

**Ornamental Trees** too big and too thick to fulfill their intended purpose. Owners are urged to become familiar regarding the time of the year to prune certain shrubs, and then be sure to prune hard enough to prevent the shrubs from scheening out the house or other buildings.

During a recent training session on the Penn State campus covering trees and shrubs, many of us realized the extent of the ornamental plantings around the many buildings. A large percentage of the many varieties of trees and shrubs listed in many books and publications may be found on the campus. One thing was stressed at this County Agent session that is worthy of more attention by many property owners; namely, that most of us do not prune trees and shrubs often enough and hard enough. Honus Wagner and Christy Mathewson.

**First Hall of Famers**

The first five players to be elected to baseball's Hall of Fame in 1936 were Ty Cobb, Babe Ruth, Walter Johnson, Honus Wagner and Christy Mathewson.

**● Have You Heard?**

(Continued from Page 17)

ered pan over low heat or in the oven.

While the rice is reheating, occasionally stir it gently with a fork.

For a change you can cook rice in flavorful liquid such as chicken or beef broth, instead of water.

**Meat Money-Saver**

Watch the grocery store advertisements in your local paper to save money on meat. By picking and choosing among the advertised meat specials, you can supply your family with their favorite meat cuts and cut down on your food bill.

**Food Shortages, Population And War Are Linked Problems**

Cereals that are fortified with synthetic proteins and that are genetically altered to double their normal yield are the hope of the world in solving food shortages and preventing malnutrition.

But the dilemma of too many people and not enough food is also going to mean that efforts are made to slow down population growth and to control the use of nuclear weapons—mankind's greatest problems.

Addressing the final plenary session on June 19 at the University of Maryland's College Week for Women, Dr. Fredrick Stare, international expert on food and health, pointed out that only three cereals—rice, wheat and corn—keep masses of people alive throughout the globe.

The syndicated columnist and chairman of the nutrition department, Harvard School of Public

Health, discussed experiments in the Philippines where strains of rice are being developed that produce a doubled yield and that have shorter stems for protection against wind and rain and for easier harvesting.

However, one drawback is that cereals that yield more need extra fertilization. Also, changing the genetics of grains is a long-range project.

A shorter way to improve the diets of people—wherever malnutrition is prevalent—is to fortify the staple food with manufactured amino acids or proteins, such as lysine.

In northern Thailand and southern Tunisia, said Dr. Stare, thousands of people are living on diets of protein-enriched cereals. And scientists are studying these groups to see if better health will result.

The Harvard professor also described studies with fish bone and "bug" or one-cell protein supplements.

Malnutrition is not only a problem in Asia, Africa, and South America, reminded Dr. Stare.

Supposedly "well-fed" Americans who suffer from tooth decay, iron-deficiency anemia, coronary heart disease, and obesity are also victims of inadequate nutrition—and so are the impoverished Americans whose hunger is a main ingredient in their daily lives.

He said that tooth decay—man's most "chronic and unnecessary" disease—is easily abolished simply when communities add fluoride to drinking water.

Answering questions about "non-dairy" creams, coffee whiteners and "filled" milks, Dr. Stare emphasized that though these products contain no animal fat, the substitute fat is generally coconut oil—a highly saturated fat. "Only soybean, corn, safflower and cotton seed oils are polyunsaturated 'vegetable oils,'" he said.

Dr. Stare also recommended that Americans use iodized salt—in place of regular salt—in their diet.

For "physiological and psychological" well being, enjoy a "variety of foods," count calories, avoid excesses of sodium and saturated fats, and exercise every day, he told.

"A brisk 15-minute walk daily is excellent," he concluded. "Two 15 minute walks are even better."

Mrs. Clifford J. Hardin, wife of the U.S. Secretary of Agriculture, also appeared on the College Week's final program. "Malnutrition is inexcusable in this country with the food surpluses we have," she said.

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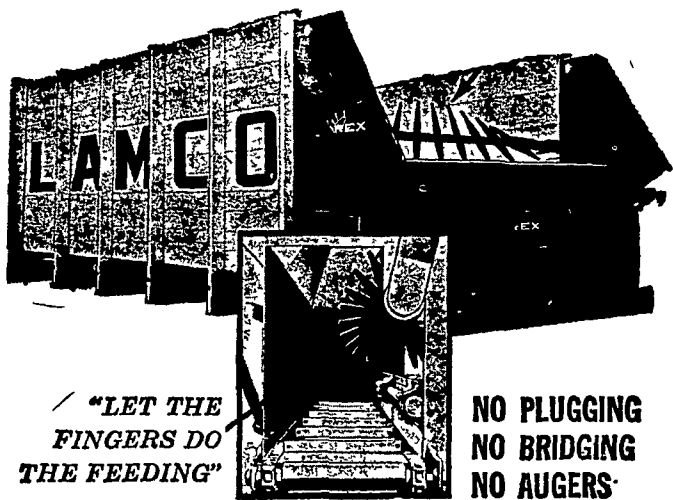
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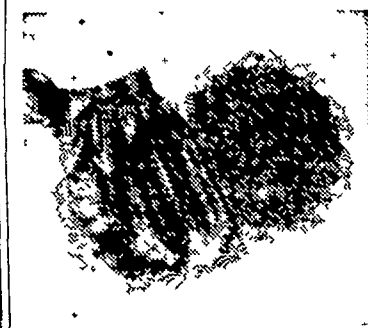
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