

## Fulton Grange 66 Urges Prayer in Schools

Fulton Grange 66, meeting at Oakryn October 11, went on record to favor bills in Congress to permit voluntary prayers in the nation's public schools.

Clifford Holloway Jr., the Grange's representative on the Southern Lancaster County Family Health Center citizens committee, reported the fund is \$5,000 short of its \$20,000 goal.

Several Grange ladies assisted in cleaning the Center for its opening October 1.

The following officers were installed by Charles McSparran, assisted by William Ambler as marshal, Miss Jean Moss as emblem bearer, Mrs. Charles Reath as regalia bearer, Miss Mary Lou Wesley pianist, and Mrs. Virginia Beck soloist: Master, Richard Holloway; Junior Grange Matron, Mrs. Jacob Fantom; Overseer, James Huber; Lecturer, Mrs. J. Stanley Stauffer Jr.; Steward, David Knight; Assistant Steward, Lloyd Welk; Chaplain, Gyles Brown; Treasurer, Clifford W. Holloway Jr.; Secretary, Mrs. Charles McSparran; Gatekeeper, Donald Reath; Ceres, Joyce Galbreath; Pomona, Miss Peggy Jackson; Flora, Mrs. Rebecca Quinn; Lady Assistant Steward, Miss

Donna Welk; Executive committee member, Norman Wood; Finance committee members, LeRoy Stumpf and Richard Lefever.

An officers and committees meeting will be held at 8 p.m. October 18 at the Grange Hall.

The Lecturer, Mrs. J. Stanley Stauffer Jr., will present a

Halloween program at the next meeting October 25. The men are to bring a dressed pumpkin and the ladies a Halloween centerpiece arrangement which will be judged.

First and second degrees will be conferred November 8 and third and fourth degrees November 22.

## Topless Sandwiches Urged

If you're concerned about extra calories, you could leave the lid off your sandwich. But don't cut bread out of your meals entirely, says Mrs. Ruth Buck, Pennsylvania State University Extension nutritionist.

Everyone needs enriched or whole grain bread or cereal products in their day's meals—whether they're a dieter or not. These foods are a source of B vitamins—important for helping body cells get and use the energy out of food. And the iron in these foods is needed to carry oxygen in the bloodstream, Mrs. Buck explained.

At least four servings of breads or cereals is recommended each day. And one slice of bread is considered a serving. So if you

eat a sandwich, you're getting two full slices—or half the quota for the day in just one meal, reminds Mrs. Buck.

Cereal products are also found in other foods—breakfast cereals, rice, noodles, spaghetti and macaroni. So there are many ways to fill that four serving quota.

Mrs. Buck advises dieters not to eliminate bread or other cereal products from the diet. But one was to cut down on calories and still have bread is to go the open face sandwich route. That will still give you a good amount of nutritious sandwich filling such as cheese, meat or peanut butter. And you'll save about sixty-five calories by leaving the lid off the sandwich.



## Ladies, Have You Heard?



By Doris Thomas, Extension Home Economist

Doris Thomas

**Your Food Horoscope?**  
SCORPIO (October 23 - November 21) — The sign Scorpio denotes the birth of both life and ideas.

You who were born under this sign have excellent powers of invention, intuition, and perception. Your memory is good because you listen carefully to all that is said.

As for your emotional makeup, it is affectionate, sympathetic — and always intense. You become very determined in the face of obstacles. But sometimes, when angered, you become headstrong and willful; you will be happier if you fight this tendency.

As a homemaker, you are one of the best.

Since you enjoy planning and organizing your household, you will want to read "How to Buy Meat for Your Freezer," issued by the Consumer and Marketing Service. This pamphlet describes beef, lamb, and pork wholesale and retail cuts and grades of quality, and helps you make cost comparisons when buying meat in carcass form. Many useful charts and photographs are included.

For your free copy of HG-166, send a postcard request to the Lancaster County Cooperative Extension Service, 1383 Arcadia Road, Room 1, Lancaster, PA 17601. Please include your ZIPCODE.

### Convenience Foods?

The cook who has time can cut grocery bills by preparing attractive meals from less expensive foods.

However, the homemaker who's employed outside the

home, in poor health, or busy with outside activities, may find that the time she saves by using convenience foods is worth the extra cost. Only you can decide that question for your family and lifestyle.

But whether you buy convenience foods or cook from "scratch" you need to shop carefully.

You can save significantly by preparing your own potatoes, by adding the garlic to the bread yourself, and by buttering your own peas.

Heat-in-the-bag foods allow you to cook several kinds of foods at one time in one pot. But they are expensive.

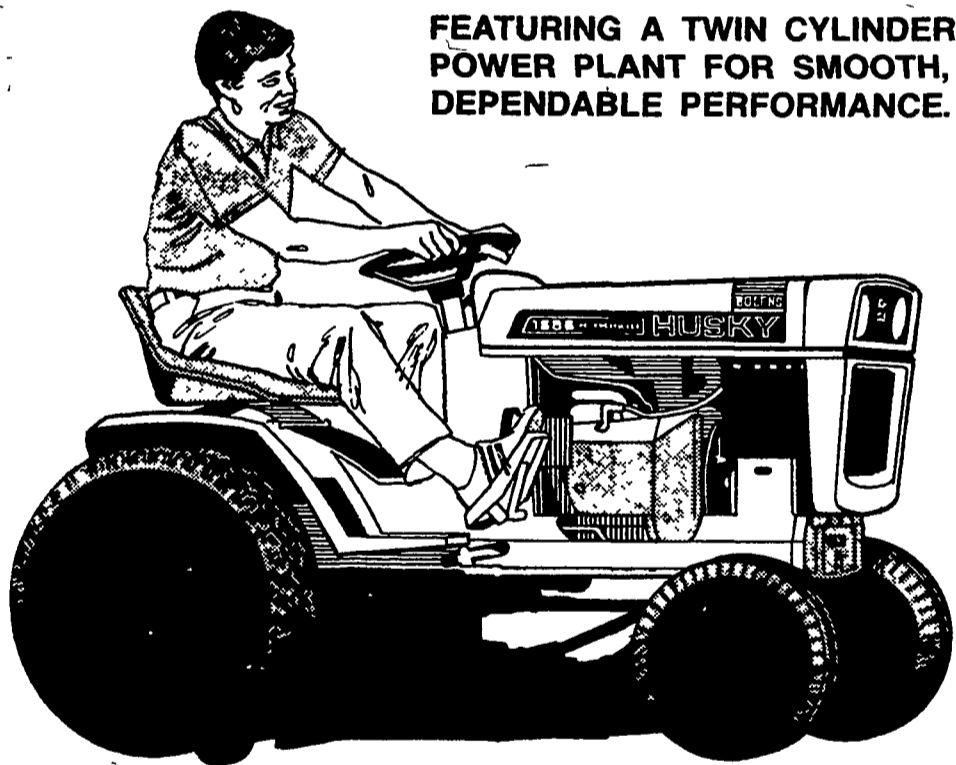
However, large bags of plain frozen vegetables are money-savers. Just pour out what you need and save the rest. You can add different garnishes each time you serve the vegetables.

Take time to compare different forms of the same product. Whole fruits and vegetables in a can or frozen are usually more expensive than slices or chunks. Small or mixed pieces cost even less. But, when you're preparing a fancy salad for guests, the more expensive whole fruit may be your choice.

Dry cereal continues to be one of the most expensive buys at the store. Sugared cereals are high in cost and the new instant cooked cereals are even more costly. It takes less than five minutes to prepare cooked cereals from "scratch."

Don't let convenience cooking turn into lazy cooking. Good cooking is still a challenge — so is staying within your food budget.

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