



INFOGRAMS

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INCOME TAX CAN MEAN MONEY IN YOUR POCKET

Filing an income tax return will mean money in your pocket if you are entitled to a refund of taxes withheld. Although most of us usually think of wealthy people receiving large refunds or exemptions from income taxes because of "loopholes", there are several ways people with lower or middle incomes can reduce their taxes or receive refunds if they use all of the exemptions and deductions they are entitled to by law. This year for the first time some lower income people may receive cash refunds, even if they have not had federal taxes withheld from their incomes.

A federal "low income tax credit" is available to parents of dependent children who maintain a home for those children, if their incomes are less than \$8,000. The tax credit is 10 per cent of earned income up to \$4,000. If their income is over \$4,000, they will still receive tax credit but it is reduced from the maximum of \$400 to zero if the income reaches \$8,000. This credit is in addition to any tax already withheld from earnings, and should be claimed on the front of the tax return on a special line below the line for taxes withheld. (Look at line 21c on the 1040 form, or line 16d on the 1040A form.) Be sure to read the instructions to determine the amount of tax credit due. Whether a refund is paid or not will be based on the total amount of taxable income. One must file a return to receive a tax credit, so all eligible parents with incomes under \$8,000 should be sure to file a return even if they do not normally expect to pay any federal income taxes, or receive a refund of taxes withheld.

Other ways to save money on income taxes suggested by North Carolina State University Specialists are:

1. Prepare your own tax return - and save the cost of having someone else prepare it for you. You may find it is easier than you think. Unless you have been involved in complicated financial problems, you should be able to prepare your own return. You may find that you can follow almost the same procedure that was followed last year, using your carbon copy of last year's return as a model. When you have collected the information for another person to use in preparing your return you have already done most of the job.
2. Read and study this year's tax forms and instruction booklets early so you will have time to understand them well. If you do not understand any part of the form, contact your local tax offices.
3. Make sure you have all the necessary information for filling out the return and collect all the receipts you may need to verify deductible expenses.
4. Use an extra copy of the tax forms to prepare a working copy of your return in pencil. Fill in all the blanks on the form that pertain to your situation, taking each number as listed.
5. You may be entitled to more exemptions and deductions than you expect. Study each category to see if you qualify. Check all your family financial records carefully for all medical and dental expenses, taxes paid, interest and contributions, your casualty or theft losses and miscellaneous deductions that are allowable. Remember that child care deductions are important and certain other expenses connected with your employment.
6. After you have determined what your itemized deductions might be, compare that figure with the amount you would be allowed as a standard deduction. You are entitled to the larger amount; follow the instructions.
7. Make sure you list all of your taxable income.
8. If you do not itemize your deductions, you can find the amount of federal tax you owe in the tables or have the government figure it for you.
9. Be sure to double check your arithmetic so your form will be correct, and sent money if taxes are due.
10. Be sure to date and sign your returns and mail them early, especially if you expect a refund!

Cats and Dogs Go for News

New York—(HK)—Scented inks for newspaper ads have been successful in the past but there have been a few mis-cues, a trade journal reports. One meat company produced a bacon-scented ad. Neighborhood dogs went crazy, carrying newspapers

from porches and ripping them to pieces.

In another instance, one batch of ink went wrong and newspapers on front porches in the sun began to reek of fish. That was when cats had their day. (HK)

Mysterious Disease Occurs In Halifax County

RALEIGH — An epidemic of one of mankind's most mysterious diseases is now occurring in Halifax County.

Blastomycosis is a fungal disease that attacks mostly the lungs and skin, according to Dr. Peter D. Rogers, field epidemiologist with the Division of Health Services.

Rogers said the mystery of the disease is how it is

contracted by man and how he becomes infected with the organism.

"We are fairly certain that infection comes from the soil," Rogers stated, "but we don't have absolute proof. The organism is most likely inhaled."

The public health disease expert said blastomycosis is often missed by physicians because some of the symptoms mimic flu. Symptoms may range from severe chest pain, fever, cough and bloody sputum, to a symptom-free infection found

on routine chest X-ray. He said lesions usually show up about four weeks after exposure.

"If a diagnosis is made at the time symptoms appear and treatment started, the patient will almost always recover," Rogers explained. "It can be fatal when diagnosis is delayed for a long period. The disease is sufficiently rare that a high degree of suspicion by the physician is needed for prompt diagnosis. Four to six weeks of treatment in the hospital with antifungal agents

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FLORIDA CELERY IS IN SEASON

Crisp, fresh Florida celery, now in excellent supply, is one of the world's most versatile vegetables. It cooks quickly enough to justify its use in convenience foods to which it lends pleasing crunch and flavor. In long cooking dishes it holds shape and texture admirably.

This Florida Celery and Carrot Crunch is flavorful and easy: Trim 1 stalk celery; remove leaves and save for some other use. Separate into ribs and slice thinly on the diagonal to make 6 cups. Melt 1/4 cup butter or margarine in large skillet. Add celery and 1/2 cup onion rings to butter and stir-fry 6 to 8 minutes or until celery is crisp-tender. Stir in 1 cup sliced carrots, 1 1/4 teaspoons salt and 1/4 teaspoon pepper. Stir-fry 2 minutes longer. Add 1/4 cup toasted slivered almonds and serve immediately. Makes 4 portions.

Celery with Mushroom-Dill Sauce is a recipe to treasure: In a large skillet bring 1 cup beef broth to boiling. Add 4 cups sliced celery. Cover, reduce heat and simmer 10 minutes or until crisp-tender. Keep warm in serving dish. In small skillet heat 1 tablespoon butter or margarine. Add 1 1/4 cups sliced mushrooms and saute until golden. Prepare 1 cup hot white sauce. Stir in 2 teaspoons chopped dill or parsley and sauteed mushrooms. Spoon over celery. Makes 6 portions.

Durham County Schools Menus

February 23 - 27
Monday, February 23
Lasagna
Tossed Salad
Buttered Corn
Apple Turnover
School Baked Rolls
Milk
Tuesday, February 24
Hot Dog w/ Chili
Cole Slaw
Great Northern Beans
Devil's Food Cake w/ vanilla Frosting
Milk
Wednesday, February 25
Pizza
Green Peas
Applesauce
Yellow Cake w/ Chocolate Frosting
Milk
Thursday, February 26
Beef Vegetable Soup
Peanut Butter & Jelly Sandwich
Pineapple Upside-Down Cake
Crackers
Milk
Friday, February 27
Hamburger on Bun
Green Beans
French Fries
Gingerbread w/ whipped topping
Milk



SATISFYING

SOUPS



The fine rich aromas drifting up from a bowl of good soup is a joy and a delight, a real bracer. Yet nothing is more easily prepared, what with the variety of canned condensed soups and a bottle of the original Worcestershire sauce to add sparks of flavor.

For instance, heat together 2 cans (10 1/2 oz.) condensed cream of mushroom soup, 2 cans milk and 1 cup of finely chopped spinach. Stir in 1 teaspoon Lea & Perrins sauce and serve garnished with garlic croutons.

Another very good and easy combination: 2 cans (10 1/2 oz.) tomato soup, 2 soup cans milk, 1 can

(8 1/2 oz.) cream style sweet corn and 1 1/2 teaspoons Worcestershire. Garnish with popped corn.

Really fortifying for lunch: Heat together 1 can (10 1/2 oz.) Cheddar cheese soup, 1 can (10 1/2 oz.) condensed vegetable soup, 2 soup cans milk and a subtle dash of Worcestershire, say about 1/2 teaspoonful. Garnish with thin celery slices.

An easy Vichyssoise-type of soup: Blend and heat 1 can (10 1/2 oz.) cream of potato soup, 1 can (10 1/2 oz.) cream of onion soup, 2 soup cans rich milk and 1/2 teaspoon Lea & Perrins sauce. Garnish with minced chives or parsley.

Lemon Dill Fried Fish



You don't have to be Isaac Walton to enjoy fish. Today's modern supermarkets offer a tempting array of piscatorial delicacies from lakes and seas.

For a sumptuous repast, marinate thawed fillets in lemon juice. Then dredge the lemonged fish in enriched self-rising flour and corn meal. A touch of dill adds a delectable difference. The coating supplies the "crunch."

You also get double benefits using enriched self-rising flour and corn meal. They contain the essential B-vitamins — niacin, thiamine and riboflavin — plus both the minerals, iron and calcium.

Use a large deep frying pan for the easiest cooking. But be careful not to over-cook. Serve hot to the hungry gang accompanied by your favorite sauce.

Lemon Dill Fried Fish

6 to 8 servings

2 pounds fish fillets	1/4 cup enriched self-rising
1/2 cup lemon juice	corn meal
1/4 cup enriched self-rising	1 teaspoon dill weed
flour*	1/2 teaspoon pepper
	Oil for frying

Cut cleaned fish into serving portions. Place in shallow glass baking dish. Pour lemon juice over fillets and let stand about 1 hour, turning once. Stir together flour, corn meal, dill weed and pepper. Coat fish evenly with flour mixture. Fry in hot oil until lightly browned on both sides, about 5 to 8 minutes. Fish is done if it flakes easily when tested with a fork. Serve with lemon wedges.

*Spoon flour into dry measuring cup; level. Do not scoop. NOTE: if all-purpose flour is used, add 1 teaspoon salt.