An Improve-The-Diet Program Is Launched In Chester County

To get he most from the food dollar and to improve the nutritional values of the diet among families who have limited income are the prime objectives of a program being launched by the Cooperative Extension Service of The Pennsylvania State University

This educational activity is being conducted also in the other 49 states and coordinated by the Federal Extension Service of the U S Department of Agriculture. Participating homemakers and their families will be taught by person-to-person contact in their homes.

In the Commonwealth 18 pilot areas have been designated to initate the project. Miss June Wilke, Chester County Home Economist, will direct this educational effort in Chester County Local women, selected from the communities in which they will work, will be employed as Extension nutrition aides. After they have received specialized training from Miss Wilke, these aides will call on homemakers to teach them better use of foods and how to improve the family diet.

Miss Wilke will consult and work with other family serving agencies and organizations at city and county levels in this project of foods and improved family nutrition, including use of the Donated Foods and other resources that help homemakers with family problems

National attention was focused on critical nutritional needs last year when a Food Consumption Survey by the Agricultural Department revealed that the quality of diets in the United States declined in a 10-year period from 1955 to 1965. One person in six who had a good diet in 1955 did not have a good diet in 1965.

Although some individuals at all levels were found to have inadequate diets, the study showed that the diets of fewer families in lower income groups were nutritionally good, and only 37 percent of those with incomes under $3,000 had good diets.

Featured as basic parts of this educational activity will be training and information on how to select, store, and prepare foods for maximum nutritive value; how to read and interpret labels on food, and what critical nutrition needs should be considered for children and young families, the aged and those with limited income

The Cooperative Extension Service was named to lead this project because of its expertise in conducting informal educational programs that have been operating for more than 50 years on community and county levels

Be Prepared

Best defense against a farm fire is a good fire extinguisher located in the right place Larry S Click, extension agricultural engineer at The Pennsylvania State University suggests every farm and home be equipped with suitable hand extinguishers that are properly maintained and easily reached if needed

1,500,000 Saved

Some 1,500,000 Americans now alive have been cured of cancer says the American Cancer Society

Polluted Environment Threatens

"Displaced soil fouls our water supplies to a serious degree in Pennsylvania", said R. M Davis, head of USDA Soil Conservation Service acticities in Pennsylvania, with offices in Harrisburg, "In fact, this form of pollution has been tagged a major problem obstructing the environmental health of many communities across the nation"

The SCS official said, "the true scope of the menace if often hidden in agency lingo Terms such as **erosion, silt, sediment** and **mud** are handied about The man-on-the-street fails to identify the danger in his own backyard Agency technicians, including SCS, should define these conditions for better public understanding"

According to Davis, "**erosion** is the washing or blowing away of soil from its original location **Mud** is the common term for the sticky mixture of soil and water usually found below eroded areas **Silt** refers to fine particles of soil carried downstream, giving water that soupy look **Sediment** is the combined deposit of silt, gravel and other material It fills reservoirs lakes and streambeds clogging space needed for water storage"

"Whatever we call it," Davis said, "these sediments pollutions may be 700 times greater than sewage discharge It skyrockets the cost of water treatment and damage recreation, fish and wildlife areas"

"Careful land-use planning based on soil science, plus proven methods of engineering and planting materials, are helping to curb sediment pollution," the SCS official said

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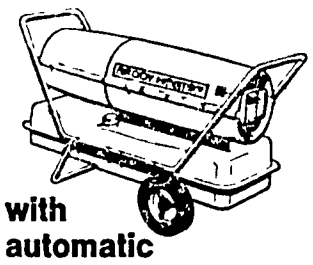

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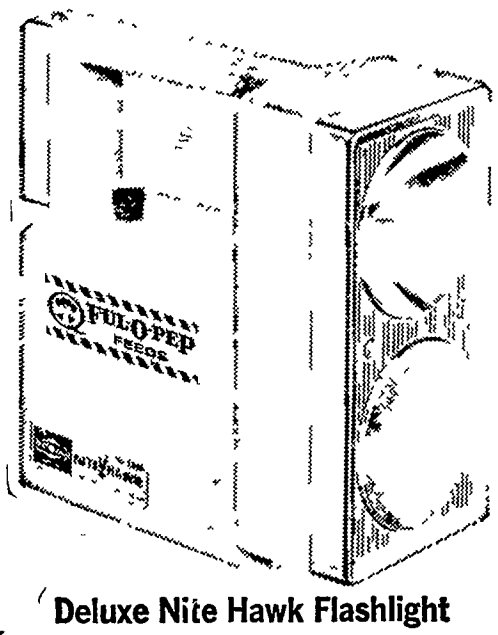

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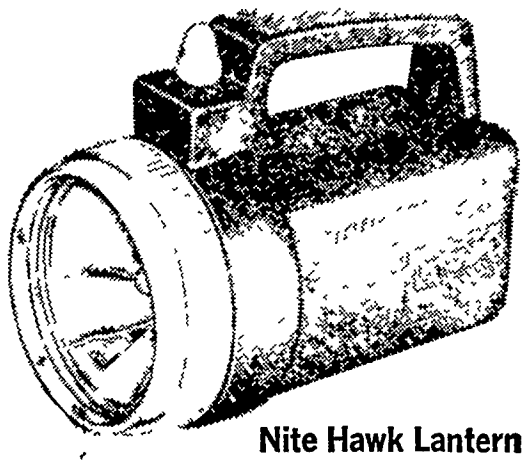

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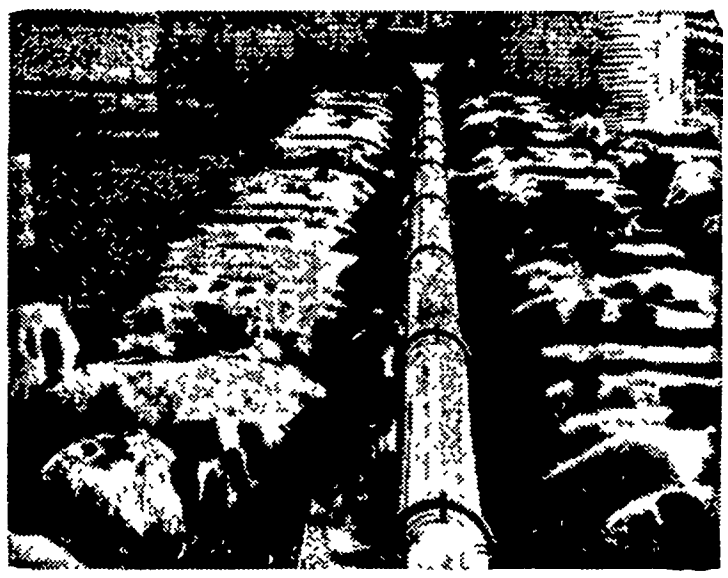

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