



DRIVE TO SAVE FUEL
 "With gasoline costs at record levels, fuel economy has become a necessity for American motorists," says Stirling Moss, the world's foremost race driver. "But we can all cut back on the amount of fuel we use by knowing a few basic driving and maintenance tips."

Watch your step on the gas pedal. Keep a steady pedal pressure with speed increasing or decreasing with the terrain.

Maintenance helps. Clean out filters every 15,000 miles. Replace spark plugs every 12,000 miles. This can add as much as one mile for every gallon of gas.

Check your tires. Tires should always be inflated to manufacturer's recommendations. Underinflated tires can seriously reduce fuel mileage on any car.



You can also make a significant contribution to energy conservation by recycling worn tires with 2/32 of an inch of tread left. Last year enough casings were discarded to encircle the earth four times at the equator. And each took about seven gallons of crude oil to produce.

Recent statistics show that it takes four and a half gallons less to retread a tire than to manufacture a new one. By these figures, retreaded tires conserve millions of gallons of crude oil last year. This is a great way for motorists to make a direct contribution to fuel conservation while getting their bald tires off the road.

BOILING UP ON TROUT
 Modern American meal-makers are always on the look out for food that's good tasting, nutritious, yet easy to prepare. One tempting treat which is all this and has the added plus of being an elegant entree, is trout.



Nowadays trout, plucked from pure water ponds, are shipped nationwide in both fresh and frozen form. These farm-grown trout are found in your supermarket fish or freezer case to provide year round eating pleasure. What's more, these speckled splashers are nicely nutritious-packed with vitamins, minerals and plenty of the all-important protein. And for calorie-conscious citizens the good news



is that trout has less fat than other popular protein entrees.

Both sophisticated and novice cooks will find pleasure in preparing trout for at-home dining. Just beware of overcooking, don't turn it unless it's sauteed, and keep the scales on. It's even easy for you to fillet. After it's cooked, slip a butter knife along the entire length of the backbone, steadying the fish with a fork. Gently lift away the top fillet, including bones and tail. With the knife, separate head from the bottom fillet and lay the top fillet skinned down on the plate. Lift away the tail, bone structure and head. Sprinkle boned trout fillets with freshly-squeezed lemon juice, spice it up with seasonings such as sesame, chives, dill, oregano, parsley, sage, rosemary or thyme. Or try your trout poached and served with a sauce of 1/2 cup sour cream, 2 teaspoons lemon juice, 1/2 teaspoon salt and 1/4 teaspoon dill weed.

Good to taste and high in nutrition, it isn't surprising many people rate trout high on their trout scale.

WEAR IT ONE WEEKEND A MONTH.



The plain hat is a challenge and reward to the man who wears it.

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