



Ladies,
Have
You
Heard?

By Doris Thomas,
Extension Home Economist



Doris Thomas

**Nutritional Guideline
to be Established
for Frozen Dinners**

Frozen dinners processed in the future will carry a nutritional label; The Food and Drug Administration has completed nutritional guidelines for precooked, frozen heat-and-serve dinners. And the information will be carried on all packages of these foods.

The label will indicate the source of protein from meat, poultry, fish or cheese; and other ingredients such as potatoes, rice, cereal products; and vegetables other than potatoes. Minimum levels of protein, vitamin A, B vitamins, niacin and iron will also be indicated based on the caloric content.

Either of two methods of identification may be used. The

statement: "The nutrient content of this product meets the Federal Nutritional Guideline established for frozen convenience heat-and-serve dinners," must be carried in addition to the caloric content. Manufacturers of complying products have the alternative of no label. But products that do not meet these standards must carry a statement that they don't meet the guidelines, and in what nutrients they are deficient. Additions of two vitamins and iron can be made to meet the guidelines.

Guidelines for other prepared foods will be developed and in use later this year.

Lights, Camera, Action!

Filming for fun is for anyone who owns a motion-picture camera and has come to realize that filming can be an exciting, absorbing, thoroughly creative hobby, rather than a casual addition to picnics and parties.

Some hobbyists achieve professional quality, and even the producers of duds get a great deal of satisfaction from making them. Many famous people enjoy this hobby, too. Among them are Queen Elizabeth II, who shoots scenes of the British countryside and has been seen filming, like any tourist, the changing of the guard at Buckingham Palace. Comedian Jerry Lewis entertains guests by concocting impromptu comedy situations and shooting them in his playroom, using his guests as actors.

If you've never seen a good amateur film, you're likely to confuse the hobby with home-movie making. Richard Kipp, Penn State Extension visual aids specialist, points out that this is a grievous error. And the amateur film producer may be offended if you ask to see some of his "home movies."

The main difference is that the amateur filmer plans and creates complete films. The home-movie maker shoots what appears before his camera and he seldom edits the film after it's processed.

Another big difference is the range of interest. Industry surveys show that most families buy their first movie camera with

Chester County FFA Elects New Officers

The fourth meeting of the Chester County Chapter, Future Farmers of America, was called to order in the Owen J. Roberts High School agriculture room by the president, Mike Mowrer. There were 13 members present.

The treasurers report was given. There was no old business or any committee reports.

The following was new business: Wayne Stanton moved we change the treasury system to the voucher system. The motion was seconded and after some discussion the motion passed.

Chris Herd moved that the County Association pay for the County Degree certificates. The motion was seconded and passed.

The following members were nominated during election of officers: Chris Herd, Octorara, president; Howard Stoltzfus, Owen J. Roberts, vice-president; Gerald Metzler, Octorara, treasurer; Wayne Stanton, Oxford, recording secretary; Cathy Swisher, Vo-Tech, corresponding secretary; Mike

Dunn, Oxford, reporter; Shane Clark, Owen J. Roberts, sentinel, and Tom Mowrer, Owen J. Roberts, chaplain.

The agriculture teachers attending were: Scott Gold, Oxford; Neal Burtner, Owen J. Roberts; Ivan Stauffer, Octorara, and Frank Zelco, Vo-Tech School.

News Reporter
Mike Dunn

**Appliance Terms
Explained**

Extension home management specialists at Pennsylvania State University say that the Association of Home Appliance Manufacturers has compiled a general guideline defining what terms most commonly found in directory listings mean. "Factory Service" means the appliance manufacturer owns the local company and provides service through his own employees. "Authorized," "authorized factory" or "factory franchised" firms are separately owned and managed but have a contract with the manufacturer to provide warranty service. "Independent" service is provided by a local company not under contract to a manufacturer.

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Teat Dip	reg. \$4.25 gal.	Now \$3.40
Stock Spray & Dip	reg. \$7.00 gal.	Now \$4.50
Dairy Detergent	reg. \$4.85 gal.	Now \$3.85

FOR THE HOME—

Shell Pest Strips	reg. \$1.85	Now \$1.65
ROCKLAND weed & feed	5,000 sq. ft. size	Now \$5.65
ROCKLAND Lawn Weed Killer	reg. \$3.25 quart	Now \$2.75
ORTHO lawn fertilizer	50 Lb. reg. \$3.45	Now \$2.95

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