

something's cooking

Umm... Roast Beef



Beef Ribeye Roast

Just right for the high-light of dinner is a beef ribeye roast. While elegant and impressive, it won't burden the cook with time-consuming details, points out the National Live Stock and Meat Board.

Once the roast is in the oven, the only requirement is an occasional check of the meat thermometer.

Simple, too, is the serving of this handsome roast for it is boneless and can easily be carved into uniform slices.

Place a 4 to 6-pound beef ribeye roast, fat side up, on rack in open roasting pan.

Insert roast meat thermometer so the bulb is centered in the thickest part, being sure it does not rest in fat. Do not add water. Do not cover.

Roast in a moderate oven (350 degrees F.) to the desired degree of doneness. Allow 18 to 20 minutes per pound for rare, 20 to 22 for medium and 22 to 24 for well done.

When thermometer registers about 5 degrees F. below desired degree of doneness, remove roast from oven and allow to "set" 15 minutes before carving.

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Save on Income Taxes

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 form.

Changing Times has published a list of books to help you with preparing information for filing your income tax for 1979. These 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 above magazine says is:

- Thorough and well organized
- Easy to understand
- Not exciting to read

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 pay if you make the mistake.

The United States Government holds you responsible for the errors that appear on your income tax form.

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

Better Living

By
JoAnne Falls



About 200 pages long. These are some other books mentioned by the above magazine:

- 1980 H&R Block Income Tax Workbook that sells for \$3.95 and is less than 200 pages. This book proposes a

in filing. In the final analysis, the effectiveness of any book you get will depend on:

- Your alertness in gathering the necessary materials for filing and then keeping them together until you are ready

Message Board

FLEAS IN HOUSE

If you have a dog or cat in your house that's troubled by fleas, the fleas are bound to trouble you, too.

Fleas can infest upholstered furniture and thick pile carpet without you knowing it-until you get some flea bites on your legs say specialists.

Fleas can really get to be a problem when you come home from a vacation. If you take the pet with you or board the pet, you'll find a

lot of hungry fleas waiting for you when you get home.

If this happens, first treat the pet. Dusts, shampoos and flea collars are available. Check with your veterinarian to see what's best for your particular animal.

Wash the pet's bedding in hot, soapy water. To get rid of fleas and their eggs and larvae in your home, give your carpet and all upholstered furniture a thorough vacuuming. Pay special attention to areas

where your pet spends a lot of time and where he sleeps.

Be sure to use a vacuum cleaner with a disposable vacuum bag so you can throw it out right after vacuuming. Otherwise, the fleas will just continue to thrive in the vacuum cleaner and cause more trouble.

You might also want to spray a light mist of a commercial household insecticide around cracks and crevices of wall boards-places where fleas might hide.

NUTRITIOUS SNACKS

If your family is one that 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:

- Put together a tray of crisp, cool raw vegetables and fruit.
- Make kabobs of meat, cheese and fruits or vegetables.

Roll a banana in chocolate and nuts and freeze on a stick.

- Make cheese balls and serve with lots of cracker.
- Fill green peppers with cottage cheese and dip into that with other raw vegetables.
- Keep a supply of fish, meat and sandwich spreads on hand.
- Try powdered fruit drinks mixed in milk.

Day Care

from page 1

Bates said the Franciscan Center which is operated by Northwest Child Development is renovating in order to accommodate 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 for Headstart, may also be finding it difficult to find adequate day care according to Joyce Munden, a social worker with Family Services' 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.

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