

# LADIES, HAVE YOU HEARD?



By Doris Thomas, Extension Home Economist

### Update On Nutritional Labeling

If you're an avid food label reader you'll note that the nutrition standard has been changed from MDR (Minimum Daily Requirement) to U.S. RDA (U.S. Recommended Daily Allowance). After July 1, 1975, the MDR will no longer appear on food labels. The U.S. RDA is the standard established by the Food and Drug Administration, especially for

the new nutrition labels. It is an adaptation on the daily allowance of nutrients recommended for optimum health by the Food and Nutrition Board of the National Research Council, National Academy of Sciences.

Under these new labeling regulations, any food that has a nutrition label will automatically indicate size and number of servings per package, since the nutrition information is listed per

serving. Not every food will be required to have a nutrition information label, but you will find these labels in increasing numbers.

If a food manufacturer adds one or more nutrients to a food, or if he makes a nutritional claim for the product, he must label the package with nutritional information. The information which appears in standardized format can serve these purposes:

- To help you get more nutrition for your food dollar by comparing nutrient content of various brands and foods.

- To aid in the selection of food for special diets recommended by physicians.

- To assist in planning nutritious meals.

- To help you count calories.

### Microwave Oven Tips

Because microwave cooking differs so much from conventional cooking, it's important to understand the principle of microwave cooking and follow manufacturer's directions to get the desired results.

The manufacturer's manual, important for any appliance or piece of equipment, is especially important for microwave cooking. Each make and model of microwave oven on the market may require slightly different timing and operation and have different features such as browning trays or dishes, revolving carousel trays or controls that permit slower speeds for defrosting or for doing slower cooking.

Try a few recipes from the instruction book first. As you gain confidence and find how to use your appliance, you'll want to prepare some of your own family favorites. To determine the right cooking time, check the instruction book for the timing suggested for a similar food of about the same quantity. Use this as guide for your timing.

Timing is the most important factor when cooking with microwave energy. You will find that it's best to undercook. Use the shortest recommended time. If the

## Lawn Mower Care

Spring has arrived, grass is green and growing, and now is the ideal time to get that power lawn mower in shape for the coming season

if you neglected to do so last fall.

Begin by washing the mower with kerosene or fuel oil to remove any dirt, grease, oil or clippings that may have accumulated during last season. Drain the gas tank and carburetor and refill them with alcohol, soaking them long enough to dissolve any gum that may have formed over the winter.

Newer cookbooks and some magazines now offer recipe suggestions for microwave cooking along with conventional timing and temperatures. These will also help you become better acquainted with microwave cooking.

For most cooking, a microwave range drastically reduces cooking time and uses considerably less electrical energy than a conventional range.

Next, remove the air cleaner and clean it according to manufacturer's instructions. Drain dirty oil from the crankcase and replace it with fresh oil of the proper weight.

Remove and clean or replace the spark plug and pour a small amount of gasoline in the tank. Start the engine and let it run until

the fuel is used. Now lubricate wheel bearings and moving parts.

Finally, check the blade with the spark plug wire disconnected and sharpen or replace it if necessary. If you sharpen the blade, take care not to sharpen it out of balance. Finish the job by lightly coating the blade with oil to prevent rust. It is best to replace the bolt that holds the blade on the mower for safety's sake as these bolts become weakened, particularly if they've been banged with a hammer.

Simple care and maintenance of your mower now can save a great deal of time and effort in the months ahead.

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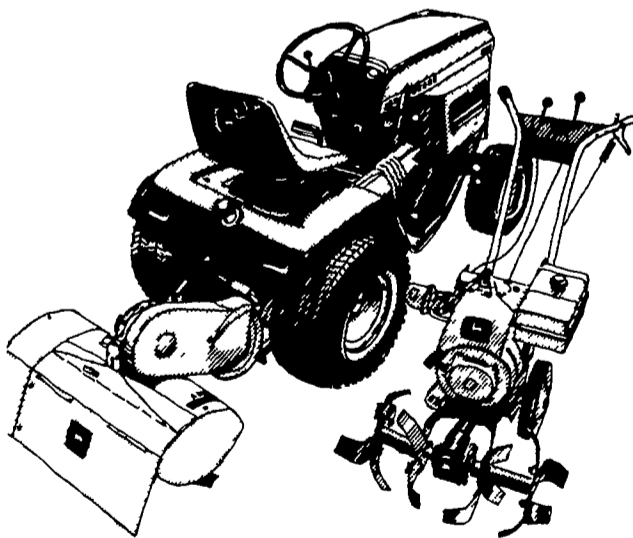
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