Amaze and amuse your friends with these tomato facts

Here are some little known fects from the tomato growers in the sunny Mexican state of Sinaloa. Tomatoes go through six stages of ripening. The stages are: Green, Brain the sunny Mexican state of Sinaloa. The tomato is a fruit. One hum of the diared the tomato a vegetable as it is action with a meal, not as a design and the tomato a vegetable as it is action with a meal, not as a design art — an important distinction back then, as fruit was exempt from import duty, vegetables were first cultivated from three major growing regions: Florida, California and Western Mexico.

In 1876, Henry J. Helns made ketchup from tomatoes and bottled in Tomatoes are more widely marked the tomatos a vegetable series to the vegetable. The sum of the stages are: Green, Brain to the stages are: Green, Brain to the stages are: Green, Brain to the stages are: Green, Brain town price in the stages are: Green, Brain town probable with the stages are green as fruit was a design and the stages are green as fruit was exempt from import duty, vegetables were first cultivated in Mexico.

In Tomatoes were first cultivated in Mexico.

made into a sauce and are rising in popularity as an accompanionent for salads.

The first tomatoes to arrive in gold).

Make a special lunch for Mother's Day

AP — Make it easy for Mom on her special day. Make lunch!
A colorful main-dish aslad prepared with ready-to-use ingredients is simple enough for older kids to assemble, or for younger children to make with a little help from Pad.

children to make with a little help from Dad.

Begin with aliced-to-order deli-roast beef; it's ready to eat or to use in recipes. Cut into strips and arrange over lettuce with mange and bell pepper pieces. A lightly spiced yogurt-chutney dressing takes just minutes to stir togeth-er. Crisp bread sticks make a good accompaniment.

Set the table with cheerful

Call the toil-free Nutrition Hot-line of the American Institute for Cancer Research 1-(800) 843-4114 for free, personalized answers to nutrition questions from a regis-tered dietitian. The hotline oper-ates weekdays 9 a.m. to 5 p.m.

CARIBBEAN BEEF SALAD Chutney Dressing (recipe be-

- 1 pound deli roast beef, silced
- %-inch thick 4 cups tom romaine lettuce
- I targe mango, peeled, seed-ed, cut into %-inch pieces I red bell pepper, cut into %-
- Prepare Chutney Dressing set

aside. Trim fat from deli roast beef. Stack beef slices; cut lengthwise

You can also call the hotline to request a list of free publications to help you eat for good health and lower cancer risk.

The hotline is offered by the In-stitute as a public service. AICR's

in half and then crosswise into W-inch wide strips. To serve, errange lettuce on serving platter; arrange beef, mange and bell pepper on let-tuce. Drizale W cup dressing over salad, pass remaining dressing. Makes 4 servings.

CHUTNEY DRESSING

B-ounce carton plain low-fat yogurt 5 cup chopped mango chut-ney (such as Major Grey) 4 cup reduced-calorie mayon-naise

registered dietitians will return your call within 48 hours. The In-stitute focuses on the link be-tween diet, nutrition and cancer. Researchers estimate that 40 to 60 present of all concers are

60 percent of all cancers are linked to our diets.

ed for fresh mango.
Nutrition facts per serving: 417
cal., 37 g pro., 35 g carbo., 14 g fat,
4.3 mg iron, 410 mg sodium, 101 mg

Call hotline for nutrition information

Overcharges

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Consultants W. Kington, CPA 810-681-9000 810-975-6200

In a medium bowl, combine dressing ingredients; mix to blend. Note: Jarred pre-cut mango silces, available in the produce section of your supermarket, may be substitut-ed for fresh mango.

chol.

Recipe from: Meat Board Test
Kitchens

Mortgage Overcharges

NOTICE OF LAST DAY OF REGISTRATION OF THE QUALIFIED ELECTORS OF -OAKLAND COMMUNITY COLLEGE DISTRICT FOR THE SPECIAL ELECTION TO BE HELD ON MONDAY, JUNE 12, 1995

TO THE QUALIFIED ELECTORS OF OAKLAND COMMUNITY COLLEGE DISTRICT.

PILEASE TAKE NOTICE that a special election for the Oakland Community College district shall be held on Monday, June 13, 1995, in conjunction with the regular elections of component school districts.

Act 118, Public Acts of Michigan, 1954, as amended, provides in part as follows: The impectors discriming an an advantage per primary election in this state, or in a district, county, township, city or village in this state, at all district, county, township, city or village in this state, at all not receive the role of a person whose name is not registered the translation precinct in the translation precinct litt of the township, ward, or precinct in which he offers to vote unless the person has met the requirements of section 807b.

tas person has met the requirements of section 8070.

1893. Persons reading in said District registering after 5.00 p.m. on Mooday, May 15, 1993. Persons reading in said District registering after 5.00 p.m. on Mooday, May 13, 1993 will not be eligible to vote at the election. Persons planning to register must determine when the township, typ, or willing offices or Secretary of State drivers license bureau offices will be open for registration.

Only persons who have registered as general electors with the appropriate cierk of the tormahlp, city, or village in which they reside, or through registration with a deputy registrar or at a Secretary of State drivers license bureau, are registered Datrick electors.

registered intarce receives.

Please take further notice that only registered school electors residing in the
Oakland Community College area of any component school district will be eligible to vote at the special election of Oakland Community College.

The following proposal will be submitted to the electors at the special election to be held on Monday, June 12, 1995.

OAKLAND COMMUNITY COLLEGE MILLAGE PROPOSAL

CONTINUES COMMONST FOR STATE PRICE P

This Notice is given by the order of the Board of Trustees of Oakland Community College District, State of Michigan.

DOUGLAS H. WAKEFIELD Secretary, Board of Trustoes

Publish May 4 and 8, 1995







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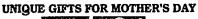
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