

● **Salad Making**
(From page 7)

and chill thoroughly. Un-mold and garnish with salad greens. Serve with a whipped cream dressing 6 to 8 servings.

● **Economist**
(From page 1)

... R1. reported on his trip to the national safety council in Chicago. District 11 sponsored the trip for him and Paul Trumble last fall.

Program chairman and toastmaster was Daniel Trumble, Quarryville R1.

Youthpower

Good Diet Leads To Good Health

By: Saralee Bradley

Editor's Note: As an active member in the Lancaster County 4-H cooking club, Miss Bradley knows the value of food in producing Youthpower. The following was written to express her view of the role of adequate diet in the life of an active youth.

Good health is the necessary base on which you can build a happy life. But, good health is dependent on an adequate diet.

An adequate diet is the selection of foods that together contain enough of each necessary nutrient to meet the needs of the body. It also contains enough energy material to give energy for the work the body must do.

Foods can be combined in many ways for the right diet. The problem is to find a plan for everyday use that we know the diet is adequate.

To be adequate a diet should include the six nutrient factors; protein, calcium, vitamin A, thiamine, riboflavin, and ascorbic acid.

All foods are good, but diets require a variety of foods if we are to supply all the material the body needs.

The body needs a certain amount of energy for normal body activity, to this must be added enough energy for conscious physical activity. This energy must be obtained from proper foods or body tissues must be burned to supply it. Under normal conditions food should supply the daily needs for energy.

An adequate diet must contain milk or milk products in some form. By many authorities milk is considered the most important and complete food. It is an excellent source of riboflavin and calcium hence the diet containing milk and milk products produces both stronger bones and surdier teeth as well as muscles and energy.

School children have been tested on the basis of diet; and those having followed diets meeting health requirements have been found to have better, cleared mental ability and ranked higher on tests than those suffering from malnutrition.

Follow the successful athlete, for instance, our wrestlers or basketball players, and ascertain their diets you will then see the benefits of an adequate diet.

Greater resistance to disease is prevalent among those who are properly fed. The body must possess a certain stamina and be fortified with plenty of body soldiers, if it is to withstand the many disease germs prevalent in overcrowded buildings and other sources of

contact. By building up bodily resistance you can reduce your susceptibility.

For the proper nourishment of every organ in your body and building resistance to infection, the blood stream must contain an adequate daily supply of nutrients. Protein is important for this as are vitamins A and C.

Adequate diet can prevent diseases such as anemia, nervousness, and mental disturbances.

The problem of preventing varicose vein becomes one of maintaining health muscles. Since muscles are made of protein, they can maintain their strength only by generous amounts of adequate proteins in the diet.

If the daily diet is planned adequately so as to supply all the vital nutrients of calcium, phosphorus, proteins, vitamins D and C, there need be no fear of broken bones at any age nor question of delayed healing should broken bones occur. Often we say, "It's old age" when really the diet is at fault.

Diets rich in hormone producing vitamins protect our lifegiving and life sustaining glands.

Diet can make you beautiful. Proper diet prevents wrinkling of the skin, sagging muscles; produces hair that is alive and shining and nails that resist breakage.

Dr. Wilder of the Mayo Clinic has predicted a world of the future in which no one will need to wear

glasses, farsightedness will be delayed and cataracts can even be prevented. All this will be accomplished if we apply our present knowledge of nutrition.

So we see the benefits of an adequate diet are innumerable. We must make up our minds to follow such diets and thus achieve the energy, vitality and good health that will enable us to live longer and enjoy it.

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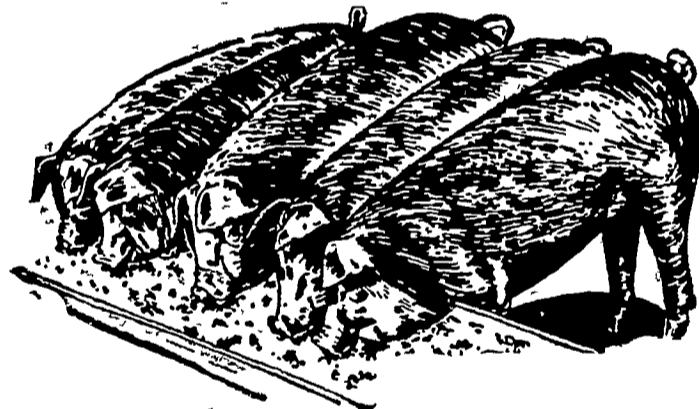
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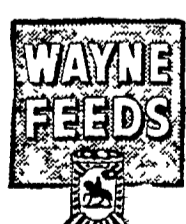


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