something's cooking subscribe

Umm.... Roast Beef

Just right for the highconsuming details, points water. out the National Live Stock Roast in a moderate oven and Meat Board.

oven, the only requirement ness. meat thermometer.

Simple, too, is the serv- to 24 for well done. ing of this handsome roast When thermometer reform slices.

rack in open roasting pan. carving.

Insert roast meat therlight of dinner is a beef rib- mometer so the bulb is eye roast. While elegant centered in the thickest and impressive, it won't part, being sure it does not burden the cook with time- rest in fat. Do not add Do not cover.

(350 degrees F.) to the Once the roast is in the desired degree of done-Allow 18 to 20 is an occasional check of the minutes per pound for rare, 20 to 22 for medium and 22

for it is boneless and can gisters about 5 degrees F. easily be carved into uni- below desired degree of doneness, remove roast Place a 4 to 6-pound beef from oven and allow to rib eye roast, fat side up, on "set" 15 minutes before



Beef Ribeye Roast

Wiηston-Salem

Chronicle

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Winston-Salem Chronicle

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Save on Income Taxes

Better Living

in filing.

In the final analysis,

the effectiveness of any

book you get will depend

· Your alertness in

gathering the necessary

materials for filing and

then keeping them toge-

ther until you are ready

Does it really make sense for some people to wait until the very last day to prepare their income tax? This can easily happen to you if you keep putting off the starting time and date.

Most people dread getting started; because they have not organized their income tax filing materials. In fact they do not know where some of the important material is located. They fear that they are going to make a terrible mistake in filling out the form or in selecting the proper person to fill out the

Changing Times has published a list of books to help you with preparing information for filing your income tax for 1979. Thes books are described as helpful to any citizen even if he hires someone else to prepare his tax forms.

I was greatly surprised to find out that the very first book listed was free because "your tax dollars have already paid for it." Changing Times suggests that you write to any IRS Office for your free copy. I checked on this and was told that locally, it takes about 10 days for delivery of this book which the abové magazine savs is:

· Thorough and well organized

· Easy to understand · Not exciting to read

JoAnne Falls

About 200 pages

These are some other

books mentioned by the

• 1980 H&R Block In-

that sells for \$3.95 and is

This book proposes a

less than 200 pages.

come Tax Workbook

above magazine:

system for gathering all the figures you will need to do your tax return and suggests setting up a work sheet to organize things. The chapters are organized in the order in which the subjects are listed on Form 1040.

The book also contains perforated forms for use for them.

Some people are extremely careless with valuable papers. They never know where to find things.

· Your starting early enough to devote sufficient time to the filing process. This will allow you time to review for mistakes.

· Your taking the material to the tax preparer long before the office becomes crowded.

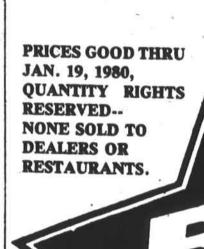
If you call and ask for it, you can get free help from IRS in preparing your income tax. However, IRS does not assume responsibility for any mistakes their representatives make in giving out information. This means that you should be prepared to

mistake. The United States Government holds you responsible for the errors that appear on your in-

pay if you make the

The current issue of Changing Times lists other books that help you do your taxes.

come tax form.



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Message Board

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lot of hungry fleas waiting where your pet spends a lot If this happens, first treat sleeps.

your house that's troubled the pet. Dusts, shampoos stered furniture and thick best for your particular ani-

some flea bites on your legs in hot, soapy water. To get er and cause more trouble. rid of fleas and their eggs

for you when you get home. of time and where he

Be sure to use a vacuum by fleas, the fleas are and flea collars are avail- cleaner with a disposable bound to trouble you, too. able. Check with your vacuum bag so you can Fleas can infest uphol- veterinarian to see what's throw it out right after vacuuming. Otherwise, the fleas will just continue to Wash the pet's bedding thrive in the vacuum clean-

You might also want to

NUTRITIOUS SNACKS

likes between-meal snacking, plan ahead so the snacks will be nutritious as well as tasty.

Here are some snack ideas from agricultural extension specialists at North Carolina State University that fill both requirements:

crisp, cool raw vegetables

Roll a banana in chocolate

and nuts and freeze on a

·Make cheese balls and

•Fill green peppers with

•Try powdered fruit drinks mixed in milk.

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Fleas can really get to be and larvae in your home, spray a light mist of a coma problem when you come give your carpet and all mercial household insectihome from a vacation. If upholstered furniture a thocide around cracks and creyou take the pet with you or rough vacuuming. Pay vices of wall boards--places and fruit. board the pet, you'll find a special attention to areas where fleas might hide.

Day Care

from page 1

Bates said the Franciscan Center which is operated by Northwest Child Development is renovating in order to accomodate infants. However, overall she does not see a severe shortage. Priority is given to parents working or who are looking for work.

Some families with low income needing day care, but their income is now low enough to qualify to Headstart, may also be finding it difficult to find adequate day care according to Joyce Munden, a social worker with Family Services's Child Development program.

"We do not have any vacancies for the

3 to 5 year old bracket and it's difficult to determine whether or not the private facilities are meeting the needs of the families whose income is not low enough to qualify for Headstart." Munden said. "We do not have a huge waiting list so I think we are pretty well filling the needs."

Munden said that the majority of families in the Headstart program receive AFDC benefits. Families must meet the income and age guidelines to qualify. Handicap children or children dealing with a crisis are also given priority.

If your family is one that

Put together a tray of

•Make kabobs of meat, cheese and fruits or vege-

serve with lots of cracker. cottage cheese and dip into that with other raw vege-

•Keep a supply of fish, meat and sandwich spreads