

# Kid's KOrner

## Vegetables Add Vitamins and Variety

Vegetables grow in great variety — from A (asparagus) to Z (zucchini). They come in reds, greens and yellows, and, best of all, they are in season right now.

Most vegetables are low in cost and calories. Even better, they rank high in vitamins and minerals.

Most dark-green and deep-yellow vegetables excel as dependable sources of vitamin A. Members of the bean family are great for protein and B vitamins, as well as iron and other nutrients.

Another good thing about vegetables is that they can be used in a variety of ways. They taste

great and add color to a tossed salad, make super relishes and delicious soups.

For a scrumptious, low-calorie snack for after school or between meals, try raw vegetables. Celery sticks, carrot sticks, radishes or green pepper slices can be kept in the refrigerator for easy access.

For an added treat with raw vegetables, mix up this easy dip:

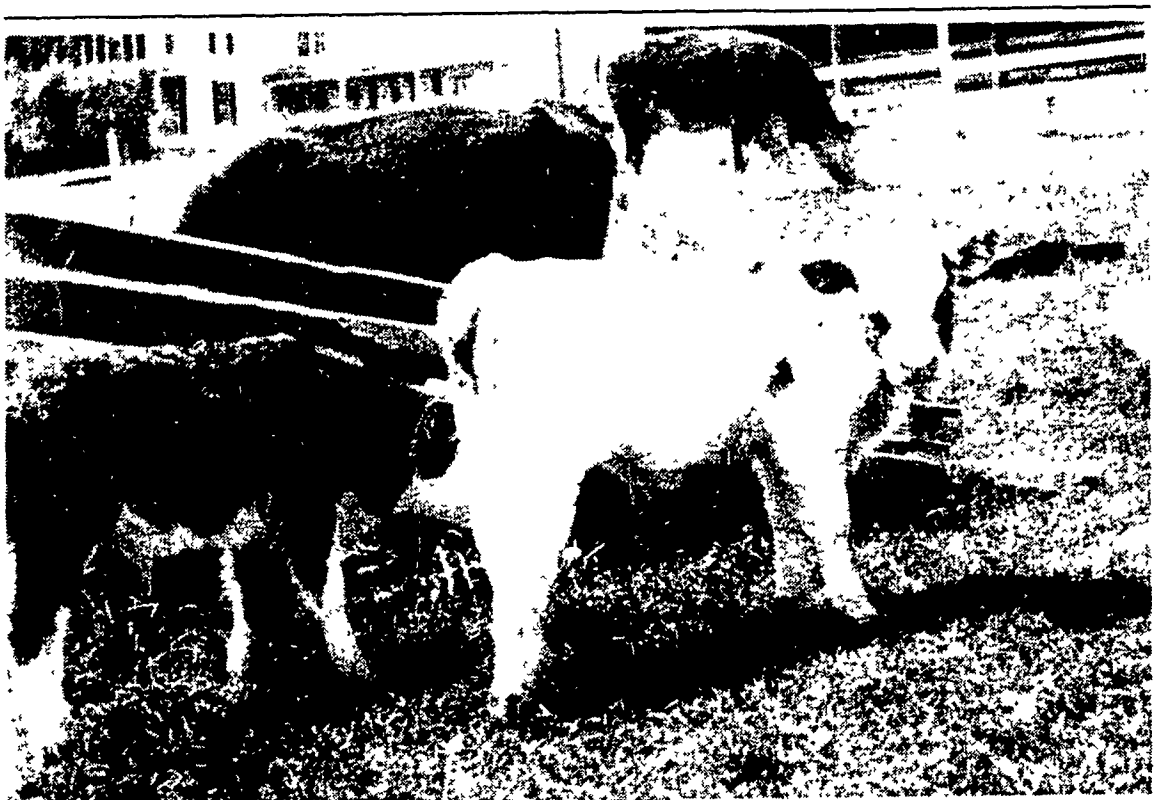
**Tangy Sour Cream Dip**

- 1 cup dairy sour cream
- 2 tablespoons prepared horseradish
- 1 teaspoon Worcestershire sauce

- 1/2 teaspoon celery seed
  - 1/2 teaspoon salt
  - 1/4 teaspoon paprika
  - 1 tablespoon chopped pimiento-stuffed green olives
- Combine all ingredients; mix well. Chill. Serve with crisp vegetables.

A	C	B	E	A	N	S	O	C	V
M	S	E	T	J	L	V	N	O	R
K	P	E	U	H	E	R	E	F	Y
B	I	M	R	I	O	X	W	R	Z
C	N	A	N	C	B	N	A	B	C
R	A	D	I	S	H	E	S	S	F
D	C	I	P	E	P	P	E	R	S
T	H	G	S	O	K	E	L	T	M
W	T	O	M	A	T	O	A	E	S
E	C	A	R	R	O	T	S	S	E

Find 10 of your favorite vegetables. Words run across, down or diagonally in any direction. Words are: beans, turnips, corn, radishes, carrots, peppers, beets, spinach, peas and tomato.



"You think it's easy being different. Just because I'm mostly white and the other purebred Herefords are mostly darker, it's no reason to shove a camera into my face as soon as I get into pasture."

This indignant youngster was born this spring on the Windmill Farms registered Hereford operation of Peter Beck, of New Ringgold.

## COLOR THIS!

- |           |               |
|-----------|---------------|
| 1. BLACK  | 6. PEACH      |
| 2. RED    | 7. GREEN      |
| 3. YELLOW | 8. LT. BROWN  |
| 4. BLUE   | 9. LT. BLUE   |
| 5. BROWN  | 10. LT. GREEN |

**GEORGE HERMAN "BABE" RUTH.** HE WAS KNOWN AS BASEBALL'S GREAT SLUGGER. "BABE" WAS ONE OF THE MOST GIFTED AND POPULAR PLAYERS IN BASEBALL. IN 1927, HE WON FAME WITH HIS 60 HOME RUNS DURING A SINGLE 154 GAME SEASON. DURING HIS LIFE-TIME "BABE" HIT 714 HOME-RUNS. HE HELD THIS RECORD UNTIL 1974.

