

**Ladies,
Have
You
Heard?**

By Doris Thomas,
Extension Home Economist

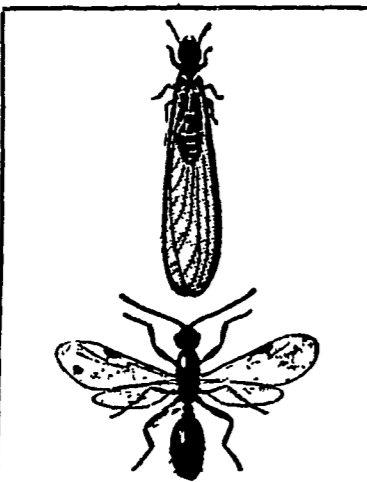
Doris Thomas

Beans for Bargains
Looking for bargains when shopping for food may well be anyone's pastime these days, but a better bargain than dry beans would be hard to come by. Budgetwise and nutrition-wise, dry beans, peas and lentils rate selection for the shopping list when economy is the target.

This inexpensive high protein food is now in plentiful supply, according to the U.S. Department of Agriculture's Agricultural Marketing Service. The current crop is expected to total 1.8 billion pounds, about 13 percent more than a year ago, so take your choice from the wide variety available. Black beans, blackeye beans, cranberry, pinto, Great Northern, kidney, lima and pea beans (also known as navy beans,) as well as lentils and dry peas are all items that belong on your pantry shelf.

Vegetable protein in dry beans can be supplemented with small amounts of the animal proteins of meat, poultry, fish, cheese, milk or eggs to provide a strong protein team. And for a bonus you will get B vitamins, too, especially thiamine, and also calcium and iron. The iron content of beans is high, a cupful of cooked beans contains about half of the recommended day's needs.

Here is a helpful tip on cooking beans: You can keep down foam when cooking such high-foaming beans as Great Northerns, red kidneys, pintos, or pea beans by adding one tablespoon of fat to the cooking water for each cup of beans. It is especially helpful in pressure cooking. However, if you are cooking large limas, fat will not be much help in keeping them from foaming. To prevent bean skins from breaking, boil the beans gently and stir very little.



**Which Bug is
the Termite?**

The top one, the bottom bug is a flying ant. Notice its narrow waist. The termite has a broad waist. They're quite different, actually. If you have termites or suspect them in your home, call us.



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Simmer until beans are done, about 2 hours more. (Add hot water if needed). Add tomato paste, vinegar, salt and pepper; simmer 45 minutes more. Serves six.

xxx


Will Meat Boycotts Work?
Rising food prices, particularly meat and poultry, have led to the formation of a number of consumer groups boycotting meat and poultry products or eliminating meat from meals one or two days a week. There are many consumers who wonder if the tactic will work. It could, but such actions in the past have proved that this method of lowering prices will not be long lasting. Consumers are just not organized for such a plan to be effective over an extended period of time. If meat is eliminated from enough meals, it will surely cut back on the demand for meat. In the final analysis, the price of a particular food depends upon the consumers' choice at the time of purchase.

"If you think you have influence, try ordering someone else's dog around."—Lois W. Matson, The Kiester (Minn.) Courier.

Looking for a different recipe for bean soup? If so, try the following recipe.

Grecian Bean Soup
1 pound dry beans
½ cup pure olive oil
1 large onion, cut fine
1 or 2 garlic cloves
1 teaspoon caraway seeds
½ teaspoon rosemary
1 or 2 bay leaves
2 tablespoons tomato paste
2 tablespoons vinegar
Salt, pepper to taste

Soak beans overnight. Be sure liquid covers generously, bring to boil and simmer 1½ hours. Add olive oil, onion, garlic caraway seeds, rosemary and bay leaves.



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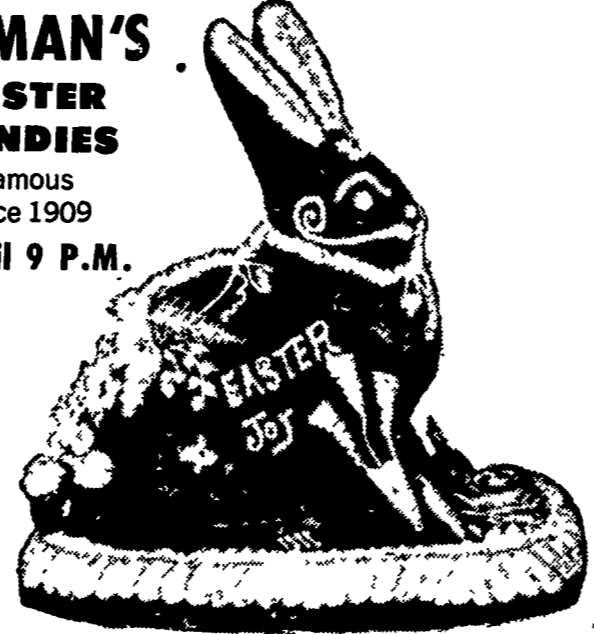
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Fix-It Tip

Save those odds and ends of material that you are going to throw away. The garden hose that is no longer worth mending may be used to bind young trees to stakes driven into the ground. Run a wire through the hose and bend the hose around the tree trunk to protect it.

Nail a length of hose to the bottom of an overhead garage door to absorb the shock when the door hits the cement and to weatherstrip the door.

Old bedspreads can double as tarpaulins for piling on leaves to be gathered and hauled away. You can use bedspreads when you are digging a hole and you want to pile the dirt on something

so that it won't ruin the grass.

Get a section of a trunk of a tree that has been cut down in the neighborhood to use as a chopping block.

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