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A Champion. Short-stalked, upright leaf, with a really high yield and potential. Moderately high population.

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CONTACT

REIST SEED CO.

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**Doctor
in the Kitchen®**

by Laurence M. Hureh, M.D.
Consultant, National Dairy Council

Nutrition A La Carte
Here's an idea for breakfast your teenagers might like. You can buy frozen, breaded fillet of sole like those that are so popular in a bun at the drive-ins. Or fish sticks in a bun. Either one takes little time to pan-fry for breakfast, in butter. Or deep-fry or broil them and pop them in a bun.

Vitamins weren't even known in 1900. We knew our food contained proteins, fats, carbohydrates, minerals and water. But when mixtures of just these nutrients were fed to animals, they died; so scientists concluded that there had to be unidentified factors in food that were essential to life. These factors turned out to be vitamins.

Leftovers are fine food, a convenience, and they help out on the food budget. You should know, though, that even under refrigeration, cooked vegetables, for example, do lose some of their vitamin C. Then, re-

heating takes an additional toll. So plan as wisely as you can, and avoid having leftover cooked vegetables if you can.

Medical research has shown that the great majority of babies in excellent or good condition at birth are babies of mothers whose diets are excellent or good. The mothers, too, enjoyed better health and had fewer complications in pregnancy. This is why mothers-to-be should know and practice good nutrition.

Snacks should be nourishing, and they should help meet your daily need for nutrients. There is little to be gained if snacks are simply candy and soft drinks. Make your snacks small-portion servings of meat, eggs, fish or poultry, fruits and vegetables, breads and cereals, and milk and other dairy foods.

This time of year especially, one relishes the thought of cheese in dips, in hot delicacies such as cheese fondue, on cheese trays, and

as a meat substitute. Ounce for ounce, cheese will give you the same high quality protein as meat, poultry, or fish. Three ounces of cheese will give you the same protein as three eggs. Physical fitness calls for adequate exercise, rest, and

good nutrition. Good nutrition means a balanced diet including fish, meat, poultry and eggs, fruits and vegetables, whole grain or enriched bread and cereals, milk and other dairy foods. This kind of eating helps promote physical fitness.

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FOLLOW DIRECTIONAL SIGNS

Consumers' Corner

Improper appliance use is often the cause of those washer and dryer woes. For maximum efficiency, take care to:

- Sort properly.
- Use proper detergent.
- Load correctly.
- Use hot water for white cottons and linens, warm for most other loads.
- Use proper cycles.
- Clean lint filters after each use.

To save repair costs check the following on your own before calling the serviceman:

- Be sure controls are properly set.
- If washer doesn't fill, faucets may not be turned off.
- Make sure lid is closed or washer won't spin.
- Unbalanced loads often cause vibration and slower spinning
- Keep drain hose unknked and free of debris.
- If dryer takes too long to dry, make sure lint trap is clean, check vent, use correct heat settings and don't overload.

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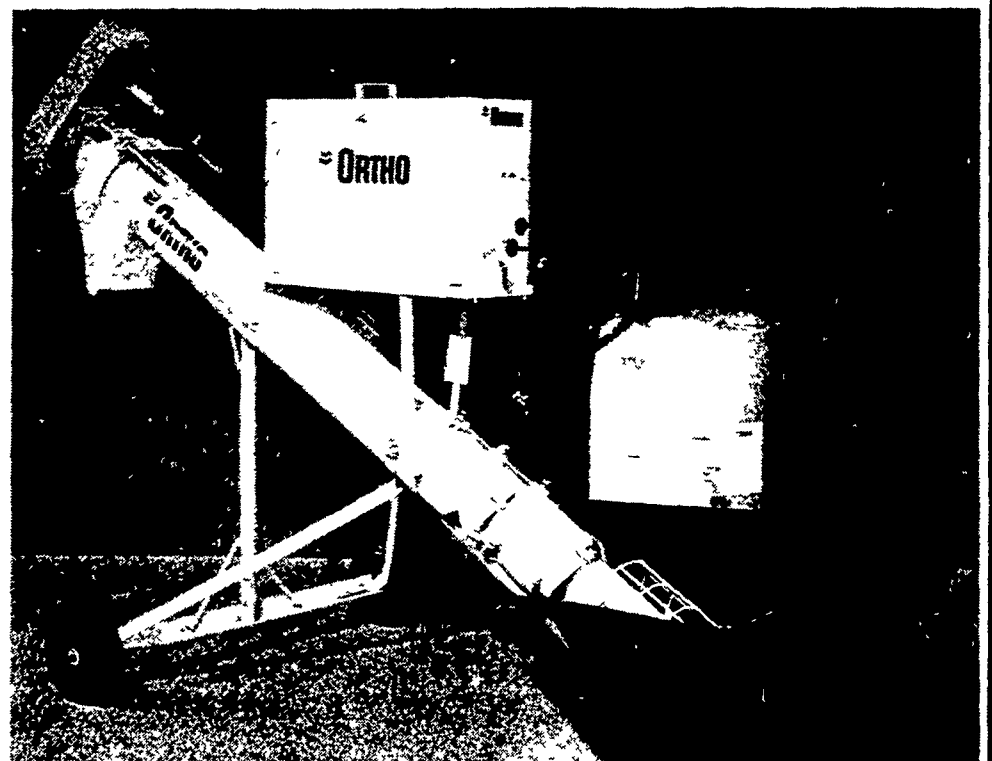
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