

Local Conservationists Attend State Meeting

"I am confident that districts are going to be assuming more and more responsibilities, meeting more challenges with timely decisions and therefore being a leader in the environmental field in the years ahead," said Walter Peechatka, Executive Secretary of the State Conservation Commission during his keynote address charge to district directors. Peechatka addressed the 26th Annual Conference of the State Conservation Commission and the Pennsylvania Association of Conservation District Directors, Inc. The Conference was held in Chambersburg, October 2-4, 1973 and was attended by more than

300 persons.

George W. Miller, Jefferson County Vo-Ag teacher, was elected President of the Pennsylvania Association of Conservation District Directors during their Wednesday business meeting. Miller previously served as vice president of the organization. A State Conservation Commission Meeting and an address by R. M. Davis, SCS Field Representative and Director, Regional Service Center, Soil Conservation Service, were also Wednesday features.

Miss Pat Peachy, Mifflin County beauty, was named 1974 Environmental queen as the highlight of Tuesday host night activities. Miss Peachy was one of ten county environmental queens participating in the contest. Miss Victoria Kamp, Somerset County, was first runnerup.

Individuals and organizations honored at the banquet for their contributions in the environmental field were as follows: Conservationist of the

Year - Arthur Watres, Wayne County; Conservation Organization of the Year - Luzerne-Lackawanna Environmental Council (Lu-Lac); Conservation Educator of the Year - Robert A. Swanson, Warren County; Forest Conservationist of the Year - William "Turk" Jones, Clearfield County; Watershed Man of the Year - Robert W. McCullough, Lycoming County; and Watershed Association of the Year - Turtle Creek Watershed Association, Inc., Allegheny and Westmoreland Counties. The Honorable Calvin W. Johnson, former congressman from Illinois, was banquet speaker.

The conference concluded with a tour of Franklin County Orchard farms and a tour through a fruit processing plant.

Lancaster County was represented at the Conference by Mr. and Mrs. Aaron Z. Stauffer, RD1, Ephrata, and Mr. and Mrs. Amos H. Funk, RD1, Millersville. Lebanon County was represented by Clair Gerberich, executive assistant.

NDC Board Premieres Movie

"MILK - What's in it for the Consumer? This was the theme of a special National Dairy Council exhibit at the recent board meetings of the United Dairy Industry Association, Dairy Research Inc., American Dairy Association, and NDC at the Regency Hyatt O'Hare Hotel in Chicago.

The exhibit showed what the consumer would have to buy, and what it would cost, to get from another food source each of ten key nutrients contained in a single quart of milk.

Some of the examples, all of which were illustrated with the appropriate amounts of the actual substitute foods, were as follows:

"ONE QUART OF MILK CONTAINS
as much calcium as 72 slices of white bread (\$1.05);

as much vitamin D as 15 eggs (\$1.21);
as much protein as one pound of bacon (\$1.86);
as much magnesium as 13 apples (\$0.88);
as much vitamin A as 3½ ears of corn (\$0.28).

The substitute food display was accompanied by an exhibit of NDC educational materials with a selection of photos showing how various affiliated Dairy Council units use the materials in nutrition-education teaching situations.

The NDC exhibit is part of NDC's new emphasis on consumer nutrition education programs designed to enhance public appreciation of the nutritional value of milk and other dairy foods, especially in the context of rising food costs.

Consumers' Corner

Furniture Needs Tailored Look

Tailoring is as important to a chair or sofa as it is to a well-made suit.

Whether the covering is a woven fabric or a plastic, how well it is tailored to the chair or sofa should be carefully observed.

The covering should fit smoothly and evenly, and patterned fabrics should be carefully matched. It is important to check for straight seams.

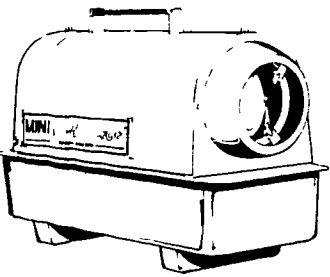
Button tufting is a bit more expensive but sometimes helps secure the filling and prevents wrinkles. Coverings on foam upholstery tend to wrinkle if not securely attached.

Look for these details: fabric cut and placed so the weave or grainline will look even, self decking with the fabric beneath the seat cushions the same as that used on the rest of the piece, straight hanging skirts that are lined, zippered cushions and reversible cushions so wear can be distributed, and arm caps to protect chair and sofa arms from soil.

Have Recipes On Hand

Since autumn brings more pork to the market, the clever cook is ready with recipes to match pork cuts. Collect recipes for preparing several different cuts and keep them with your shopping list. Then you can pick up the other ingredients after you make your pork buys.

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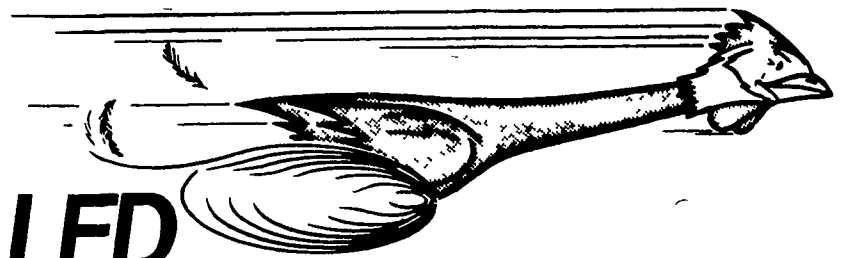
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