

3. Holding for 24 hours at refrigerator and room temperature before processing caused four to 13 per cent additional loss of riboflavin and 13 to 20 per cent additional loss of niacin, with the larger losses occurring at room temperature.

4. No additional loss of riboflavin occurred during freezer storage and only a gradual loss of niacin over six and nine month storage periods.

5. Neither niacin or riboflavin were destroyed during the cooking of either fresh or frozen green beans, but eight to 29 per cent of the vitamins were dissolved into the cooking liquid. The larger the quantity of cooking water used, the higher the percentage of niacin and riboflavin dissolved into the cooking liquid.

6. One serving (100 grams) of Bountiful or Green Pod Stringless green beans, when cooked, would supply the following:

Table 1

NIACIN AND RIBOFLAVIN CONTENT IN FRESH AND FROZEN
SNAP BEANS

	Freshly Cooked Green Beans		Cooked Frozen Green Beans	
	mg. per 100 grams	Percentage of daily requirement	mg. per 100 grams	Percentage of daily requirement
	Fresh Basis		Fresh Basis	
Niacin	0.63	4% to 5%	0.50	3% to 4%
Riboflavin ..	0.12	7% to 8%	0.11	6% to 7%

OLD TURTLE BAY FARM

In 1639, a small tract of land was given by Willem Kiest, director general of New Netherlands, to a pair of English tobacco growers by the name of Holmes and Hall as a reward for their leadership in campaigns against the Indians. Later known as Turtle Bay farm, the property was described in part as follows:

"A certain piece of land lying in the Island Manhates (Manhattan), extending in breadth from Deutel Bay along the East River till to the Kill of Schepmoes where the Beach tree lies over the water, and then in its length from the said river straight into the woods, and of the same breadth all along the water, 100 rods 13 feet to the rod . . ."

Three hundred and seven years later John D. Rockefeller, Jr., gave approximately 17 acres of this same land to the United Nations as a site for their permanent headquarters. As a companion piece to this 8.5 million dollar act of generosity, the city of New York agreed to contribute an estimated 31 million dollars more in land, water rights, easements and improvements in the surrounding area, and the congress of the United States voted an interest free loan of 65 million dollars to finance initial construction costs. Three centuries, a hundred million dollars—and Turtle Bay farm is on its way to becoming the world's most modern capitol.—James E. Paine in *Steelways Magazine*.