



EXTENSION OFFICERS reelected Thursday night at the regular board meeting are: (left to right) Carl H. Herr, 840 Penn Grant Rd., Lancaster, President; Mrs. David E. Buckwalter, Lititz R3, Sec-

retary; and Melvin G. Rohrer, Lititz R3, Treasurer. Not present was J. Wade Groff, 644 Beaver Valley Pike, Lancaster, Vice President.

## Steady Increase Noted In Use Of Convenience Foods

Convenience foods have made a steady move into the family meal pattern. During the past ten years, we've increased our spendings on convenience foods by almost 38 percent, according to figures from a United States Department of Agriculture survey.

These figures were based on 32 convenience items, says Mrs. Ruth J. Buck, extension foods and nutrition specialist of The Pennsylvania State University. Items that increased the most included frozen potatoes, commercial fresh fruit juice, and both powdered and frozen fruit ades and punches.

Decreases were noted in some convenience foods. Among these were roll and muffin mixes, commercially frozen fruits, and canned milk.

It seemed to make little dif-

ference where families lived, Mrs. Buck points out. They shifted about 14 percent of their total food dollar toward convenience food purchases.

With more being spent on certain convenience foods, we're spending less somewhere else in the food line because our total food consumption did not go up that much. In some cases it may be one convenience food taking over where another con-

venience food once stood, she explains. With the dramatic increase in the use of commercial fresh fruit juices, there was a decrease in the amount of canned fruit juice bought.

Some convenience foods infringe on the use of fresh products, such as potatoes. As use of the frozen produce increased, that of fresh potatoes went down.

Commercially processed soups showed an increase as did most bakery products, except bread, according to the survey. The use of ready-to-eat breakfast creased considerably,

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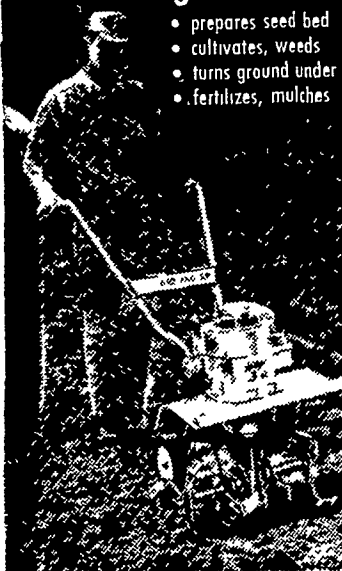


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## ● Baby Beef (Continued from Page 1)

brought the group to within sight of its \$1,000.00 contribution goal, adopted last year as a primary part of this year's activities. Larry Herr, 840 Penn Grant Road, president of the 4-H Club, indicated that efforts will continue to meet the objective in full, but that \$717.00 has been subscribed now to count in the current Farm and Home Fund campaign.

Max M. Smith, county agricultural agent, stated that the Club is the largest unit of its kind in the state. It meets monthly in the new Farm and Home Center, and represents one of the numerous 4-H centered activities conducted in the Center.

## ● Outlook Meeting (Continued from Page 1)

by Amos H. Kunk will include such speakers as Dr. Robert F. Eshleman, Franklin & Marshall College, discussing the effect of Urbanization and Social Changes on the character of Lancaster County, Edward Daniel, Lancaster County Planning Commission, discussing the future development patterns and what are the choices?, and William M. Carroll, Penn State University, discussing the role of Agriculture in the orderly development of Lancaster County.

A question and answer period is also planned.

About half the world's race horses are raised around Lexington, Kentucky.

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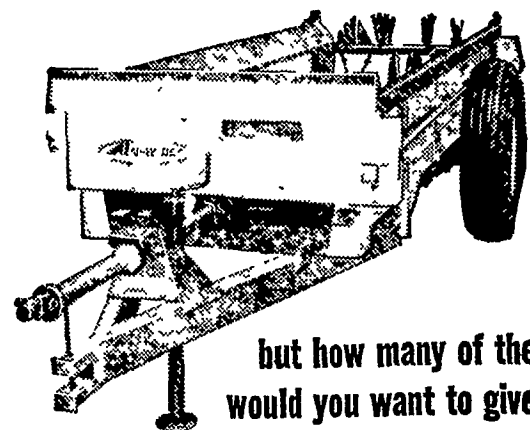
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