



January 19, 1973

Try Beans

With meat prices on the rise, consumers may be buying less meat and using beans as an inexpensive protein supplement.

Dry beans are rich in vegetable protein. University of Minnesota nutritionist Muriel Brink recommends serving beans with meat, eggs, cheese or milk to get the most good from them. Vegetable protein is not as complete a protein as animal protein. All protein is vital and helps build skin, muscle, blood, hair, organs and other parts of the body.

Beans also contain iron for building blood and "B" vitamins which help keep nerves, skin and eyes healthy. Soak, simmer and season beans. Cull out the bad ones and wash the others several times in cold water before soaking.

* * * *

Rental Housing

(0:28)

Finding housing to rent may be difficult for those who are not familiar with an area they're moving to.

University housing specialist Bill Angell suggests four resources that may be of help in finding rental housing. Tell your friends in the city what you're looking for. Find out which realtors handle rentals and check the want ads. School housing offices often can help college and university students.

* * * *

more ...

consumer radio briefs

Signing A Lease

(0:28)

University housing specialist Bill Angell says a lease will give protection to the landlord and renter because it defines the rights and responsibilities of each.

But it's important to understand lease provisions. The technical jargon may be difficult to understand. You may want to take a copy of the lease to your attorney or a legal aid clinic to interpret it for you. Never rely on verbal promises of a landlord.

* * * *

Rent Rule Of Thumb

(0:20)

Whether you're renting or buying housing, monthly housing costs should not exceed one week's pay. Rent, utilities and furnishing costs should be figured in the total housing costs.

A fair monthly rent in most areas would be about one percent of the purchase price of a house of a similar age, size and location.

* * * *

Inexpensive Cocoa Mix (Corrected from 1/12/73) (0:40)

Instant hot cocoa mixes may be too expensive for some family food budgets, so University of Minnesota home economists offer this suggestion:

Mix instant non-fat dry milk with cocoa. Use seven cups of dry milk, one cup of sugar, three-quarters of a cup of cocoa and one-quarter of a teaspoon of salt. Stir in a little warm water to make a paste in a cup one-third full of the dry milk-cocoa mix. Fill the cup with boiling water, constantly stirring.

For cold chocolate milk, make the mix the same as for hot cocoa, but chill it several hours. Stir well before serving.

* * * *