...PRESENTS

BENEFIT ART AUCTION

MOTHER WADDLES SUNDAY APRIL 7, 3 p.m.

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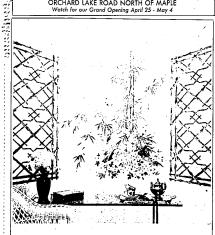
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OBSERVER & ECCENTRIC

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 Tomatees in the

"Growing Tomatoes in the Home Garden" a booklet from the United States Department of Agri-culture (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 at 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 windowsills, on balconies or paties in "Mini-gardens for Vegetables," a 12 page guide to growing many vegetables in containers.

THE PUBLICATION is 25c

THE PUBLICATION IS DEPT 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 Informations Centers.



ORCHARD MALL

ORCHARD LAKE ROAD NORTH OF MAPLE

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

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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 ereals 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 nu-tritive elements are water-soluble.

Career seminar at Orchard Ridge

11 MILE ROAD

& MIDDLEBELT Farmington

476-2727

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.

The four are: Marilyn Becker, pair of the control worker; Sally pairs and answer of questions.

A PANEL of four women, presently employed or in job training consisting the control of the properties of the control Women" at 1p.m. Monday, April is 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 Kabeenel, director of the Graduate Opportunity for Placement (Grop Shop) will speak Sagan, attorney.

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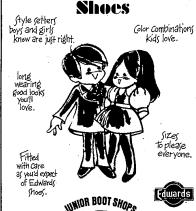
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