

● **Have You Heard?**

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put the cover on, you won't squeeze paint down the sides of the can.

After cleaning paintbrushes, wrap them in foil and they'll stay soft and moist.

When painting with roller and tray, line the tray with foil. When you've finished, lift out foil and throw it away.

When you want to take plants or cut flowers to someone, protect the roots of plants with damp soil or dampen stems of flowers, then wrap in heavy foil.

BREAKFAST IS AN IMPORTANT MEAL

When you skip breakfast, your work output is less, your mental reactions are slower, and you get tired

Because you've gone without food for ten to twelve hours, your body needs refueling to do the work ahead. Breakfast should provide one-fourth to one-third of the day's food needs.

When you skip breakfast, you seldom make up for the nutrients you've missed.

The basic breakfast pattern includes these four kinds of foods: fruit or fruit juice; milk or beverage made with milk; whole grain or enriched bread; and a high-protein food, such as eggs, ham or sausage, hot or cold cereal with milk.

The coffee break as usually practiced is not an efficient substitute for a good breakfast.

WORTH KNOWING

Today's products can take the work out of housework if you use them correctly. Manufacturers provide simple clear instructions with their products. Follow the instructions carefully and you'll find that the right way is the easy way to do the job.

Foods sold for use in the management of disease, or for certain conditions especially for infants, the aged, the obese, or the pregnant, must comply with the special dietary labeling requirements of the Federal Food, Drug and Cosmetic Act, to furnish the information needed by the user.

● **For The Farm Wife**

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MILK TEA COOLER

- 4 scoops vanilla ice cream
- 1/4 cup instant tea
- 1/2 cup pineapple juice
- 1/4 cup sugar, optional
- 4 cups milk
- Pineapple wedges

In a mixing bowl combine ice cream, tea, pineapple juice and sugar; beat until thoroughly blended. Gradually add milk. Pour into glasses and garnish with pineapple wedges, if desired. Serve immediately. 4 servings.

NEW PRODUCT

Now in operation in the State of Washington is a new plant producing a frozen apple-juice concentrate, reports the U. S. Department of Agriculture. This is the first commercial use of a new apple-juice concentrating process department research workers have developed. The plant furnishes a market for about 50,000 tons of apples a year and creates about 100 new jobs. The new product has a fresh fruit flavor, and like other frozen juice concentrates, you add water, stir, and it's ready to serve.

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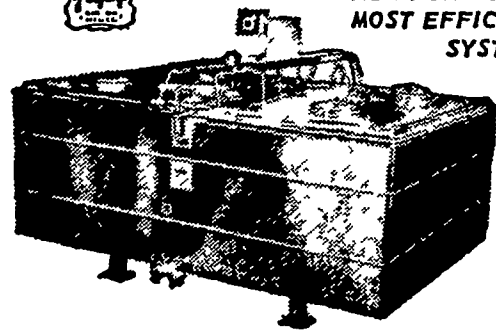
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