

Fulton Grange Schedules Public Highway Meeting

Fulton Grange will hold a farm sale at Marticville March public highway meeting at 8 15 p.m. Monday, March 15 at the Grange Hall in Oakryn

Alex Panik, Planning and Programming Engineer of Highway District 8 will be the speaker. He will speak about future plans for roads of this area. His talk will be illustrated with visual aids. Refreshments will be served.

Fulton Grange held its regular meeting March 8. Richard Holloway, Master, conducted the business meeting when the youth committee announced a bowling party at 9 p.m. March 13 at the Garden Spot Bowling Center, Strasburg.

The women's activities committee will have a refreshment stand at Mrs. Horace Good's ticket sales and the women's ac-

A group of Fulton Grangers will attend the State Grange regional conference at Pioneer Grange Hall, Croil and Keller Streets, Tipton, Berks Co. Saturday, March 20 starting at 2 p.m. There will be a covered dish supper followed by an evening session at 7 p.m.

Officers of the Grange will hold rehearsal at 8 p.m. March 16.

First and second degrees will be conferred at the next meeting March 22.

Plans were made for the annual roast turkey supper to be held April 3 at the Grange Hall.

David Wissler is in charge of stand at Mrs. Horace Good's ticket sales and the women's ac-

activities committee is planning the menu.

Youth conference for this district of the state will be held April 3 at North Coventry Grange Hall, Cedarville, near Pottstown. Chester County Registration is at 9 a.m. and workshops conclude at 3 p.m.

Mr. and Mrs. J. Stanley Stauffer Jr. and Mr. and Mrs. James Huber were appointed on the young married couples committee for this year.

The Lecturer, Mrs. J. Stanley Stauffer Jr., presented a program with the theme "Seedtime and Harvest." Mrs. Rebecca Quinn gave a few of the latest garden tips. Mrs. Stauffer conducted a vegetable seed guessing contest which was won by Mrs. Richard Hanks, monologue "Garden Renovation" by Mrs. Thomas Bradley; reading "A Father's Answer" by Thomas Galbreath and a colored film "Seedtime and Harvest" was shown.

The Junior Grange met at 8 p.m. March 8 and held a successful paper drive. Plans were made to hold a roller skating party at the Buck April 5. Tickets are available from any of the members. Also skates will be available at the door. The next meeting will be at 8 p.m. April 12. Members should bring eggshells and catsup bottles for crafts.

Ladies, Have You Heard? . . .



Overweight But Undernourished!

Millions of Americans are overfed and undernourished. In fact, during the past 10 years, the nutrition of many Americans has become so inadequate that it's estimated 10 per cent are anemic while 25 per cent are seriously overweight.

Medical experts think obesity is a much more serious middle-class problem than vitamin shortages.

But what is a properly balanced diet? Even the experts can't agree on this. But there are a few things they all generally recommend.

—Cut down on the amount of sweets you eat.

—Serve more green, leafy vegetables. —Don't overcook vegetables, although some, like carrots, are more nutritious when cooked than they are when raw.

—Reconsider old ideas about nutrition and eating habits. For instance, there's no reason why a person can't eat a cheese sandwich, strawberry shortcake with milk, or a hamburger for breakfast and still be as well off nutritionally as with a more traditional meal.

—Speaking of hamburger, it's as good for you as steak.

—Also, substitute protein-rich vegetables or grains such as wheat, rice, or beans for high cholesterol animal fats.

—Cut down on your consumption of all types of saturated fats.

Along this same line, the American Medical Association says, "When you're subtracting calories, don't subtract all the nutrients you need. Your body still needs the proteins, carbohydrates, fats, vitamins, and minerals found in the four basic



THOMAS

food groups. Cut down on your portions, but balance your diet."

Avoid "Feeling Of Falling"

Slippery bathtubs and uncarpeted stairways are two common household hazards which result in disastrous falls. About 12,000 people die annually from household falls, and countless others are seriously injured.

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Most tapes available will not (Continued on Page 23)

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