

Enriched Breads And Cereals Provide Valuable Nutrients

Calorie counters who cut out breads and cereals are getting themselves out of the action, reminds Mrs. Ruth J. Buck, extension foods and nutrition specialist of The Pennsylvania State University.

The four servings recommended each day from the breads and cereals food group supply valuable B vitamins and the mineral iron. Research shows that teenage girls and women suffer with anemia and its attendant feelings of ill health far more than do teenage boys and men.

You may say, "I could never eat four servings a day of breads and cereals." But here's what nutritionists call one serving: One slice of bread, one muffin, or half a hamburger bun. Others are one tea biscuit, one small pancake or a half cup of cooked cereal, rice, macaroni, or spaghetti. It would be easy to fit four of these foods into a day's meals with a piece of toast for breakfast, a sandwich for lunch, and a meat extender dish for dinner.

We depend on breads and cereals of the enriched or whole grain types for much of our B vitamins and iron requirements. We get little in return for the calories in unenriched breads and cereals if they are not whole grain. Read the label for

the word "enriched" or the ingredient "enriched flour" on any of these products you buy in muffin and biscuit mixes, pan cake flour, bread and rolls, frozen bread dough, macaroni, spaghetti and macaroni dinners.

Popular with teens, and an important source of nutrients for them, are hot dog and hamburger buns. Buy the ones labeled "enriched."

The way to a better diet is to count nutrients at the same time you're counting calories, says Mrs. Buck.

Effective Pest Control

With the approach of colder weather, many insects, spiders, and rodents invade houses where they seek shelter for the winter. Should any of these pests invade your home, the correct identification of the pest is necessary for effective control, says Stanley G. Green, extension entomology specialist of The Pennsylvania State University.

Here's how you can quickly distinguish spiders from insects. Spiders have eight legs, lack antennae and have two obvious body regions — the cephalothorax and abdomen. Insects have six legs, a pair of antennae, and three body regions — head, thorax, and abdomen.

Deer Antler Growth Ideal For Bone Study

Development of antlers by Pennsylvania's favorite big game animal, the white-tailed buck, is "turned on" and "turned off" by internal hormone systems controlling the metabolism of calcium and phosphorus, the bone building minerals of the body, according to animal nutrition researchers at The Pennsylvania State University.

Recent experiments at Penn State have shown that the rate of this metabolism in the deer's body undergoes seasonal changes that are related to the annual cycles of breeding and antler growth. Studies by R. L. Cowan, E. W. Hartsook, and J.

B. Whelan are reported in the Fall issue of "Science in Agriculture," the magazine of the Agricultural Experiment Station at Penn State.

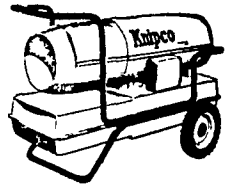
It was found that phosphorus is stored in the ribs and head bones from November to March. Then the phosphorus is mobilized and transferred to the antlers in June when antler growth is at its peak. Buildup of phosphorus is notable, especially in the ribs, just before antler growth begins. The mineral was traced by injecting radioactive phosphorus.

Radioactive calcium was

found in half-grown antlers two months after being deposited in the skeletal bones of yearling and two-year-old bucks during March. This indicated that calcium, too, was mobilized from skeletal sites and was transferred to the growing antlers.

The calcium findings, say the scientists, indicate that the younger, growing animals have the strongest tendencies to deposit this mineral in their skeletons. This bears out many years of observations showing that body growth takes precedence over antler development among yearling bucks.

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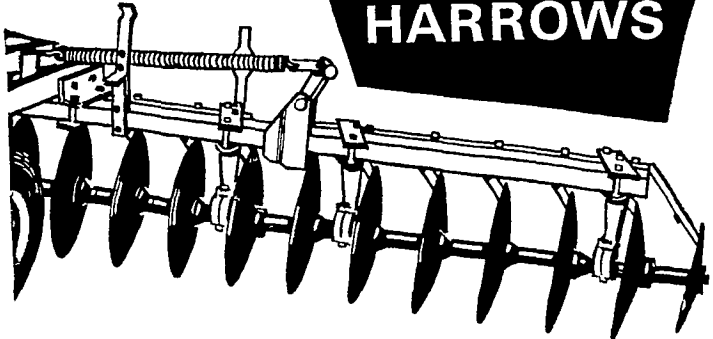
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