

## Hamburgers For Breakfast?

"Why not?" asks nutritionist Frances Hall of Chicago. "Especially where young people are concerned, the important thing is to get enough of the right nutrients INTO them at breakfast."

fast. One of the excuses they use for skipping or skimping at breakfast is the monotony . . . they're tired of the 'same old thing'."

Mrs. Hall, Assistant Director of Nutrition Research of the National Live Stock and Meat

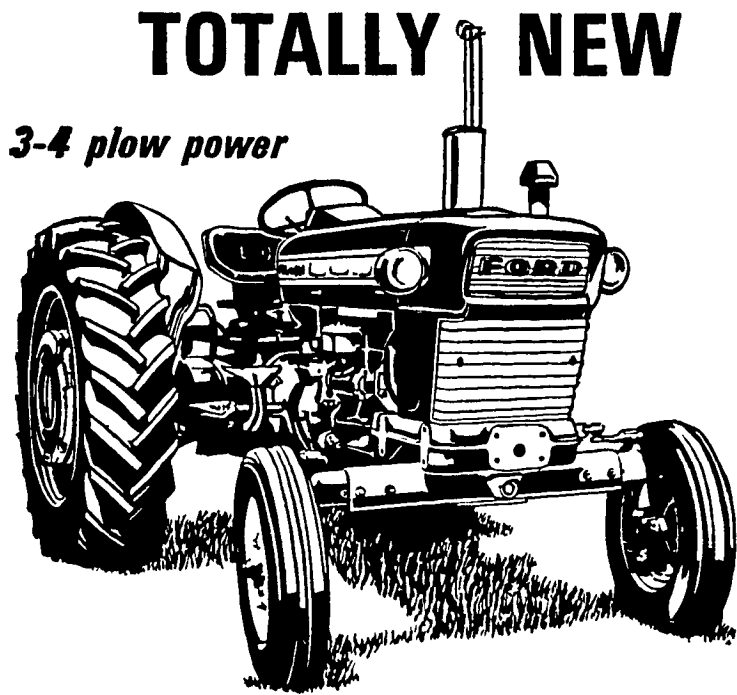
Board (and mother of two college students) observes that there's nothing nutritionally wrong with "the same old thing" . . . if that happens to be eggs and/or bacon or sausage and/or milk and fruit.

"But you don't have to belong to the mod generation to know traditions are being broken all over the place . . . including so-called established food patterns," she said. "Look how many people are eating breakfast-type foods, like eggs and pancakes, for supper; cereals for lunch, etc. All of us should get a fourth to a third of our daily required nutrients at breakfast . . . and teenagers require even more nutrients than adults. So what does it matter whether its hamburgers or hot dogs or pizzas or ham sandwiches for breakfast — perhaps with milk shakes or soft drinks — so long as they eat?"

It might matter to the mother who has to get up and FIX it, Mrs. Hall admits — pointing out at the same time, however, that one reason teenagers and others don't eat breakfast is because no one takes the time to prepare it. Also, if the idea of "different" foods at breakfast catches on, the teenagers might just possibly get interested enough to prepare their own breakfasts!

## Canoeing Courses Are Scheduled

The Safety Programs Committee of the Lancaster Chapter, American Red Cross announced its small craft safety courses for the 1969 season. Basic canoeing courses being offered in the local area have been scheduled as follows: May 10-11 at Speedwell Forge Lake, American Red Cross and August 23 and 24 at Speedwell Forge Lake.



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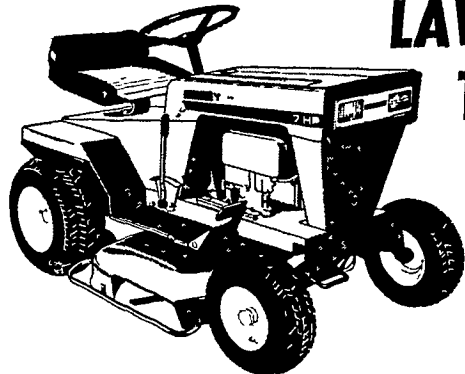
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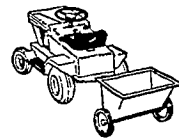
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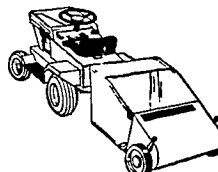
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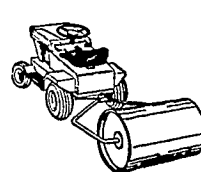


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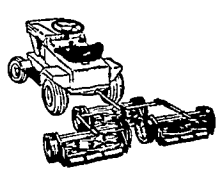
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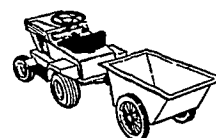
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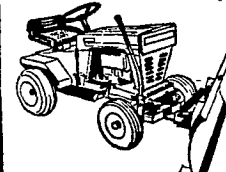
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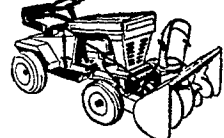
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