Light Housekeeping

By LULA MACKAY

If we are in the midst of inflation as we are constantly being told we are, we may as well reconize the fact and begin thinking how we are going to face the problem. From time to time I hope to get the thinking experts on simple means of keeping our budgets in shape and pass their advice on to you hereith.

* * *

Today we begin with Mrs. Ruby Uzzle of Carolina State University, who gives us the following tips on buying practices at the grocery store — surely a logical place to begin.

Here she gives shopping pitfalls that show where the extra "food" money may be going.

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Says Mrs. Uzzle:

Buying services in addition to the product. If you haven't time to "do-it-yourself," you buy it already "done." Usually cut-up chicken cost more than whole chiken; sliced cheese is more expensive than chunk cheese; prepared sandwich mix cost more than mixing your own; and ready-made coumie dough cost more than that made at home.

Impulse buying. You pick up extras that may be luxury items not on your shopping list.

Shopping daily. This leads to buying more expensive small quantities and often encourages more impulse buying.

Little or no sales resistance. If smoeone hands you a sample to taste, you feel obligated to buy.

Name brands versus store brands. Are you apt to select a name you recognize even though it may cost more?

Multiple-pricing. Do you go ahead and buy what's packaged up or priced as a group or have you the courage to take just the amount you need?

Over-buying — especially in the perishable food line. Discarded food is expensive even if it was on sale when you bought it.

Shopping with children. The younger set can pressure you to buy items you may not have planned to select.

Snack foods. These extras can help a good bill mount up rapidly.

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Recipe of the week: The next time you plan to serve a baked capon, include in your menu a mushroom-onion pie. The two go together like love and marriage.

You might add string beans, cooked only until crisp and flavored with a dash of garlic, salt, pepper, a few grains of sugar; and colored with bits of pimento. And I like a tart molded salad.

To make the mushroom-onion pie, rinse, pat dry and slice a half pound of fresh mushrooms (about two and a half cups) and set aside.

Slice a have pound of small white onions into rings to make about two cups. In a medium fry pan, heat a tablespoon of butter, and add onions. Cook gently until transparent, but do not brown. Set the onions aside.

Melt two tablespoons of butter in the same pan. Add sliced mushrooms and cook about four minutes. Add onions. Season with about a fourth teaspoon of salt and a dash of pepper.

Spoon the mixture into a nine-inch unbaked pie shell.

In a bowl combine a cut of heavy cream, a tablespon of flour, three eggs, a teaspoon of paprika, and a fourth teaspoon of salt. Bland, and pour over mushroom mixture.

Bake in a pre-heated 375-degree oven for 15 minutes. Reduce the heat to 350 F. and bake for about 35 minutes. Sprinkle with paperika and chopped parsley. This will serve six.

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FASHIONETTE: Shoes news will be in the heel, this spring . . . with the heels going up to two and a half inches in height.

They will come in many shapes — rounded, triangular, sculptural, pinded and scalloped. Generally these solid, chunky heels are comforable. Toes may be out, but when in are both rounded and square.

* * *

BEAUTY BAR: Simple skin care is the best, according to many dermatologist.

These medical men who study skin, point out that the kind of skin you have depends to a great extent on things which are not in your control.

Genetics, for example. Your metabolism, the functioning of your various glands, etc. all have a bearing on the kind of skin you have. So does the climate in which you live.

Cleansing and protection, however, are things you can control. Cleansing should be deeop enough to remove dirt and makeup, but shouldn't be so harsh that it drys the skin.

You might use a pure baby oil as a solvent to positive makeup, wipe it off and rinse with warm-to-cold water.

Putting something between your skin and the elements so the moisture that is in your skin will not escape from the surface is the protection it needs. This calls for a cream, and here again, you can use baby cream, which is built to guard moisture and also it is inexpensive.

MIDTERM GRADUATING SENIORS at A&T State University, Greensboro, N.C., were feted at the university, last week. Above, Mrs. Marylon Bowers, dormitory counselor, presents gift to Miss Hilda Mainer of Greenboro. Other seniors, from left, are Misses Barbara Lacewell of Ridgewood, N.C., Vera Price of Wendell, N.C. and Bonnie Floyd of Miami, Fla.

YOU KNOW because you read the AFRO. After you finish with your copy of the AFRO, pass it to a friend. Let him read the other side of the news. Your community newspaper tells about you.

Expert aids houseworker

LINCOLN, Neb. (UPI) — The harried housewife can get a lot more work done with the same amount of energy if she gives some consideration to her muscles, according to a University of Nebraska home economics consultant.

Helen Becker, a health education specialist, has come up with five suggestions to help the homemaker outlast her work.

* * *

They are:

Vary homemaking chores. Since a particular job uses the same muscles constantly, it is less tiring to switch from one task to another.

Change the rhythm of movement. Don't stay with a single motion when doing repetitive work like carpet sweeping or cutting heavy material with a scissors.

* * *

Avoid hurrying to avoid fatigue. It takes more energy to run up a flight of stairs than to walk up slowly.

Don't sit too long in one position. When the body is held in a fixed position, the muscles are constantly contracted.

Wealthy, not poor costly to country

The rich are a greater menace to man's survival than the poor — and a greater drain on America's natural resources, according to a White House scientific adviser.

"Rich people occupy more space, consume more of each natural resource, disturb the ecology more, litter the landscape with bottles and paper, and pollute more land, air and water with chemical, thermal and radioactive waste."

These are the words of Dr. Jean Mayer of Harvard and special consultant to President Nixon for the recent White House Conference on Food, Nutrition and Health in Washington, D.C.

Applying Dr. Mayer's line of thought, it is obvious that the oft-criticized poor — whose "cost" in terms of welfare and related subsidies is much mentioned — are not as expensive to have around as the rich.

A manufacturer who dirties up an entire river or a utility company which pollutes a city's air with gaseous wastes is likely costing the public far more than thousands of poor persons on relief.

* * *

"It's the spread of wealth that threatens the environment, just as it's the spread of fat that threatens the lives of so many American cans," Dr. Mayer says.

Dr. Mayer further stated that benefits to the poor are inadequate and argued that these should be increased. "Of the 8.8 million families — that's 29 million people who were living in poverty two years ago, only 18 per cent were covered by either of the main food programs, commodities or stamps."

ing. "In Boston," he writes, "we have two groups of black people.

Some have been there for a very long time — after all, Crispus Attucks, the first man killed in the Revolutionary War was black — and the ones who have been there have been there for a long time eat the same thing as other Bostonians.

"Some have been there for have come recently to Boston still try — it is very realistic and done at high cost — to reconstitute the diet they had in the South. They end up worse off than they were down South."

Dr. Mayer explained that it costs as much to buy salt pork in the Boston area as it does to purchase a more nourishing cut of meat.

He said that not getting the right kinds of food is as serious a problem as hunger. "Many Americans get enough food but not a balanced diet. A part of the scandal is that we're only beginning to get the facts. As many as 10 per cent of our fellow citizens may be ill-fed because they are too poor.

* * *

"When you are poor, you have to be very canny. You must spend your food money on foods that will give you high nutritional returns for your limited funds if you are to get a nutritionally adequate diet."

In Boston, Dr. Mayer said, a group of college-educated surburban housewives had trouble trying to feed their children on a poor family's food budget.

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Giant Brand - Automatic Dishwasher Detergent 2 2-lb. 8-oz. boxes 89c

Giant Food Saltines 1-lb. box 22c

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Giant Food Heidi-No Crackers 2 12-oz. boxes 49c

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Assorted Flavors Great American Heinz Soups 3 14½-oz. cans 77c

Meatless Chow Mein or Chicken Chow Mein ChunKingDinners 2-lb. 11-oz. can 99c

Chun King Beef Chop Suey 2-lb. 11-oz. can 99c

Campbell's - In Tomato Sauce Pork & Beans 4 1-lb. cans 55c

Jumbo Flavor Green Giant Peas 3 1-lb. 1-oz. cans 20c

Del Monte - Early Garden Lima Beans 3 1-lb. cans $1

Hoover - Cut Green Beans 4 1-lb. cans $1

King Cole Sliced Potatoes 8 1-lb. cans $1

Del Monte Large Prunes 2-lb. box 83c

Giant Food Long Grain Rice 2-lb. bag 38c

Assorted Flavors Jell-O Gelatin 4 3-oz. boxes 41c

USDA Choice BONELESS BEEF ROAST (chuck) lb. 79c

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