

Home Canning Not a Thing Of The Past

Home preservation of food isn't just a homemaker's practice of grandmother's time. According to specialists at Michigan State University, studies made during the last 10 years reveal that canning and home preservation of food are still important.

Even with the popularity of the freezer today, more homemakers are canning than freezing fruits and vegetables, but over half of all homemakers use a home freezer for some food preservation.

The studies also showed that the peach is the most popular fruit for canning while the tomato is by far the most popular vegetable. For freezing purposes, strawberries led the way, followed by raspberries, blueberries, and blackberries.

Geographically, home canning was most popular in the east south central, west north central, and mountain states.

Its popularity also seems to be influenced by family income. Those in the lowest income group (under \$3,000) do the most home canning and those with the highest incomes (over \$10,000) do the least.

Home canning is also somewhat more popular among rural families than city dwellers.

Offer Tips To Beat Back Attack

If you're a typical American woman, chances are better than even that you'll have back problems before you're 40.

That's the word from medical specialists of a well-known insurance company movie on physical fitness in hopes of improving the odds.

One of the nation's leading writers of health insurance, says lack of proper exercise, poor posture, and unsafe home or office work habits lead the "back attack."

"Our society generally discourages women from strenuous physical activity," it points out. "And the multitude of labor-saving conveniences we have makes it that much more difficult for women to get in top condition, even in their youth."

"Few women enjoy perfect posture and taller women are especially vulnerable to 'slouching,' which increases chances of back muscle strain. Combine unconditioned muscles and poor posture with the strain induced by bad work habits and back pain often pops up."

A color film, called "Maximum," features the Royal Swedish Ballet. The troupe uses dance techniques to demonstrate the proper—and safe—way to perform household and office chores.

Examples:

1. When vacuuming, keep your back straight. If you bend to clean under furniture, do it at the knees.

2. The back-straight, knee-bent rule also applies to lifting, even when the object is light. If you must lift something heavy, hold it close to your body. This allows you to keep your back straight and in balance, and puts the strain on stronger leg and thigh muscles.

3. Sit, don't stand, to do such chores as peeling potatoes.

4. Plan your work schedule so that you don't "overdo it." Rest periodically, preferably in a chair that provides good back support.

5. If you work in an office, keep your back straight and your feet firmly on the floor when working at a desk.

6. "Maximum" also points out that posture and general health can be improved by a sound exercise program. It can range from a few minutes of calisthenics at home to relatively strenuous outdoor sports. The film recommends swimming, bowling, cycling, and anything that requires plenty of walking.

Aetna Life & Casualty will lend "Maximum" free to women's organizations and other groups interested in health and safety. Write to the Information and Education Department, Aetna Life & Casualty, Hartford, Conn. 06115.

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Tenderay Steak
U.S. GOVERNMENT GRADED CHOICE
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U.S. GOV'T GRADED CHOICE TENDERAY
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U.S. GOV'T GRADED CHOICE TENDERAY
CHUCK STEAK 59¢ LB



Tenderay Roasts
BLADE CENTER CUT **CHUCK ROAST 49¢ LB**
4TH & 5TH RIBS **RIB ROAST 79¢ LB**
U.S. CHOICE TENDERAY BEEF
BONELESS ROAST 79¢ LB
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CENTER CUT RIB
PORK CHOPS 79¢ LB
LOIN CHOPS 89¢ LB

FRESH or SMOKED PICNICS 39¢ LB

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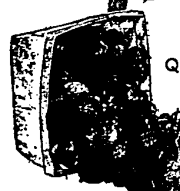
MORTON FROZEN
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HAMBURG BUNS 33¢ 12-CT PKG
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