

Ida Risser

Spring by itself should be enough incentive to clean up and brush up. However, we

sometimes need that extra push to cut up the tree which the last wind storm blew down or even just to pick up the glass from the broken barn window.

The past few days we've been motivated by the knowledge that the kindergarteners were coming.

They came, all of them, on one big bus. After streaming off the bus, they kicked up their heels like lambs in the sunshine. First, they petted a biscuit-colored calf which we tied to a gate. Later we learned that some of them thought it was a sheep.

Then they watched the cows

being milked in the parlor and saw the milk flow into the big tank. They peered in and said disapprovingly "cream".

They were sidetracked by the dogs, cats and puppies but finally got to the silos and Allen explained how silage is made and fed.

When they got here a few held their noses but when it was time to leave we were flattered to have some ask if they could stay with us. That was thanks enough.

XXX

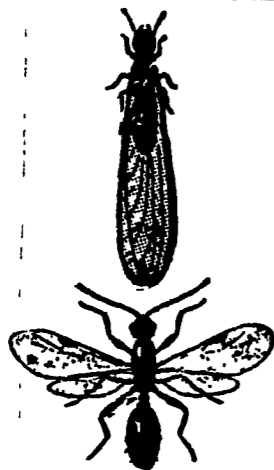
The rhubarb is over half a foot high, the strawberries are pushing new leaves, and the six pounds of peas are planted.

Our 4-H Community Club has been organized after we distributed 550 flyers to several elementary schools.

Judy and I have painted the shutters on our house and are working on the porch now.

Many fields are plowed as Jeff was home from college for a few days and helped. It took a bit of extra cooking, though.

So, we keep busy and even find time to go to a few farm sales.



Which Bug is the Termite?

The top one, the bottom bug is a flying ant. Notice its narrow waist. The termite has a broad waist. They're quite different, actually. If you have termites or suspect them in your home, call us.



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FOOD LABELING

The Food and Drug Administration's "program to make food labeling more effective" is "just a beginning," according to FDA Commissioner Dr. Charles C. Edwards. Announced earlier this year in the Federal Register and covered widely in the press the new regulations have been described as "sweeping changes in food labeling practices to give consumers a better idea of the nutritional value of about half of what they eat."

Because the regulations are intricate and far-reaching, let's discuss some of them in simple language.

Labeling Is Voluntary

Nutritional labeling is voluntary for most foods. But it's predicted that competition in the market place probably will actually force some of the labeling. If, however, a product is fortified by the addition of a nutrient (enriched bread, fortified milk, etc.) or if a nutritional claim is made in the label, then full nutritional labeling must be carried out. And once a food purveyor is committed to labeling, the rules are specific and arbitrary.

To help you understand the information, and particularly so you can compare products, nutritional labeling provides for the following wordings and headings to be used by all: 1) Serving size; 2) Servings per container; 3) Caloric content; 4) Protein content; 5) Carbohydrate content; 6) Fat content; and 7) Percentage of U.S. Recommended Daily Allowances for protein, and seven vitamins and minerals. The latter are: vitamins A and C; the B-complex vitamins - riboflavin, niacin and thia-

min; and the minerals - iron and calcium.

Note the phrase "U.S. Recommended Daily Allowances" (U.S. RDA). These are in agreement with the Food and Nutrition Board's Recommended Daily Dietary Allowances and replace FDA's former Minimum Daily Requirements (MDR) which you've read for so long on vitamin bottles, etc.

Now You Can Compare

The whole point is, you will now be able to see and compare percentages of the Recommended Daily Allowances that a food provides. And if you add up the percentages of all you plan for tomorrow's meals you'll have an idea of how close you will come to providing adequately for your family. It isn't all that simple. But you are going to have a lot more information than before, if you choose to use it.

One more thing: I don't want to get into a lot of detail, but the new regulations do for the first time in FDA history, permit labeling of cholesterol and fat content. This is being permitted to assist people who are following physician-recommended fat-modified diets. Fatty acids will be listed in grams as polyunsaturated fatty acids, saturated fatty acids, and other fatty acids. Cholesterol content will be stated in the number of milligrams per serving and in milligrams per 100 grams of food. FDA was very careful to point out, in taking this action, that "FDA is not taking a position on the scientific debate surrounding the role of fat consumption in heart disease."

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