

# Good nutrition

What can you buy for a dollar these days? Researchers in San Francisco decided to find out how much nutrition they could purchase for a dollar in 1982.

Based on economics, foods supplying the most nutrients per dollar included beef liver, fresh potatoes, brown rice, wheat germ, whole, lowfat and skim milk, eggs and peanut butter, says Sarah Hinton, extension nutrition specialist, North Carolina State University.

For the calorie-conscious, the most nutrient-dense foods per dollar included spinach, beef liver, tomatoes, tuna packed in water, skim and low-fat milk, tofu, dry roasted peanuts, eggs and fresh carrots.

Other good nutritional buys included ground beef, ground turkey, dry kidney beans, whole chicken and whole wheat bread.

Furnishings a home is a major investment. To make those dollars go farther, housing and house furnishings specialists at North Carolina State University recommend a logical approach. Invest the greatest sum of money in those items which will receive the hardest wear. This includes items such as sofas, upholstered chairs, chests, beds and mattresses.

Lesser amounts can be allotted for accessory can be allotted for accessory furniture which goes in and out of fashion more quickly, lamps, coffee and end tables and other accessories are easier to replace.

This method of budgeting gives the greatest return on money and also bridges the two main periods of furniture buying: the bride-and-groom stage when hand-me-downs are frequently used, and the middle stage when a family is begun.

What would Easter be without decorated eggs? If you are looking for a unique and beautiful way to decorate some eggs, try dyeing with onion skins, bits of rice, leaves, small flowers and string, suggest extension housing specialists at North Carolina State University.

Start with a bag of onion skins, several eggs, 7-to-8-inch squares of unbleached muslin or worn out sheets, bits of rice, leaves of small flowers, string and a pan to boil the eggs.

Put half a dozen layers of onion skins on each muslin square. Then put bits of design material (rice, leaves, flower petals, etc.) on top of the onion skins.

Next, place an egg on top of the materials and carefully wrap it in the fabric. Tie the fabric tightly around the egg and onion skins.

Put the wrapped egg in a pan of water and boil for 30 minutes. Cool and untie your decorated eggs.

Marshmallows are easier to cut when partially frozen. Dip kitchen shears into hot water for a minute or two before cutting the marshmallows.

Wax clean medicine cabinet shelves, and they will resist water and stains.

Help protect metal lawn furniture before putting it away for the winter. Wipe it with a dry cloth that has been sprayed with furniture polish.

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WITH ONE FILLED FREQUENT BUYER SAV-A-CHEK QUART SIZE CITRUS HILL **ORANGE JUICE... 19¢**

WITH TWO FILLED FREQUENT BUYER SAV-A-CHEKS 6.4 OZ. TUBE TOOTHPASTE **CREST... 19¢**

WITH TWO FILLED FREQUENT BUYER SAV-A-CHEKS 1 LB. PKG. W-D HANDI-PAK **GROUND BEEF... 19¢**



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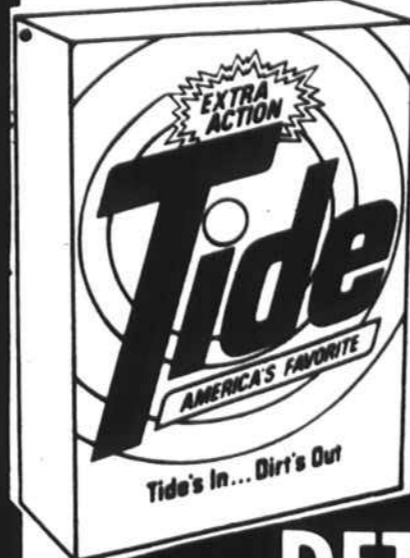


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**EASTER FEATURE: BUNNY RABBIT CAKE \$3.99**

EA.

15 CT. PKG. WITH MULTI-COLORS CUPCAKES **\$3.99**

35 CT. PKG...\$8.99

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