

## New Bank Staffers at Quarryville

Four additions to the staff of Farmers National Bank of Quarryville have been announced by Robert K. Bruce, the bank's executive vice president.

Joining the bank as teller personnel are Barry L. Hess, Mrs. James Funk and Mrs. Jay Taylor. New to the Bookkeeping staff is B. Susan Shaub.

Hess, a native of Quarryville, is a 1972 graduate of Solanco High School, where he completed the academic course. This fall, he will attend the American Institute of Banking course, "Principles of Bank Operations", to be given in Lancaster.

Mrs. Funk was graduated from J. P. McCaskey High School in Lancaster in 1947, and attended Lancaster Business School for one year, majoring in bookkeeping.

Mrs. Taylor, also a drive-up teller, is a 1966 commercial graduate of Solanco High School. Prior to joining FNB, she worked for two years at the Radio Corporation of America in Lancaster, and for three years at the Avon plant in Newark, Del.

Miss Shaub, a 1971 graduate of Solanco High School, attended Grace College in Winonah Lake, Ind., for one year. Before coming to Farmers National, she was employed in the proof department of the National Federal Bank in Lancaster.

### The Old Timer



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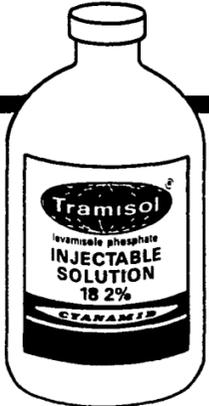
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## Doctor in the Kitchen®

by Laurence M. Hursh, M.D.  
Consultant, National Dairy Council

### BETTER BREAKFASTS

As the saying goes, "Today is the first day of the rest of your life." Well, how about resolving that you will, from this day forward, eat a better breakfast?

It will pay off in health results. It might even get some members of the family communicating again if you all sat down occasionally and shared a breakfast together.

#### A Great Start

Your body will be helped nutritionally if you receive from breakfast one-fourth to one-third of your daily nutrient needs. It gives you a great start. And a nutritionally-balanced breakfast will stay with you longer. It eliminates the kind of "stomach panic" that people can suffer in mid-morning if they rely too much on things like sweet rolls at coffee break to make up for an inadequate breakfast, or no breakfast at all.

If you watch animals — particularly the family dog or cat — you find that they know quite well how to take care of themselves. They stretch, they get exercise, they get enough rest, and they have healthy eating habits.

And they share in common a healthy interest in breakfast. Rare is the dog or cat that isn't wildly interested in a good breakfast.

Why must we humans be so jaded, or so stupid?

And normally, active pets don't have weight control problems.

Statistics indicate, as I've said again and again in this column, that people perform better at work and at school if they eat a good breakfast. There are even statistics to show that safety performance is better among workers who eat breakfast. Thus it is that breakfast programs are growing both in industry and in schools.

#### Many Choices

There are so many foods to choose from for breakfast: There's sausage or bacon, eggs, buttered toast, hot or dry cereals, pan-

cakes, waffles, fruit juices and other fruits and berries with cream, as well as beverages such as milk, cocoa made with milk, coffee or tea.

Or if the kids want variety, let them have a hamburger, egg sandwich, or cheeseburger. It's all excellent food.

### Consumers Show Taste for Yogurt

Not so very long ago, you might have been considered a bit different if you ate yogurt.

Then along came apricot yogurt and blueberry yogurt and boysenberry yogurt and . . . well, you get the picture. Word came out about yogurt being a healthful food and good for dieting and weight watching.

And so, the "average" American now eats three times more yogurt than he did five years ago. Per capita consumption reached 1.4 pounds in 1972.

Thus, yogurt has become the fastest-growing fluid milk product, reports ERS's Dairy Situation.

Lowfat milk has also made substantial gains in recent years, reaching 40 pounds per person in 1972. Gains in skim milk have been more moderate. Other fast-growing products in the past five years on a per capita basis are eggnog, sour cream and dips, and flavored milk and drinks.

Per capita sales of whole milk have dropped off somewhat, but it continues to lead all other dairy products.

Most cream products have shown a decline in per capita use.

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