Down to earth

Start spring gardening slowly

All you have to do is shoo a garden writer out of the area and she'll come back with a new bag of garden ideas.

Place your old banana skins under the surface of the soil to decompose and you will be feeding your soil calcium, magoesium, sulpur, phosphate, sodium and silica. Bananas are a big tinig in many households, so if I were doing it I would dig a shallow hole and cover up the better? With soil the state of the residue atterned to bury. It was suggested that if you have tast who might dig up the dinner byproducts, you could cut an inner tub bury. It was suggested that if you have had by it would be the summary to be summary to be

If you can, plant your rows going north and south, insuring an equal amount of sunlight. If you are gardening on a slope, be sure and use a contour pattern.

When you see the contents of your packet of seed you will know how deep to plant. They should be planted two or three times the maximum diameter of the seed.



You could save by eating out

Eating out is more or less expensive than eating at home, depending on how you look at it.

If you compare only raw food costs to menu prices, the home prepared meal is less expensive, a Purdu University researcher told participants at a recent conference on Food Service Research held at Michigan State University.

Research fleta at microgan unacturers;
But if you consider the homemaker's
labor, at \$1 per hour and the cost of
energy required to prepare the meal,
the restaurant meal is often less expensive, said Dr. Lee Kruel, assistant professor in the Department of Hotel, Res-

taurant and Institutional Management.

Many at-home costs are impossible to quantify, he pointed out. Nevertheless, he compared the cost of two fast food type meals—fried chicken and roast beef sandwich—and the cost of firing the same meals at home.

Home prepared costs for the fried chicken were broken down in terms of low-priced (baked chicken using a coating mix) and high priced (sing a deep fryer.)

Totaling the cost of potatoes, gravy, margarine, milk (for potatoes and coating, rolls, cabbage slaw dressing, 1974), cabbage slaw dressing, 1974, when the compared to \$4.75 including tax for the fast food chicken came to \$4.76 and the high-priced died labor and energy costs to the totals, the low-priced home prepared meal came to \$4.76 and the high-priced meal was 72.25, eight per cent more than the restaurant meal.

Kruel also compared similar costs for the same dinner for three, two and none adult. For the single adult, the raw food cost was 31 per cent liess for the ingle-priced than the research and \$4.75 per cent ligher than the residence of the control o

1985. He added that there is a "tug-of-war" He added that there is a "tug-ot-war" over the consumer dollar going on between restaurants and supermarkets. A number of ad campaigns are directed at luring patrons away from restaurants, Kruel said, recalling an ad which states: "The ins eat in and the outs eat out."



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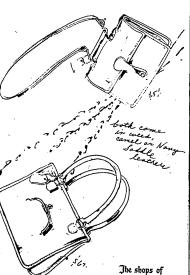


Soft luggage

Soft, monogrammed, waterproofed luggage made of ski wear fabric is created by Becky Magnus (at left) who will teach the craft in Farmington Community Center. Barbara Dermody will be a student in the Monday morning classes which begin April 30, when participants will make a duffle bag, a garment bag, a

cosmetic bag and a tote bag in the four week course. Driving a small car motivated the teacher to custom-make her own laggage that sheds water, slides in the snow and squeezes into small spaces. Registrations are being taken at the center, 477-3484.





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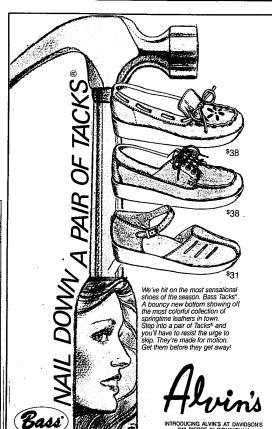
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