



Participants in Allen Temple's Annual Fashion Show are: Della Broadous, Lavel Broadous, and Debra Wallace (back row); Anise Hall and Beverly Perry.

Youth plan fashion show

The members of the Young Adult Circle of Allen Temple C.M.E. Church will present their Annual Fashion Show on Sunday March 6th at 5:00 P.M. at the Cascade Auditorium, 705 N. Killingsworth. The show will include fashions for all ages of children and for adults. "If Unique Is What You Seek", don't miss this gala event.

The Young Adults of Allen Temple present this annual event as one of their special projects in the Mammoth Tea Campaign of the Allen Temple C.M.E. Church each year. Rev. T. L. Strayhand is pastor. For ticket information contact Mrs. Sarah L. Strayhand, Coordinator - 282-8264 or Mrs. Regina Green, Chairperson at 289-6950. Donation is \$2.50 each.

4-Hers learn needle work

Young people who like the look and feel of hand-knitted or crocheted fashion accessories or garments can learn how through the 4-H crocheting and knitting projects, says Mary Dilworth, Multnomah County 4-H Extension Agent.

Both projects let young people learn at their own pace and both can continue over a period of years or last just a few months, depending upon the interest of both young people and the adult volunteer leader, Dilworth adds.

The 4-H knitting project is divided into seven phases, each phase somewhat more difficult than the preceding one, explains Barbara Sawyer, Oregon State University Extension 4-H and youth

specialist. Although most 4-H members take a year to complete each phase, it is possible to move through more than one phase in a year, she notes.

Crocheting is in its second year as a state-wide project, the specialist points out. It is divided into six phases.

Both projects give the leader and 4-H members a great deal of flexibility regarding club activities and the final product that the 4-Hers wish to make, Dilworth points out.

Additional information about the 4-H knitting and crocheting projects, which are available to young people in grades four through twelve, is available from the Multnomah County Extension Office in Portland, at 229-4840.

Political contributions deductible

Contributions made during 1976 to a political candidate or campaign committee may qualify for a tax deduction or tax credit, according to Ralph B. Short, Internal Revenue Service District Director for Oregon.

To qualify for tax purposes, the contribution must have been used for political activities directly related to a campaign of an announced candidate, Short said.

Short explained that a taxpayer can choose to take either a tax deduction up to \$100, (\$200 on a joint return) or a tax credit that will reduce his or her tax bill by one-half of the contribution up to \$25, or \$50 on a joint return.

Even if the taxpayer takes the standard deduction, he or she can claim the credit, according to the Director. However, to claim a deduction for a campaign contribution, the taxpayer must itemize deductions.

In addition to cash paid directly to a candidate or to a political committee, tickets to some political parties, dinner, and other events may qualify for a tax deduction or credit.

An event must be primarily political in nature, with the major portion of time devoted to political speeches or discussion in order to qualify. The event must also be in honor of an announced political candidate. Taxpayers buying tickets to this type of event can deduct or take a credit equal to the full cost of the ticket, Short said.

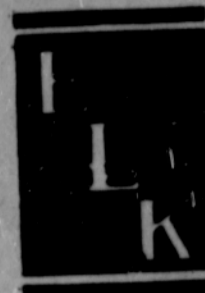
If the event is only partially political, and its main purpose is to confer benefits to individuals attending, the taxpayer attending may take a deduction or credit for the total cost, minus the fair market value of any benefits gained, such as dinner or entertainment.

Raffle tickets purchased in connection with political fund-raisers do not qualify for the deduction or credit, Short said.

Taxpayers should keep good records, such as written receipts and cancelled checks, to substantiate the tax deduction or credit for a political contribution.



Do not over-fertilize house plants. Two or three times a year is usually enough.



CLEANERS & LAUNDRIES

Established 1912

QUALITY DRY CLEANING

REASONABLE RATES

*SAME DAY SHIRT SERVICE
*2 HOUR CLEANING
*SATURDAYS UNTIL NOON
*COMPLETE LAUNDRY SERVICE

SELF SERVICE DRY CLEANING AVAILABLE

Do It Yourself And Save \$5

1014 N. KILLINGSWORTH
4 Blocks East of Interstate

289-9357



Super Shopping Centers Help Lower your Cost of Living . . .

Your nearby Fred Meyer Super Shopping Center is filled with "People-Pleasing" services to make your shopping more pleasant. Wide, spacious aisles, friendly helpful clerks and undercover parcel loading are just some of the "People-Pleasing" services for you. Plus...everyday low prices on thousands of items you use and need everyday help lower your cost of living. Because we're open 9 a.m. to 10 p.m. daily, including Sunday, you can shop when you WANT to, not when you HAVE to. Come in anytime and "funshop" in a pleasant, relaxed atmosphere.

- . Walnut Park N.E. Killingsworth at Union
- . Interstate N. Lombard at Interstate
- . Peninsula 6850 N. Lombard

Plenty of Free and Easy Parking

Open 9 am to 10 pm daily, including Sunday.

CHICKEN WITH A RUSSIAN FLAVOR

A classic Russian dish that has achieved international acclaim is Chicken Kiev. This Ukrainian recipe calls for boned pounded chicken breasts rolled around fingers of seasoned margarine, breaded and fried in peanut oil to a crisp golden brown. Chicken Kiev usually is served with rice and makes a delicious entree to accompany a first course of borscht (soup).



GOLDEN CHICKEN KIEV

- 2 large whole breasts of chicken without wing bones attached
- 1/3 cup margarine
- 2 tablespoons chopped chives
- 1/2 teaspoon salt
- Dash pepper
- 1 egg
- 1 tablespoon milk
- 2/3 cup fine dry bread crumbs
- Planters Peanut Oil

bone each half without cutting through flesh. Place each piece between sheets of wax paper. Pound very thin with smooth surfaced meat hammer or rolling pin; do not tear flesh. Remove wax paper. Place 1-1/2 tablespoons margarine in the center of each breast. Combine chives, salt and pepper; sprinkle over margarine. Roll each breast and overlap sides so that margarine mixture is

completely enclosed; the flesh will adhere without toothpicks or skewers. Beat egg and milk together. Roll chicken in bread crumbs, then in beaten egg mixture and again in bread crumbs; coat well. Refrigerate at least 20 minutes. Deep fry chicken rolls in hot (370°F.) peanut oil until well browned on all sides, about 8 minutes. Drain on paper towels. Serve hot. Makes 4 servings.



Pearls from the Poet

by Ulysess Marshall

A Change of Mind

I ain't got nothing too different
nothing too new
to say to you
I keep saying the same old thang
in a little better way
I love you, my love is here to stay
I love you
I love you


I ain't got nothing too different
nothing too new
to say to you
I keep saying the same old thang
in a little different way
forget you
forget you
forget you.

Save twice.



Once on our economy sizes: Complete or Buttermilk.

Once on our money-saving coupons.

25¢	Save 25¢ on purchase of any size Aunt Jemima Syrup.	25¢
97208		
GROCER: As our agent, you may accept this coupon from retail customers only on the purchase of any size Aunt Jemima Syrup. We will pay you 25¢ plus 5¢ handling for each coupon so redeemed. Any other use may constitute FRAUD. Proof of purchase must be submitted upon request. This coupon is void if taxed, licensed, restricted, or otherwise prohibited by law. Consumer must pay any sales tax. OFFER LIMITED TO ONE COUPON PER PACKAGE. SEND TO: THE QUAKER OATS COMPANY, P.O. BOX 4106, OAK PARK, ILLINOIS 60303.		
		
25¢	Coupon Expires July 29, 1977	25¢
50¢	Save 50¢ on purchase of Aunt Jemima Buttermilk or Complete Mixes, 5 lb. size.	50¢
97208		
GROCER: As our agent, you may accept this coupon from retail customers only on the purchase of 5 lb. box of Aunt Jemima Complete or Buttermilk Mix. We will pay you 50¢ plus 5¢ handling for each coupon so redeemed. Any other use may constitute FRAUD. Proof of purchase must be submitted upon request. This coupon is void if taxed, licensed, restricted, or otherwise prohibited by law. Consumer must pay any sales tax. OFFER LIMITED TO ONE COUPON PER PACKAGE. SEND TO: THE QUAKER OATS COMPANY, P.O. BOX 4106, OAK PARK, ILLINOIS 60303.		
		
50¢	Coupon Expires July 29, 1977	50¢