

# Ruby Says

by **Ruby Duncan**

1. Curl your toes so you can wear your children's shoes.
2. Skip a meal a day to slice the food budget. To save more, skip two meals a day. To really save, skip three. Make eating a special occasion.
3. Eat less, but chew longer.
4. Buy in large quantities -- say, a short ton butter or a dozen full slabs of bacon (the "whole hog" school of marketing).
5. As a general rule, delay until tomorrow what you should do today.
6. Cut your TV time (if you have one) in half but double the volume, -- It'll seem like twice as long.
7. Sleep more.
8. Start a neighborhood bathing club and see how many of your

friends you can stuff into your bathtub at one sitting.

9. Leave your headlights on overnight; it will do wonders for your gas consumption.

10. Test holiday spirits of your relatives and friends; send their Christmas and birthday packages postage due.

These are the types of things President Ford is asking you to do. He thinks he is cutting down the Federal budget in order to save also; his order to cut the Food Stamp program, part of his WIN program, will reduce federal spending close to one billion dollars.

In addition to Food Stamps, the Administration and the Department of Agriculture would like to completely stop the Women, Infants and Children's Supplemental food program.

This is the program that Clark County Welfare Rights Organization had to fight so hard to get started in the first place.

By cutting these programs, Ford saves federal dollars at the expense of feeding hungry people. WIN will make us all losers.

# V \* A FACTS

Q -- I received treatment for a service-connected injury at a Veterans Administration hospital about two years ago, but I need treatment again. Will VA give it to me?

A -- Yes, and if as you indicated, you have already established service-connection, all you need do is apply for treatment again.

Q -- I know World War II veterans who never used their GI home loan benefits are still eligible, but are they also eligible for school benefits?

A -- The Veterans Administration can provide education benefits only for eligible veterans discharged after Jan. 31, 1955. Under a recent law, education benefits expire 10 years after date of discharge or May 31, 1976, whichever is later.

Q -- The national cemetery in my state has been closed because of lack of space. Will the Veterans Administration pay an additional allowance for veterans buried in private cemeteries?

A -- Yes, VA can provide a \$150 plot allowance in addition to the maximum \$250 burial benefit, when a veteran is buried outside a national cemetery.

ded a 12 percent increase in pension rates for 2.3 million veterans and survivors on VA pension and DIC parent rolls.

The VA official emphasized there is no income limit for veterans being compensated for service-connected injuries or for the widows and children of veterans who died of service-connected causes.

Veterans in need of financial aid to continue GI Bill education are eligible for increased benefits under the Veterans Administration's work study grant program, VA reminded veterans recently.

A December 3 law (PL 93-508) increased the amount the agency can advance veterans to a maximum of \$625 per semester for fulltime students who agree to work 250 hours for the agency.

Prior to December 1974, VA could advance a maximum of only \$250 a fiscal year to a limited number of selected veterans for 100 hours of service.

From April 1973 when the original program started through last December, 27, 157 veterans received nearly \$6.6 million in grants for 2.6 million hours of work.

Veterans interested in work study grants were urged to apply to VA regional offices which maintain their records.

A \$400 increase in income limits for Veterans Administration pensioners saved 74,000 veterans, widows and children from reduction or termination benefits this year and made others eligible for the first time, the agency said recently.

Administrator of Veterans Affairs Richard L. Roudebush said there is no estimate of the number of new eligibles under the increased limits.

Potentially eligible, he explained, are veterans 65 years of age or older and younger veterans who are totally and permanently disabled from nonservice connected causes. Other income must not exceed \$3,000 annually if there are no dependents. The annual limit is \$4,200 for veterans with spouses or children.

Similar limits apply for widows of veterans who died of nonservice connected causes and for parents receiving dependency indemnity (DIC). Children drawing benefits under the current pension law are limited to an annual income of \$2,400.

The annual income limits were increased \$400 above last year's levels by Public Law 93-527, effective Jan. The legislation also provi-

# THIS WEEK IN BLACK HISTORY

## February 1975

THURS. **27** Charlotte E. Ray, first Black woman lawyer, is graduated from Howard University Law School. 1872

FRI. **28** Congressional elections are placed under federal supervision to enforce the 15th Amendment. 1871

## March 1975

SAT. **1** Blanche K. Bruce, Senator from Mississippi, born in Virginia. 1841

SUN. **2** Importation of slaves banned after January 1, 1808 by Act of Congress. 1807

MON. **3** Congress enacts law giving freedom to wives and children of Black soldiers in Union Army. 1865

TUES. **4** Richard Allen founds Bethel A.M.E. Church in 1794.

WED. **5** First to fall in struggle for American Independence is Crispus Attucks, killed in Boston Massacre. 1770

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