

● **Timely Tips**

(From page 4)

Soup's on. Now there's a call to good eating on cold blustry days. You can make soup even more delicious when you add a pinch of herbs or a bit of seasoning.

For example, potato soup will get a new vote of approval from family members if you accent it with dill. Simply put one-fourth teaspoon of dill seed into a cheesecloth bag. Then drop the bag into a pan with the soup and heat, following directions on the label. Remove

the bag and your seasoned soup will be ready to serve. Here's another reminder. Hearty vegetable soup has a new taste if you add a pinch of sage. One or two bay leaves added to tomato soup can make a real taste difference. You'll find these seasonings work equally well with commercially canned or homemade soups, so plan to give your family a taste treat soon.

**Selecting Food For Snacks:**

Select snack foods by the company they keep — that's good advice anytime, especially if you eat snacks several times during a day. Two coffee breaks plus a snack while you watch television could add up to this—enough food to be thought of as a fourth meal.

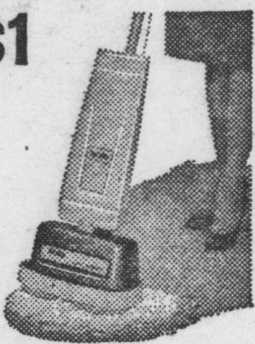
If you use nutritious snacks to complement regular meals — that's fine—but if the snacks you nibble on are mostly calorie-laden, you could throw your weight out of kilter. To help choose snacks wisely, here are some tips to keep in mind: Don't eat snacks just before meals—they may curb your appetite.

When possible avoid eating empty snacks—or snacks that contain calories and few nutrients, such as soft drinks, potato chips, and candy. However, if you wish to gain weight, these empty snacks will help you. But to keep your weight in check, choose (Turn to page 7)

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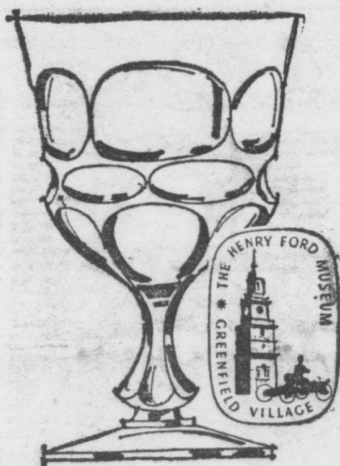
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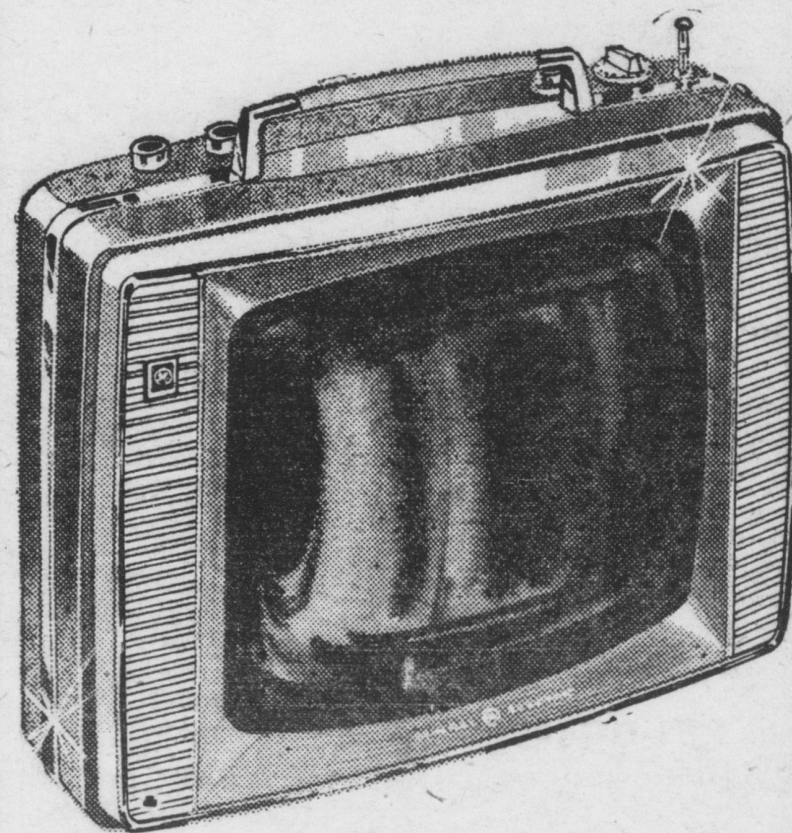
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