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Test green thumb growing vegetables

If you've never tried gardening before, this might be the spring for growing some of the vegetables you normally buy.

You may first want to test your green thumb on tomatoes, since they grow under a wide variety of conditions with minimum effort.

"Growing Tomatoes in the Home Garden," a booklet from the United States Department of Agriculture (USDA) will tell you how to grow your own in the backyard.

It includes information on how to choose the site, prepare the soil, seed, transplant and care for tomato plants.

COPIES of the booklet are 25c each from Consumer Information, Pueblo, Colorado 81009.

Another USDA publication

"Growing Vegetables in the Home Garden" gives instructions for planting and growing almost all types of garden vegetables.

This publication may be ordered for 75c.

If you don't have room for a full-fledged garden, you'll find instructions for growing vegetables in windowboxes, on balconies or patios in "Mini-gardens for Vegetables," a 12 page guide to growing many vegetables in containers.

THE PUBLICATION is 25c per copy.

All three publications are listed in the expanded gardening section in the new spring edition of the "Consumer Information Index," available free from Consumer Information and at Federal Information Centers.

Sweet tooth, sign of protein shortage

Do you have a sweet tooth? Don't reach for a bonbon. It may be something quite different your body craves, according to Dr. Arthur Weaver who lectured at the health and food preparation class held in the gym of the Metropolitan Seventh-day Adventist Church in Detroit on "Protein in the Adequate Diet."

Dr. Weaver pointed out that a yen for something sweet is one of the first warnings that the body is not getting enough protein. A feeling of chronic tiredness and lack of stamina, often accompanied by dizziness and weakness are other danger signals.

Quality of the protein the body receives is even more important than the quantity, Weaver stated, warning that careful study should be given to preparing menus which provide all the essential amino acids at each meal.

QUOTING HENRY Sherman of Columbia University, Dr. Weaver stressed the importance of minerals in the diet as regulators of vital body processes. Vegetables, fruits, milk and whole-grain cereals were given as the principal sources of minerals.

In the lecture which preceded the demonstration of appetizing vegetable dishes, Dr. Weaver gave the class nine rules for cooking vegetables in order to preserve their vitamins and minerals.

• Cook in skins whenever possible. Most food value is near the skin.

• Dicing, chopping or grinding hastens oxidation of vital elements by exposure to air.

• Cook in little or no water. Do not soak before cooking. Many nutrients elements are water-soluble.

• Start fast and cook quickly. Have water boiling when vegetables are added.

• Avoid violent boiling and do not stir. Contact of air on hot food destroys nutrients.

• Never use soda. It destroys vitamins and spoils flavor.

• Add salt after vegetables are nearly cooked.

• If vegetables cannot be served at once, cool and reheat rather than keep warm.

• Use modern cooking utensils with tight-fitting lids. If pressure cooker is used, timing must be exact.

Career seminar at Orchard Ridge

Women seeking jobs are invited to attend a "Career Seminar for Women" at 1 p.m. Monday, April 8 in the J Building, room 409 of the Orchard Ridge Campus of Oakland Community College.

The two-hour seminar will discuss the current position in the work force; areas of employment open to women; which jobs remain closed; and part time jobs available.

Barbara Kabcenel, director of the Graduate Opportunity for Placement (Grop Shop) will speak

to these topics and answer other questions.

A PANEL of four women, presently employed or in job training programs will share their experiences and answer many questions related to job and training qualifications, pay, working conditions and fringe benefits.

The four are: Marilyn Becker, psychiatric social worker; Sally Eckert, real-estate broker; Forrester Clayton; student; and Renee Sagan, attorney.

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