

## Give Generously, But Sensibly

"Christmas is coming and the geese are getting fat; please put a penny in the old man's hat." Each year many Americans take this old nursery rhyme to heart by giving generously

to one cause or another. During this season, shoppers frequently are solicited by mail, by telephone, door-to-door, in stores and on street corners. The Better Business Bureau has a few tips for evaluating some of these appeals.

### Mail Solicitations

If an appeal for charity is received through the mail, be sure to check the following:

- Does the appeal make a clear statement of purpose and need?
- Is it easily understood and not disguised as a bill or invoice?
- Does it make clear that there is no obligation to pay for or to return any enclosed unordered items, such as stamps, key rings, etc.?
- Does it include an address to write for further information?
- Does it indicate whether donations are tax-deductible for federal income tax purposes?

### Telephone Appeals

Many charitable organizations use the telephone as a means to solicit funds. At Christmas time, especially, callers often request donations for merchandise made by the handicapped, magazine subscriptions with the proceeds benefiting a charity, and many other causes. Before promising to give money, prospective donors should ask the following questions:

- Does the caller immediately, or on request, provide identification including the name of the sponsoring organization and purpose of the call?
  - Will the solicitor give information on how to obtain more details on the charitable organization?
  - Is the solicitor sufficiently well-informed and willing to answer reasonable questions?
  - Is the solicitor willing to put the request in writing?
- Americans are a generous people. Last year, approximately \$60 billion in time and dollars was given to charity. The Better Business Bureau urges donors to learn more about the organizations soliciting money and time before contributing.

## Recipes For The Kitchen

### PROTECTING YOUR HEART

#### Chicken Is "V.I. F." In New Eating Style

Never before has the common chicken occupied a more prominent role in American eating habits. As homemakers search for appealing low saturated fat dishes to tempt their families, the chicken has become a "Very Important Food."

More and more doctors are urging Americans to decrease the amount of saturated fat in their menus and increase the amount of cholesterol-lowering foods. This means eating fewer dairy products and fatty meats and more poultry, fish and vegetable oils.

Chicken plays a big role in the program. More enticing ways to serve the "V.I.F." are needed. This Chicken and Rice duet is a good solution. It is a one-dish meal which means little cleanup. And it is low in saturated fat and high in polyunsaturates. Various spices and vivid green peas, chopped tomatoes, parsley and onion co-star with rice, chicken and Fleischmann's Corn Oil Margarine.

Fleischmann's Margarine is made from 100% corn oil. No oil is more effective than corn oil in reducing the level of cholesterol in the blood. This colorful casserole combination will evoke the time-honored praise of all successes: ENCORE!

**CHICKEN AND RICE**  
2 tablespoons Fleischmann's Corn Oil Margarine  
2 tablespoons vegetable oil



3 pounds chicken parts  
1 can (1 pound 3 ounces) tomatoes, chopped  
1 cup chicken broth  
1 cup sliced onion  
1/4 cup chopped parsley  
2 teaspoons salt  
1/4 teaspoon pepper  
1 medium bay leaf  
1 medium clove garlic, minced  
1-1/4 cups uncooked rice  
1 package (10 ounces) frozen peas

Heat corn oil margarine and oil in Dutch oven or large heavy saucepan. Add chicken and brown well. Add tomatoes, chicken broth, onion, parsley, salt, pepper, bay leaf and garlic. Cover and cook over low heat 25 minutes. Add rice and cook 10 minutes; stir occasionally. Add peas and cook 10 minutes longer, or until done and all liquid is absorbed. Makes 6 servings.

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