetable dish for lundheon or dinner is Beef, Tomato, and Cabbage Scallop.

This dish requires a pound of ground beef, two tablespoons butter, a fourth cup chopped onion, a cup chopped celery, two and a half cuvs fresh or canned tomatoes, two teaspoons salt, an eighth teaspoon pepper, four cups chopped or coarsely shredded cabbage and a cup soft bread crumbs.

Brown the meat in butter. Cook five minutes. Add tomatoes; salt and pepper. Bring to boiling. Place alternate layers of cabbage and meat mixture in a baking dish. Top with bread crumbs. Bake at 375 F. (moderate oven) 40 to 45 minutes.

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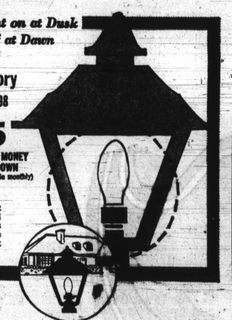

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60th year for MDPA

Area newsmen will celebrate the 60th anniversary of the Maryland-Delaware Press Association when the group holds its annual Winter Convention at the Hotel Belvedere in Baltimore February 27-28, March 1.

Keynote speaker will be Governor Russell W. Peterson, new Delaware Chief of State.

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Other headliners are Jorge L. Cordova, Commissioner of Puerto Rico; Herbert Thompson, press aide to Vice-President Agnew, Ray Stephens, head of department of special assignments for The Associated Press; and Senator Charles McC. Mathias.

MDPA President Roger B. Farquhar, editor of the Rockville Montgomery County Sentinel, will preside at the opening luncheon on Thursday when awards will be presented to winners in the annual Better Newspaper Contest.

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Friday morning's editorial workshop, "Is the Education Story Being Covered?" will feature a panel consisting of Dr. James A. Sensenbaugh, Maryland Superintendent of Schools; Dr. Thomas Sheldon, Baltimore City Superintendent of Schools; F. Niel Postlethwait, Deputy Superintendent of Schools, Delaware; Dr. Wm. Manning, Superintendent of Washington Schools, D.C.; and Dennis Hymes, public information director for the Montgomery County School Systems.

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