Light Housekeeping

By LULA MACKAY

Yes, Sabina, that trip you won, those raffles and giveaway show prizes, any lotteries or sweepstakes or other lunch winnings of the year past should show up on your income tax report. If the prize is an item of merchandise its fair market value should be reported. The fair market value is usually computed at what the item would cost if the taxpayer were to purchase it at a retail store.

What's new? The world becomes more colorful each day. Now bicycle tires come in orange, yeallow, green, red and blue. Initially tires were bieng produced for 20-inch, high-rise bicycles which represent 80 percent of the bikes sold at present.

Bargain bit: Never throw out that liquid left from sweet pickles and gherkins. It has sugar, vinegar and spices carefully blended and is great to marinate canned beets in.

When you have taken out the pickles, heat the pickle fluid to boiling and pour over sliced, diced or julienne cut beets. Cool and allow to marinate over night, or store indifinitely in refrezerator.

Great for brunch are Crepes aux Champignons pancakes stuffed with mushrooms) and not at all difficult to make.

You will need for the pancakes, four eggs, well beaten, two cups milk, a tablespoon of brandy, a fourth cup melted butter, a half teaspoon salt, and two cups flour.

The Mushroom Stuffing requires two pounds fresh mushrooms, washed and thinly sliced, a fourth cup melted butter, a fourth cup flour and two cups chicken stock.

In addition you will need a fourth pound of Gruyere cheese, grated.

To make the crepes, combine eggs, milk, brandy, butter and salt. Mix thoroughly Stir in flour and mix until smooth. Let mitere stand while preparing mushroom stuffing.

To make pancakes, preheat lightly greased griddle. For each pancake pour two tablespoons batter onto hot gridle. Lighlt brown on one side, turn and brown the other side. Remove to a baking sheet. Plane one on top of other.

To make stuffinr, put mushrooms in melted butter in a large frying pan. Cover. Cook over low heat until mushrooms are slightly browned and tender. Stir and turn occasionally. Sprinkle flour over mushrooms and blend with fat. Add stock gradually, stirring to make smooth mixture. Cook over low heat until mixture is thick. Cool while pancakes are being baked.

Using pancakes cooked first, place about two tablespoons mushroom stuffing on each. Roll like a jelly roll and place edge-down on baking sheet. Sprinkle each pancake with cheese. Bake at 350 F. for 10 minutes before serving. Serve with dry sherry in a cruet or small decanter. Yield: 30 pancakes.

Fashion Note: New in pantyhose and stockings is a trend toward bluen colors with lavendar and periwinkle strong favorities in the high fashion category.

A blued pink, says the manufacturer, is a potent flatter and ougth to be used as an accent for navy and white outfits. Pesohy coral is another of the new color combinations.

Girl Scouts grow in community image

By JOAN HANAUER

NEW YORK (UPI) — Time was when the "image" of a Girl Scout was that of a little girl learning to tie knots in rope and cook potatoes in campfires.

Girl Scouts still earn merit badges along outdoor trails, but anyone who has kept up with the scouts knows the scouts have also kept up with the times.

* * *

One Senior Scout, in making out a report on a community service project, summed it up when she wrote recently: "They don't think of us any more as little girls in green selling cookies and playing games. Now they know that we do care about our community and we do want to help!"

One who acknowledged this last week was Mrs. Richard M. Nixon, who wore girl scout green when she was officially installed as honorary president — a post held by all first ladies since Mrs. Woodrow Wilson — and said: "Girl Scouting exhibits the type of enthusiasm and spirit we need in this country — the concept of being friends with all."

* * *

Mrs. Nixon was particularly impressed with the action 70 program — a national effort to achieve freedom from racial, religious and ethnic prejudices — and told the scouts: "You can count me in as an active volunteer."

The kind of program the girls — Seniors, Cadettes, even Brownies — think up, plan, carry out and often continue with the aid of foundation grants, varies greatly depending on the area in which they live.

* * *

In Chicago last summer, for instance, the girls decided on street programs for youngsters in three neighborhoods where recreational facilities and activities were unavailable.

The program was called "Come Join Us," and the Scouts walked the streets of the neighborhoods chosen, inviting youngsters to join in sports, field trips and crafts programs. Capital-appearing on the surface, the scouts had worked with police, fire department, community groups and churches to develop activities for all the children of the neighborhoods.

* * *

Another project took place in Little Rock, Ark., where one troop decided during a "speak-out" on prejudice that "few of us knew anything about the history or culture of the black race."

An integrated group of Senior Scouts met to discuss setting up a workshop on Afro-American arts and crafts. The first day of the workshop, the 15 black and white girls who were to staff the workshops were overwhelmed by 80 girls who wanted to attend.

* * *

In a very different sort of community, Found-Du-Lac, Wis., seven troops (of about 25 girls each) decided to help the children of migrant workers at nearby Wautoma. For several weeks the girls hiked across marshy country to arrive at the migrant workers camp at 9 a.m., then remained until 3 p.m., helping care for youngsters from 16 months to 14 years old.

As a spokesman for Girl Scouts of the U.S.A. put it: "The girls in these projects seem to feel they are better people for having done them. It's not so much what they did for others, it's what those they helped did for them."

Vacuum bottle may be bomb

CHICAGO (UPI) — Innocent as they may appear, vacuum bottles are potential bombs looking for a time and a place to explode, the National Safety Council cautions.

A moment of carelessness could lead to even blindness.

* * *

Among other precautions, the council advised against using the bottles to carry carbonated beverages.

Pressure can build up inside as the released carbon dioxide expands.

Also, never insert metal utensils or wire bottle brushes into vacuum bottles; they can scratch or break the glass liner.

* * *

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Staley Sta-Flo FABRIC FINISH 20-oz. 49¢
Fyne Soft Liquid Dish Detergent 3 qts. $1.00
Chicken-of-the-Sea Chunk Light Tuna 3 6½-oz. cans $1.00
Freeze Dried INSTANT COFFEE 4-oz. 89¢
Hygrade PRETZELS 10-oz. 33¢

Racism cause of hostility says doctor

CHICAGO — As long as minority groups are treated with racism in an autocratic manner, they will be dependent and hostile, according to a University of Chicago psychiatrist in a new publication, Delivery Systems for the Mental Health Service Component," Dr. Robert S. Daniels, associate professor of Psychiatry and associate dean for Social and Community Medicine in the Division of Biological Sciences and the Pritzker School of Medicine, writes: "The focus of any human service program must be in part to develop community leadership and autonomy . . . Until the people involved have pride, a sense of identity and actual equality, the efforts will probably continue to be inadequate."

The book is a collection of essays presented in April, 1969, during a conference sponsored by the Uni-Study and Center for Urban Studies.

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