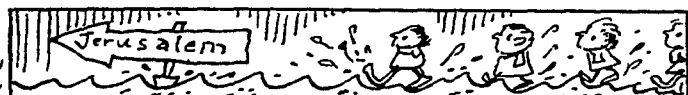


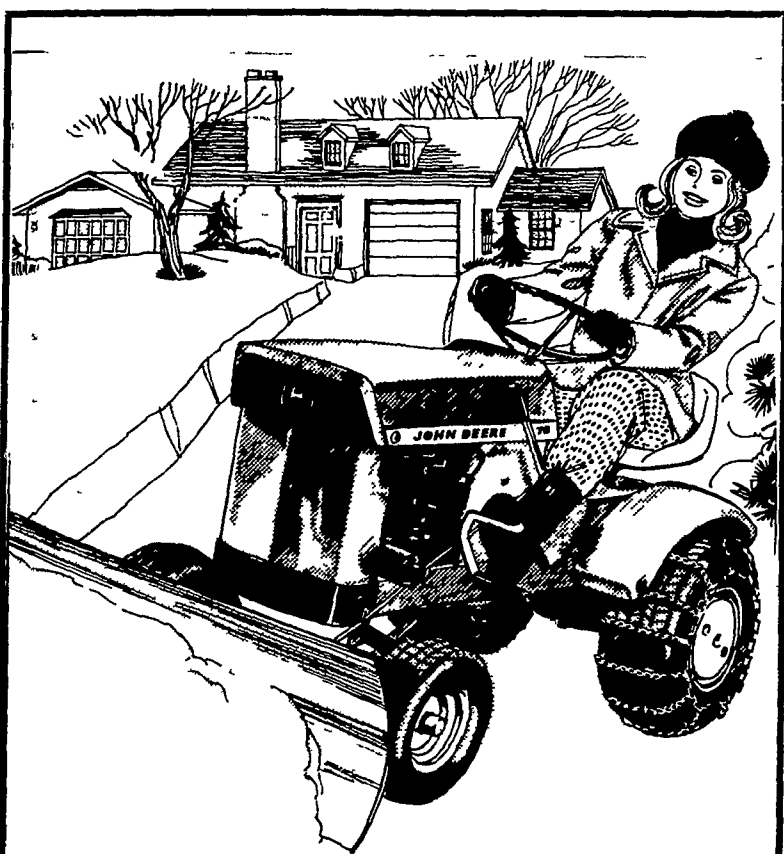
Miss Pennsylvania To Be At Farm Show



TINA THOMAS, Miss Pennsylvania, will be on hand to greet visitors to the 1974 Pennsylvania Farm Show to be held in Harrisburg January 7-11. The 18-year-old fourth runner-up in the Miss America Pageant will be at the Sperry New Holland display of farm machinery Monday through Wednesday.



In 1212, thousands of children embarked on a task that was far from child's play. They believed they could walk dry-shod across the Mediterranean and capture Jerusalem from the Saracens without fighting.



What's your lawn mower doing this winter?

When the snow flies, your mower goes into hibernation. But not a John Deere Lawn and Garden Tractor. It earns its cold-weather keep two ways: Either with a snow blower that takes a 32- to 46-inch bite and throws it 20 feet or with a blade that clears a 30-foot drive in minutes "Winterized" Weekend Freedom Machines come in 7- to 14-hp sizes, stick or automatic. See us about one soon. We also provide financing



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Consultant, National Dairy Council

NUTRITION A LA CARTE

• Need help in encouraging your family to eat vegetables? Try serving vegetables raw as well as cooked. Children especially may like such finger foods as carrot sticks, celery or cucumber sticks, green pepper strips, or cauliflower-ettes. If the kids help to prepare the vegetables, this too may perk up their appetites.

• Did you know that freezing damages the texture of most cheese? But some can be frozen in smaller pieces. These include Brick cheese, Cheddar, Edam, Gouda, Muenster, Port du Salut, Swiss, Provolone, and Mozzarella. Wrap them in moisture-proof wrapping, freeze quickly and store at zero degrees Fahrenheit or lower.

• Nutrition really means the teamwork of various nutrients. For instance, vitamin D in milk helps build calcium and phosphorus into bones. Iron combines with protein to make hemoglobin, a component of red blood cells. For total nutrition, no one food can do the job. That's why we urge the four food groups for best eating.

• If you think being overweight isn't serious consider this: Here's what overweight can do to you — It may injure your arteries and your heart. Being too heavy increases your risk if you need surgery. It slows you up and this in itself causes you to burn fewer calories. Overweight may overburden your joints and invite arthritis.

• Riboflavin, one of the B vitamins, helps keep your skin in good condition. It's important to the health of your tongue and lips, too. Riboflavin functions by helping your cells use oxygen. Good food sources of riboflavin include milk, cheese, ice cream, meats — especially liver — fish, poultry and eggs.

• Women and teenage girls are often found to be deficient in iron, undoubtedly due to inadequate diets. To make sure you get enough iron, you must include iron-rich foods in your meals. Such foods include liver, other meats, eggs, dried beans and peas, green leafy vegetables, prunes, raisins, dried apricots,

enriched or whole grain breads and cereals.

• The turkey that we enjoy not only at Thanksgiving but all year 'round was originally discovered by Cortez when he conquered Mexico. Only he thought the bird was a peacock. Spaniards called the bird "toka" which is the Indian word for peacock. Later in Spain they called it "tukki", and finally turkey as we know it today.

• Did you know that if you add sugar to whipping cream before it is whipped, it will take longer to whip the cream and you'll get less whipped cream? Did you know that the yellow flecks in some buttermilk are real butter? Butter granules are added to meet the demand of people who like their buttermilk this way.

• The proteins in all foods are built from compounds called amino acids. Of more than 22 amino acids, eight are essential for adults because the body is unable to make enough of them for its needs. You must get them already formed in your food. That's one reason why protein foods like those in milk and meat groups are important.

• Here's a winter party idea — a skating party buffet. Serve piping hot oyster stew along with crusty bread and butter, also a healthy Caesar salad and hot mince pie. You'll be a nutrition winner with such a menu and the skating party will get you and your friends out of doors for some winter exercise.

• What is man made of? If he weighs around 160 pounds, he may be made of about 100 pounds of water, 29 pounds of protein, 25 pounds of fat, 5 pounds of minerals, one pound of carbohydrate, and one-quarter ounce of vitamins. Only carbohydrate, fat and protein can be used as energy fuel.

• It's not a good idea to choose your diet by chance. Yet a lot of people eat what they want to and then rely on vitamin and mineral supplements to get all the essential nutrients. This hit-and-miss approach can deprive your body of the proper amounts of protein,

energy-giving foods, and other nutritional necessities.

• Here's a New Year's resolution you might consider: Promise yourself you'll read labels on the food you buy. You'll be more knowledgeable about the food you buy, its weight in terms of price, and its nourishment. There's no point in your being ignorant, or careless, when it's a matter of where your food dollar is going.

• Milk is an excellent food. It contains a wide variety of the essential nutrients needed for good health. As such, it is one of the most useful foods you can add to your meal. Two glasses a day give an adult one-fourth the protein needed, three-fourths the calcium, half the riboflavin, and many other essential nutrients.



"The trouble with moralists is that they want to reform someone according to their ideals."—H. A. Barnhart, The Blair (Hollidaysburg, Pa.) Press.

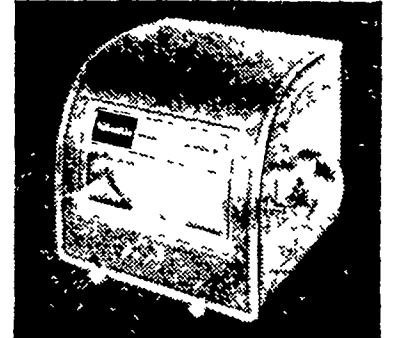
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