

● Have You Heard?
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healthy, and aids the body in warding off infection. Deep yellow peaches contain more vitamin A than light-colored or white peaches.

In addition to vitamin A, the two fresh peaches will provide about one-fifth the amount of vitamin C adults need daily. Teenagers need more vitamin C than adults, children need less. Vitamin C helps to keep the blood vessels strong, heal wounded or burned tissues, and helps the body build resistance to infection. The body can't store vitamin C, so it's essential for everyone to eat one serving of a food rich in vitamin C, each day.

Although rich in vitamins A and C, fresh peaches are low in calories. One peach, 2 inches in diameter, has 35 calories.

School Lunches Call For Good Nutrition

Since children are back in school, you have one less meal to serve them. However, it is important for you to see that they get nutritious lunches.

More and more school age children do not come home for lunch. If the school has a lunch program, encourage your children to eat the lunch provided. It is planned to include nutrients growing young people need.

When children complain about the lunches served at school, find out if their complaints are real ones. Some children eat only a limited number of foods and may not be getting enough lunch. Encourage them to eat all their lunch and to include a variety of foods.

School lunches should be prepared and served attractively. If your children claim they are not, talk with other mothers to see how such a situation could be improved. This might be a project for the Parent-Teacher Association or a mother's group.

If your children carry their lunches to school, you are responsible for what they eat. Include a protein food, such as meat, poultry, fish, eggs, cheese, or peanut butter. Crisp raw vegetables add texture and valuable nutrients to the lunch. Fruit is a good dessert. When fresh fruits are not available, choose canned or dried fruits. And be sure children get milk for lunch. If they can't buy it at school, have them carry milk. A vacuum bottle will keep it cold.

Good To Know Anytime

Sliced peaches and orange juice pair well for breakfast or as a simple fruit dessert. The orange juice reduces browning of the peaches and adds flavor and vitamin C to the meal.

An insulated ice chest or zippered plastic tote bag will help to keep meats, dairy foods, and frozen foods cold during the trip home from the store. You may want to keep the chest or bag in the car trunk where it's handy when you shop.

Parsley will keep fresh and crisp for a week or more if you wash it, then pat almost dry with a towel. A few drops of water clinging to the leaves keep parsley moist. Bundle parsley into a plastic bag or jar with tight-fitting lid, then store in refrigerator.

Light Biscuits

A light texture in biscuits depends upon the proportion of liquid to flour, points out Louise Hamilton, Penn State extension nutrition specialist. Add the flour slowly to find the amount needed for the type of flour you're using. The correct proportion of liquid to flour gives a soft, easy to handle dough.

● For The Farm Wife
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Makes 12 muffins.

With sweet corn and green peppers so plentiful right now, why not combine the flavors of these two vegetables into a luscious Corn Bread. Corn Bread is a natural with barbecued chicken or beef. If you're planning a late summer picnic or patio meal plan to stir up a batch of this Mexican Corn Bread.

MEXICAN CORN BREAD

- 1/4 cup (1/2 stick) butter
- 2 eggs
- 1/4 cup sugar
- 2 cups cream-style corn
- 1/2 cup chopped Italian peppers (or any type peppers you prefer)
- 2 cups shredded Cheddar cheese
- 1 1/2 cups sifted flour
- 4 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup corn meal

Cream together butter and sugar. Add eggs one at a time, beating well after each addition. Mix in corn, peppers and Cheddar cheese. Sift together flour, baking powder and salt; mix with corn meal. Add dry ingredients to cheese mixture, mixing just enough

to blend well. Turn into buttered 9 x 14-inch pan and bake about 40 minutes in a 325 degree oven. Cut corn bread 3 x 4 or 4 x 4 to give 12-16 servings.

Roses Can Stage Fall Show Don't wait too late to do this says, Lynn Smith, Penn State extension floriculturist. About half a cup of a 5-10-10 in a complete circle around each plant, scratched into soil and soaked in to a depth of about six inches and you can have beautiful roses this fall. Waiting allows active growth when cold weather comes and plants may be severely winter-injured.

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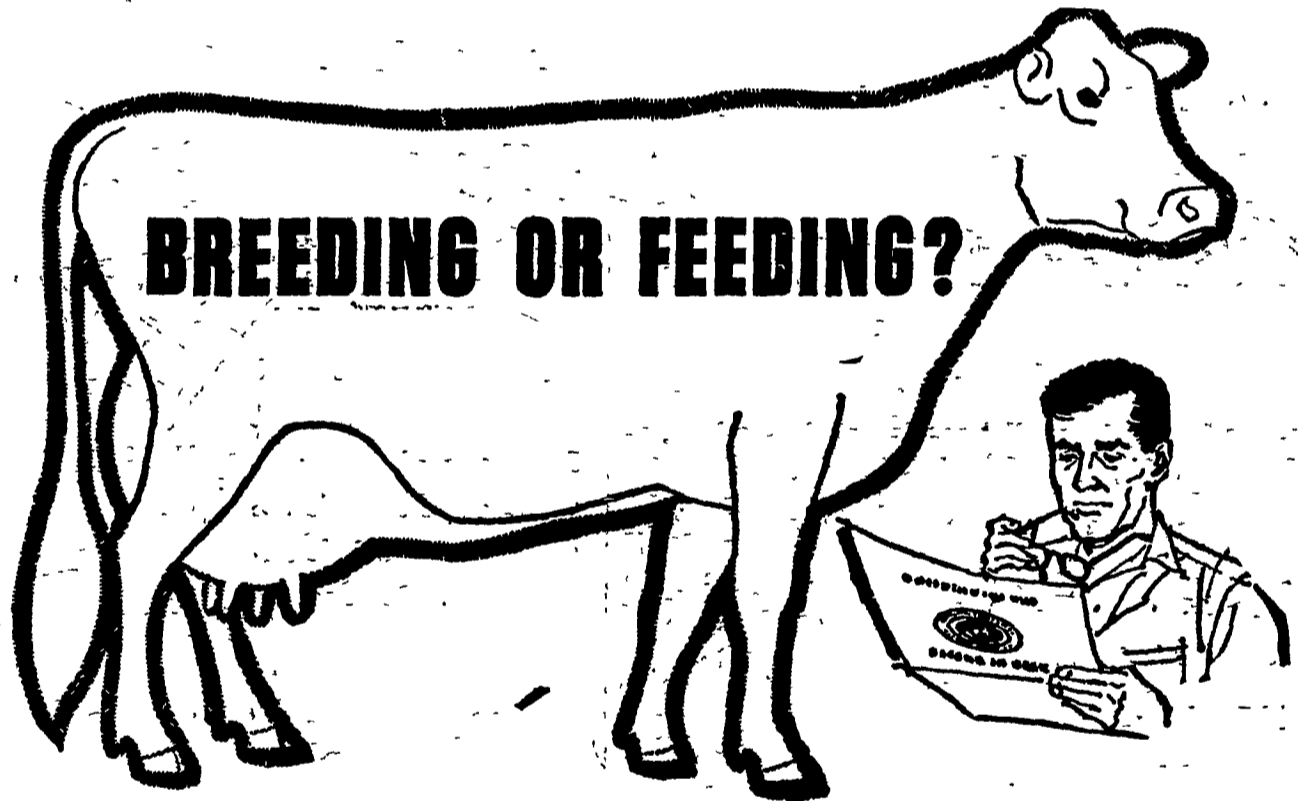
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