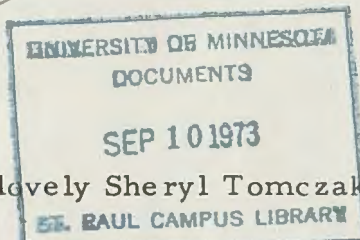


September 7, 1973



(0:30)

Making Bread

A tisket, a tasket, lovely Sheryl Tomczak (tom-zak) makes her own bread and shows friends and strangers how it's done.

The pert miss is a 14-year-old 4-H'er from Anoka. She demonstrated ye ole bread making art recently at the State Fair.

She'll also show you how to make natural bread dough baskets, which usually are quite expensive in speciality and department stores. The handy baskets can be filled with small bread loaves of love and given to someone special.

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New Consumer Meat Publication

(0:30)

A new publication, "Consumer Questions About Meat," has been published by the University of Minnesota's Agricultural Extension Service.

It includes sections on meat pricing, selection, storage, cooking and nutritional value. There's also a section on carcass yields that should be helpful if you're considering buying a side of beef.

The publication, Extension Bulletin 379, is available from your county extension office. Or, send a post card to the Bulletin Room, University of Minnesota, St. Paul, Minnesota 55101.

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