

Save vitamins during cooking

Homemakers School Home Economist, Debbie Rasmussen recently reminded us when preparing meals for your family, be sure to use the most effective methods of cleaning, storing and cooking foods to retain their essential vitamins. Each step in food processing, from the farm to your dinner table, can cause some loss of vital nutrients.

She further explained that the homemaker generally will get the most food value by purchasing fresh vegetables, cooking them in as little water as possible, and by not cooking or storing them too long.

Here are a few suggestions from Debbie for saving vitamins in the foods you serve:

-Tomatoes already ripe from natural sunlight have much higher levels of vitamin A and C and should be bought in preference to those picked green and forced to ripen under fluorescent light.

-After slicing any fruits or vegetables, cover all cut surfaces as soon as possible because vitamin A and C are destroyed by

contact with air. Juice containers should be air tight. Fresh vegetables should not be stored at room temperature but rather in sealed containers in the refrigerator.

-Trimming or peeling fruits and vegetables before cooking cuts away many valuable nutrients, especially vitamin C. When possible, leave the skin on and simply scrub thoroughly with a vegetable brush.

-The more cut surfaces, the greater the vitamin loss during cooking. Cook vegetables whole or in large pieces.

-Prolonged cooking in a pressure cooker should always be avoided since it destroys flavor, texture and nutrients. Steam raw vegetables using as little water as possible.

-Always cook frozen vegetables directly from their frozen state and again, use only as much liquid as necessary to prevent scorching. Frozen foods handled this way will retain most of their vitamins.

-Any leftover liquid from cooking, fresh frozen or canned vegetables should be saved and poured over

the vegetables or added to soups or gravies. The liquid in canned vegetables contains about one-third of the nutritional value of the vegetables. However, vegetables should not be left in their cooking water for long periods.

-To maximize flavor and wholesomeness, saute vegetables quickly, using a small amount of oil or margarine in a skillet or wok.

-If you cook enriched white rice it may be washed in cold water before cooking, but this step is not necessary when using modern packaged rice. In cooking enriched rice, use only recommended amounts of water so that no vitamin B, and niacin losses occur in the water poured off after cooking. The nutritional value in other grains and cereals is also lowered if they are cooked in large amounts of water and then drained, so cook cereal grains in only as much liquid as can be absorbed during cooking.

-The protein content of meat, fish and poultry generally can only be slightly reduced through cooking. However, meat shrinks as it loses fat and water. Vitamins are also lost. The basic guide is to cook with low heat until meat is rare, instead of reaching the well-done stage. The exception is pork, which must always be cooked thoroughly.

If meats are braised or stewed, the meat stock should be saved for soups, gravies and cream sauces. Any meat juice should also be added to gravy or spooned over the meat since it contains vitamins.

The best storing, preparation and cooking techniques will not guarantee that your family has a balanced diet. Care and consideration must also be given to the selection of the foods you eat. You have the final say about what goes into your shopping cart, so think

about the nutritional value of the food you're going to buy. Read labels and look for vitamin fortified foods and if you follow these tips when preparing the meals you serve, families will be sitting down to home-cooked meals that are more nutritious.

Debbie Rasmussen will be sharing more information from the Vitamin Information Service at the Homemakers School.

Adult Requirements

Maturity means a change in the body's food requirements. Men and women need less protein and calcium than young people. About two cups of milk a day provide enough calcium. Men usually get enough iron without making a special effort, but women must be sure to get extra supplies in the diet. The amount of vitamin D adults get in fortified milk is enough for their needs.

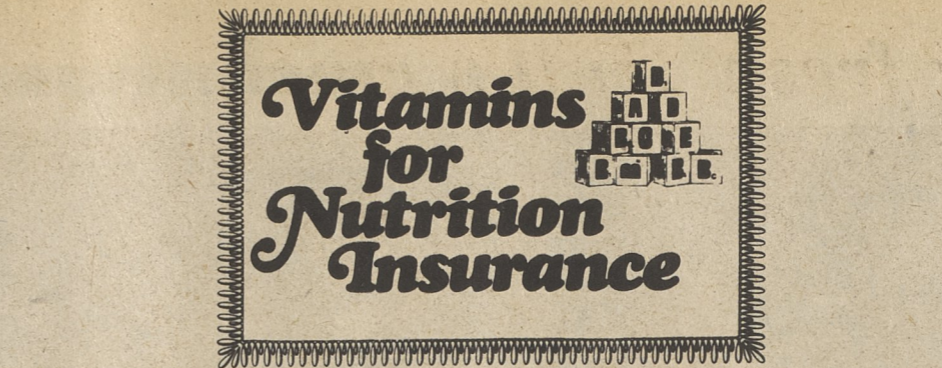
Allowing For Age

Allowances for vitamin A and C are about the same in adulthood as in younger days. Adults can get enough vitamin A in dark green, leafy vegetables or deep yellow ones if they eat them three times a week, along with the recommended daily servings of such foods as whole milk, vitamin A fortified skim milk, cheese made from whole milk, and butter or vitamin A-enriched margarine. The easy way for adults to get enough vitamin C is to have one serving of citrus fruit or juice daily along with other fruits and vegetables.

Cross-stitch exhibit planned

An exhibit of cross stitch samplers made by local residents will be held at the historic home of Col. Nathan Denison in Forty Fort on the first weekend in May (6 & 7).

Children over 10 years of age and adults who would like to display their framed samplers are asked to contact Miss Donna Morgan, 428 North Maple Avenue, Kingston, Pa., 18704.



Vitamin	Function	Dietary Sources
A	Essential for normal growth in children, good vision, healthy skin and hair. Prevents xerophthalmia.	Milk, butter, fortified margarine, eggs, liver and kidney, leafy green and yellow vegetables.
B₁ (thiamine)	Necessary for proper function of heart and nervous system. (Early signs of deficiency include loss of appetite, constipation, insomnia and irritability.) Prevents beri beri.	Enriched cereals, bread and other flour-based products, fish, lean meat, liver, milk, pork, poultry, whole grain cereals.
B₂ (riboflavin)	Necessary for healthy skin and essential for building and maintaining body tissues. Helps prevent light-sensitivity of eyes.	Enriched bread and cereals, leafy green vegetables, lean meats, liver, dried yeast, milk and eggs.
B₆ (pyridoxine)	Important for healthy teeth and gums, the red blood cells and the nervous system.	Whole grain cereals, wheat germ, vegetables, dried yeast, meat and bananas.
B₁₂ (cyanocobalamin)	Helps prevent certain forms of anemia. Contributes to health of nervous system and proper growth in children.	Foods of animal origin, lean meat, liver, kidney, milk, salt-water fish and oysters.
C (ascorbic acid)	Essential for healthy teeth, gums and bones. Builds strong body cells and blood vessels. Prevents scurvy.	Vitamin C-fortified juices, citrus fruits and fruit juices, berries, tomatoes, cabbage, green vegetables and potatoes.
D	Necessary for strong teeth and bones. Helps body use calcium and phosphorus. Prevents rickets.	Milk, cod liver oil, salmon, tuna and egg yolk.
E	Essential for the functioning of red blood cells to protect essential fatty acids.	Vegetable oils, wheat germ, whole grain cereals and lettuce.
B_c (folic acid)	Helps prevent certain forms of anemia and aids in maintaining functions of intestinal tract.	Leafy green vegetables, food yeast and meats.
B₃ (niacin)	Necessary for converting food to energy. Aids the nervous system. Helps prevent loss of appetite. Prevents pellagra.	Enriched cereals and bread, eggs, lean meats, liver and dried yeast.
H (biotin)	Essential for the intermediate metabolism of carbohydrates, proteins and fats.	Egg yolk, green vegetables, milk, liver and kidney.
B₅ (pantothenic acid)	Needed for the body's use of carbohydrates, fats and protein.	Almost all plant and animal tissue (foods).

LCCC art department plans exhibits

The Art Department of Luzerne County Community College will present its 11th annual exhibit of art and photography in the main lobby of the Hotel Sterling from April 19 through 26.

Held in conjunction with the Cherry Blossom Festival in Wilkes-Barre, the exhibit will open with a reception in the Sterling's Crystal Ballroom at 8 p.m. on April 19.

Members of the Art Department at LCCC are Susan Spononberg, Conyngham; Robert Kray, Sr., Nuangola; George Schelling, Laceyville; Tom Musto, Wilkes-Barre; Patrick Murphy, Wilkes-Barre; Arthur Hakim, Plains, and Tosca Villano, West Pittston.

Children

There's only one beautiful child in the world and every mother has it. The easiest way to teach children the value of money is to borrow some from them. One reason there are so many juvenile delinquents today is that their dads didn't burn their britches behind them. Parents spend the first three years of a child's life trying to get him to talk—and the next sixteen trying to get him to shut up.

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