

# Personal

## Coffee's demise brings juice's rise

No doubt the price of coffee today has made many think about the alternatives now available to the brew. As far as breakfast is concerned, the answer may be in a variety of juices.

Apple juice can be prepared either hot or cold and the added touch of cinnamon, cloves, or orange slices can always spice things up. Americans seem to be drinking more and more of the truly American cranberry juice. It too can be served hot.

Orange, grapefruit, pineapple, and grape juices may be combined with each other. These drinks, nutritionally, are healthier than coffee and now cost less.

## Government brochure talks energy savings

With President Carter determined to chart an energy course for the nation, ways to get the conservation message out to the people are important. A new government booklet offers some money-saving suggestions for the homeowner.

Entitled *In the Bank or Up the Chimney?*, the 70-page publication describes techniques for weatherstripping, caulking, and installing storm windows. Insulation, which is becoming more and more important to stop heat loss, is also extensively covered.

A guide for choosing energy conservation and estimates of potential savings is also enclosed. Book number is 311D. Cost is \$1.70. Write to Consumer Information Center, Pueblo, CO 81009.

## Travel guide offers toll-free number

Even though the summer will soon be here, it's not too late to do your vacation planning. Landmark Publishing now has a directory available listing more than 9,000 toll-free numbers of hotels, motels, and campgrounds in the northern hemisphere.

Also including numbers for airlines, car rental chains, golf and tennis resorts, the *1977 Traveler's Toll Free Telephone Directory* is packed with 128 pages of listings.

Cost of the publication is \$2.50. Mail to Landmark, Box 3287, Burlington, VT 05401.

## Grow your own in backyard gardens

Tomatoes, beans, cucumbers, peppers and strawberries are popping up in some of the best back yards in the neighborhood this year, as Americans continue to cut ever-rising food costs with home gardens.

Studies have shown that people who do grow their own feel that vegetables and fruits from the back yard taste better than those from the supermarket. Indications are that home gardening projects have grown 10 percent over the past 2 years.

If you are planning a garden, consider three points: site, soil, and seed. Good soil is an absolute if you want a successful garden. The area should be fertile, deep, crumbly, and well-drained.

## Calorie counting keeps excess weight away

America is becoming the land in love with the slim. Calories do count and understanding that can probably save you from a few unneeded pounds.

Calories are provided by foods eaten. If you eat more calories than you need, whether it be carbohydrates, proteins, or fats, you will gain weight. The fewer you consume, the chances are you will lose weight. If you eat 500 calories a day more than you need for one week, you will have gained one pound.

Research shows that an adult will require 3,000 calories if an active male and between 2,600 and 3,500 if female. Pregnant mothers require 300 more calories daily.

## Will your mid-size car really be middle size?

Thinking of buying a new "mid-size" car? If so, you might be smart to either wait til fall (it's really just 3 months away) or consider one of the new General Motors' "full-size" models.

Strange as it may seem, the 1977 full-size Chevrolet, Pontiac, Buick LeSabre, and Oldsmobile 88 are virtually the same size as their so-called "mid-size" counterparts on the outside, but bigger on the inside. The "big" Pontiac Catalina is less than 2 inches longer and actually 2 inches narrower than a comparable 4-door Pontiac LeMans "mid-size" — but has a bigger trunk and gives 2 inches more rear-seat legroom and an inch more shoulder room.

All this will change come September, when GM introduces its new down-sized intermediates, built on a shorter wheelbase and weighing hundreds of pounds less than the '77s. The net result, of course, will be better gas mileage.