

Vitamins Guard Good Health

Vitamin	Will Give	Source
A	Health and growth Protection to respiratory system Protection to eyes	Milk, cream, butter, cheese, liver, egg yolk, tomatoes, dark green leafy vegetables, carrots, peaches, apricots, and other yellow vegetables and fruits
B₁ (Thiamin)	Health and growth Good appetite Protection to nervous system Help to turn starches and sugars into energy	Lean pork, beef, liver, whole grain cereals, enriched bread, dried beans and peanuts, milk, fruits and vegetables
C (Ascorbic Acid)	Health and growth Strong blood vessels Sound teeth and gums Good bones Resistance to infection	Oranges, grapefruit, lemons, tomatoes, raw cabbage, strawberries and other vegetables and fruits,
D	Health and growth Good teeth and bones Protection against rickets	Sunshine, fish liver oils, salmon, egg yolk, milk butter in summer
G (B ₂) (Riboflavin)	Health and growth	Milk, eggs, lean meat, heart, kidney, salmon, green leafy vegetables

This archival publication may not reflect current scientific knowledge or recommendations. Current information available from University of Minnesota Extension: <http://www.extension.umn.edu>.

AVERAGE PEAK DATES for Fruits and Vegetables

Asparagus	May 15-June 1
Strawberries	June 10-30
Lettuce	July 1-15
Snap Beans	July 1-25
Cabbage	July 1-Sept. 30
Beets	July 15
Raspberries	July 15-30
Celery	July 29-Sept. 1
Sweet Corn	Aug. 1-15
Peppers	Aug. 1-15
Cucumbers	Aug. 1-Sept. 1
Onions	Aug. 15-Sept. 15
Tomatoes	Aug. 15-Sept. 15
Potatoes	Aug. 12
Melons	Aug. 25-Sept. 15
Carrots	Sept. 1-15
Cauliflower	Sept. 1-30
Squash	Sept. 15

"BEST BUYS" On These Radio Programs

Time a.m.	Program and station	
7:15-30	"First News" WCCO	
8:30-45	"Headline News" WDGW	
9:00-15	"Clock and Calendar" WDGW	
8:30-9:00	"Early Bird" WLWL	1330
9:30-10:00	"Around the Town" WTCN	1280
10:00-10:05	"10:00 a.m. News" WMIN	1400
10:45-11:00	"Homemakers' Quarter Hour" WLB	770
11:00-30	"Household Forum" KSTP	1500
(Monday through Saturday—June 2-Sept. 15)		