

Space Food Spotlited At Blast-Off Breakfast

Food editors and reporters from the nation's most important consumer magazines, wire services, home economics publications, and syndicated newspaper columns heard Dr. Malcolm C. Smith, NASA's Chief of Food and Nutrition, discuss the care and feeding of astronauts in the Apollo Space Program.

The event was the Blast-Off Breakfast sponsored by the Poultry and Egg National Board and three other food associations, held 50 floors atop the Time-Life Building in New York City.

Following a brief welcome and the introduction of representatives from the event's co-sponsoring organizations, the National Live Stock and Meat Board, the American Bakers Association, and the Florida Citrus Commission, the food editors and other guests were treated to an authentic astronaut's pre-flight breakfast of a 12-ounce sirloin steak, two scrambled eggs, orange juice (reconstituted at the table), toast, and coffee.

During the breakfast meal, Howard Helmer, PENB's eastern representative, called attention to the fact that while the hearty breakfast is designed to fortify the astronauts for the difficult space missions, today's average urban worker and commuter may face more harrowing times in merely getting to work. He daily faces a plight of subways, commuter trains, and big city pressures, yet blasts off with little or no nutritional fuel at all.

Dr. Smith discussed the importance of food in space flight, not only to the astronaut's physical condition, but its psychological effect. He explained that this is one reason they are striving to prepare foods that look and taste like the foods the astronauts eat here on earth.

Each astronaut selects the food he wants on the space mission for each meal and these are packaged and color coded. Records are kept for each mission that show what was sent up, what was consumed, and what was returned unopened.

Dr. Smith related that practically all of the astronauts have lost weight during space flights, even though plenty of nutritious food was available to them.

"However, we are making much progress and have considerably improved the food since the start of the space program," stated Dr. White. "We have found that the astronauts need and want more than just a pill that contains the necessary nutrients."

Press Kits distributed to the guests following the program contained a PENB release entitled, "Astronauts Blast-Off With a Balanced Breakfast." Included also were sample packets of the new freeze dried egg product used on the APOLLO XII Mission, and produced for NASA by Freeze Dry Products, Inc., of Evansville, Indiana. In addition to the eggs, the co-sponsoring organizations included samples of their space products, and NASA made available food samples packaged

Follow Instructions

If labels on meat and poultry products carry storage directions be sure to follow them, says Harold Neigh, Penn State extension consumer economics specialist. Buy products marked "Keep Refrigerated" only if they are refrigerated in the store. Also make sure frozen products are solidly frozen when you buy them.

Who says today's homemakers have it easier? Instead of baking for days before Christmas, mom now spends hours defrosting goodies

in the actual food pouches used on the Apollo missions.

One immediate reaction to the Blast-Off Breakfast was made by Alice Denhoff, food editor for the nationally circulated King Features Syndicate, who arranged to meet with PENB in order to prepare an article on the importance of bringing back the breakfast as fuel for our bodies and minds in today's space age pace of living

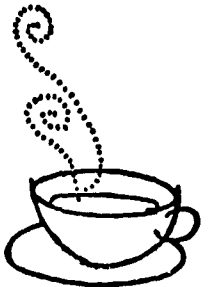
My Neighbors



"I wonder if we can't get federal matching funds for this project"

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist



Have A Safe And Merry Christmas

Carefully check old strings of lights. If sockets and connections are damaged or cords frayed, throw them away. If you must use a string of lights with frayed cords, tape each wire separately with electrician's tape.

Trees that have built in electrical systems should have the UL label to show that they have been inspected for electrical safety.

When you buy new strings of lights, be sure they carry the UL label. These may cost a little more than those not approved, but the additional cost is good safety insurance.

Before stringing lights on the tree, be sure there is a bulb in every socket and every bulb is the right size. Place bulbs on the tree so that they don't touch foliage, paper or cotton. Use only fireproof decorations.

Check tree from time to time and if foliage has turned brown, relocate the lights.

Warn children to keep hands away from light strings, indoors and out. Replace burned out bulbs and leave no socket empty to invite small fingers.

Disconnect lights from wall outlets when not in use or when family is away.

Keep the tree in water at all times. Dry evergreens burn easily. When needles fall it's time

to take tree down and out of the house. Electric trains can throw sparks, so lay the tracks far from the tree.

On metallic trees use spot or flood lights, not strings of lights in direct contact.

All cords, plugs, sockets and bulbs used outdoors should be

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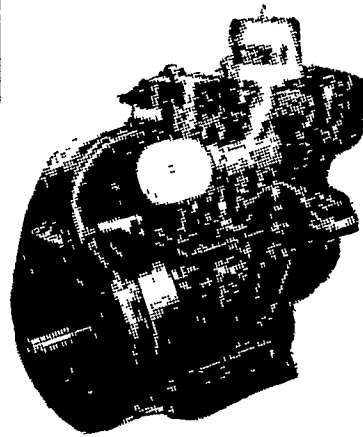


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