Fulton Grange Schedules Public Highway Meeting

Fulton Grange will hold a farm sale at Marticville March public highway meeting at 8 15

pm Monday, March 15 at the A group of Lalton Giangers Grange Hall in Oakryn will attend the State Grange

g aming Engineer of Highway Grange Hall, Croil and Keller Huber were appointed on the District 8 will be the speaker Streets, Topton, Berks Co Satur- young married couples commit-He will speak about future day, March 20 statring at 2 p m plans for loads of this area His There will be a covered dish talk will be illustrated with supper followed by an evening visual aids Refreshments will session at 7 pm be served

Fulton Grange held its regular hold rehearsal at 8 pm March meeting March 8 Richard Hollo- 16 way. Master, conducted the business meeting when the youth be conferred at the next meeting Richard Hanks, monologue "Garcommittee announced a bowl- March 22 ing party at 9 pm March 13 at the Garden Spot Bowling Cen- Plans were made for the anter, Strasburg

The women's actinties com- held April 3 at the Grange Hall Harvest" was shown mittee will have a refreshment David Wissler is in charge of stand at Mrs Horace Good's_ticket sales and the women's ac-

tivities committee is planning the menu

Youth conference for this discifct of the state will be held April 3 at North Coventry Giange Hall, Cedarville, near Pottstown Chester County Regshops conclude at 3 p m

Mi and Mis J Stanley Stauf-Alex Panik, Planning and Pro- legional conference at Pioneei fer Ji and Mr and Mrs James

> The Lecturer, Mis J Stanley Stauffer J1, presented a program with the theme "Seedtime Americans has become so inadequate that it's Quinn gave a few of the latest per cent are seriously overweight garden tips, Mrs Stauffer con-First and second degrees will contest which was won by Mrs den Renovation" by Mrs. Thom-Answei" by Thomas Galbieath ommend nual roast turkey supper to be and a colored film "Seedtime and

> > The Junior Giange met at 8 ful paper drive Plans were cooked than they are when raw made to hold a roller skating -- Reconsider old ideas about party at the Buck April 5 Tic- nutrition and eating habits For food groups Cut down on your Aprıl 12 tles for clafts



Overweight But Undernomished!

Millions of Americans are overfed and undernourished In fact, during the past 10 years, the nutrition of many

Officers of the Grange will and Harvest" Mrs Rebecca estimated 10 per cent are anemic while 25

Medical experts think obesity is a much ducted a vegetable seed guessing more serious middle-class problem than vitamin shoitages

But what is a properly balanced diet? Even the experts can't agree on this But as Bradley; reading "A Father's there are a few things they all generally rec-

> -Cut down on the amount of sweets you eat

> > -Serve more green, leafy vegetables -Don't overcook vegetables, although

pm March 8 and held a success- some, like carlots, are more nutlitious when

tiaditional meal

fats.



Slippery bathtubs and uncar-12,000 people die annually fiom household falls, and countless

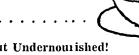
However, a small investment in non skid types could lessen the chances of your slipping The tapes are available in rolls, strips, or patches in a variety of colors and designs Both strips bathtubs, and strips of tape can be placed on stansteps, at right

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Lancaster Farming, Saturday, March 13, 1971-21