### Vitamins A and C Low in Some Diets

in vitamins A and C (ascorbic arately. acid) because they don't like green vegetables.

in this vitamin.

Vitamin A helps keep mucous membranes firm and resistant to infection, teeth strong, and skin smooth and soft.

When parents have an above 1 average knowledge of nutrition  $\frac{1}{14}$ and are above the average in income, families are likely to have a satisfactory intake of vitamin 1/3 C or ascorbic acid-rich foods.

For vitamin A you can eat 1 such foods as eggs, sweet pota- 2 toes, carrots, pumpkins, deep yellow squash, apricots, broc- Blend in oil, milk, and orange coli, or green peppers, canta- juice Beat for 2 minutes at meloupe or dark, green leafy veg-dium speed of electric mixer or a basic formula floor price of etables.

eat a serving each day of or- um speed 2 minutes or 300 ad- the support price for manufacange, grapefruit, raw strawber- ditional strokes. Pour 1/3 cup turing grade milk Minimum ries, broccoli, brussels sprouts, batter in greased 8x8-inch Class I and Class II prices in cantaloupe, or tropical fruits, square pan. Cover with fruit, the orders will be increased by

### Spring Fire (Continued from Page 17)

as forest fires," said McNa- covered container, if at all posmara, "but all were the result sible, remain on the scene until of burning debris during a break certain that the fire has burned in the cold weather."

"If you must burn trash," firemen, foresters and fire warwarned McNamara, "select a dens a break for a change

# Increase In Fluid Milk Prices To Dairy Farmers Announced

waste and may sell for only riculture recently announced in- fective through April 1969. In a creases in fluid milk prices to few eastern markets using ecodairy farmers for the coming nomic price formula comparable year in all Federal milk order action is being taken. \_markets except in Florida, Many children have diets low which are being considered sep- lish through April 1969 fixed

and yellow vegetables and the in the Class I price differentials \$6.93, respectively. mother's opinion about the im- currently in effect, and a miniportance of serving foods rich mum basic formula price of

## • For The Form Wife (Continued from Page 18)

teaspoon salt cup sugar teaspoon mace cup oil cup milk cup orange juice cggs

teaspoon vanilla

cups sliced peaches Sift dry ingredients together.

and green or sweet red pepper. Pour remaining batter evenly about 28 cents over those of the over fruit to cover Bake in pre- past year heated 375 degree oven, 35-45

itself out, and give the volunteer linois orders

minutes, or until done

The U.S. Department of Ag- \$4.33 a hundredweight, to be ef-

Today's decision would estabprices for the Massachusetts-The USDA's Consumer and Rhode Island - New Hampshire, Marketing Service Officials said New York - New Jersey, Con-A child's vitamin A intake re- the price actions include a con- necticut, and Delaware Valley lates to his feelings toward green tinuation of the 20-cent increase orders, at \$6.67, \$6.39, \$7.07, and

The decision is based on evidence presented at a public hearing on national milk order prices February 23 in Memphis, Tenn held at the request of dairy farmer cooperatives.

The farmers asked for action by USDA to assure price stability in Federal milk order markets across the country. With the assurance of improved milk order prices farmers said they could better plan their dairy operations for the coming year, and be able to continue providing steady, sure supplies of highquality muk for consumers.

With a support price of \$4 28, 300 strokes by hand. Blend in \$4 33 will continue the present For adequate ascorbic acid, eggs and vanilla. Beat at medi- relationships of the floor price to

Today's decision also extends through April 1969 the regular pricing formulas for fluid milk "None of these were classified day with little wind, burn in a in three of the orders, which otherwise will expire June 30

> They are the Delaware Valley, Southern Illinois, and Central Il-

Proposals dealing with fluid

Lancaster Farming, Saturday, March 30, 1968-21



Today's working wives and busy mothers often haven't time to produce company dinners as frequently as they'd like. But everyone welcomes invitations to coffee and dessert parties and they're especially good ways to entertain friends on weeknights when you want to avoid lots of late evening cleanup. An electric percolator is a handy aid for this kind of informal entertaining, and makes itself right at home at the scene of the party. Now you can select a quality coffee made especially for electric percolators, such as Maxwell House Electra-perk Coffee, and your guests will compliment both your coffee and your dessert.

One dessert that's always a hit is Lemon Angel Pies, which are

meringue shells filled with a fluffy lemon pudding. Buy the meringues from a bakery, or if you have time the night before, make your own using the egg whites remaining from the two yolks that go into the making of the packaged lemon pudding and pie filling.

Lemon Angel Pies

1 package (3-1/2 oz.) lemon pudding and pie filling

1/2 cup sugar 1/4 cup water 2 egg yolks or 1 egg 2 cups water

1 cup prepared whipped tops ping or whipped cream 6 baked meringues, cooled

Combine pie filling, sugar, and 1/4 cup water in saucepan. Add yolks or egg and blend well. Then add 2 cups water. Cook and stir until mixture comes to a full boil and is thickened - about 5 minutes. Remove from heat. Pour into bowl and place wax paper directly on surface of pudding. Chill. Beat with rotary beater until smooth. Fold prepared whipped topping into filling. Spoon into meringues. Makes about 3-1/2 cups filling or 6 servings.

rida milk orders are being con- supplying each order area. This ment, officials said.

26 and anyone interested may prices submit comments or exceptions up to April 1 The final decision is subject to approval by at least is just one big fowl-up. two-thirds (three-fourths in a few orders) of dairy farmers

sidered separately, and will be would be determined by polling milk prices under the three Flo- covered by another announce- their cooperative associations, officials said

> Federal orders set minimum This recent decision appeared prices to dairy farmers, officials in the Federal Register March said, but do not regulate retail

> > A hen-pecked husband's lute

Gigolo a fee-male

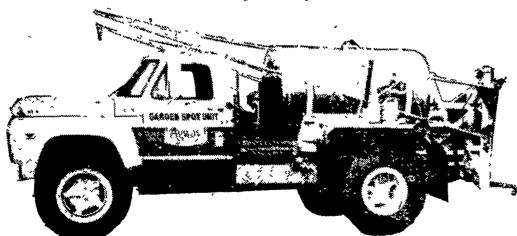


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