

**Doctor
in the Kitchen®**
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NATIONAL NUTRITION WEEK

"Nutrition \$aves" is the theme of National Nutrition Week. It's being celebrated nationally this week, March 3 to 9.

This theme seems to make sense. For it's certainly true that with rising food prices your knowledge of nutrition is more important than ever. And certainly for families who have, one way or another, suffered financial setbacks, the nutritiousness of the food they buy with limited funds is a vital consideration.

Planning Is Essential

In the name of Nutrition Week, there is one main point I'd like to make. It has always been important to plan your family's meals carefully if you are to be sure everyone is getting needed nutrients. But as the budget tightens, planning becomes absolutely essential.

Just as people now have to plan when and where they will drive on the gasoline they can get, so must you plan more thoroughly before you get to the supermarket.

In the past, perhaps you pretty much filled up your shopping cart with anything you wanted at the time. Well, that's the route to inefficient buying. That's when you can unthinkingly pick out items that may offer little but calories. Or more expensive cuts of meat when less expensive ones will give you more nutrition per dollar. So you must plan.

Your shopping list should, of course, provide your family with foods from all of the four food groups — the milk and meat groups, fruits and vegetables, and breads and cereals.

When buying fruits and vegetables, be sure to plan

for green leafy and yellow vegetables as one category of that group, citrus fruits and tomatoes as another, and then other vegetables and other fruits such as potatoes, beets, cabbage, cauliflower, celery, corn, lettuce, apples, bananas, cherries, berries, grapes, etc.

In fact, it is in the fruits and vegetables groups that you can plan extensive variety to keep your meals interesting. Also to take advantage of seasonal price advantages, and the fact that these foods are offered fresh much of the time, as well as frozen and canned.

More For Your Money

Examples of more nutrition for your money include fresh or canned potatoes rather than potato chips, orange juice or milk instead of soft drinks. Substitutes for meat include poultry, fish, cheese, eggs, beans or peanut butter.



Mr. and Mrs. Kenneth Herr, Quarryville RD1, have just returned from a week long visit to Tahiti where they were guests of J I Case Company. The Herrs won the trip for

performance in the area of sales, service, and promotion of Case tractors. Their business, located at Quarryville, is operated under the name of A. L. Herr & Bro.

Paarlberg says We Aren't Running Out Of Wheat

"Consumers do not face a bread shortage," says Dr. Don Paarlberg, director of agricultural economics for the U. S. Department of Agriculture.

"Charges that we will not have wheat to make into bread are simply not true," he said.

Dr. Paarlberg pointed out that the USDA estimates that the nation will have 178 million bushels of old-crop wheat left at the end of the marketing year on June 30—plus several hundred million bushels of new-crop wheat that will be harvested in May

and June. The U. S. consumes about 530 million bushels of wheat a year for food uses.

The 1974 wheat crop is currently estimated at 2.1 billion bushels—roughly four times our domestic food requirements, Dr. Paarlberg said.

"Our wheat exports are extremely important to the nation in generating export earnings," Dr. Paarlberg said. "These earnings are helping to pay for the increased costs of oil imports, along with the raw materials and low-cost consumer goods

from overseas that are helping to keep inflation from running completely away with us. If we cut off wheat exports, we would raise the cost of our imports—and our cost of living."

Each week the USDA publishes a report on the amount of wheat on exporters' books that has not yet been delivered. "A large proportion of these reported contracts are for 'unknown destination'," Dr. Paarlberg points out. "That usually means an exporter has contracted for the wheat, but has not yet resold it to an end user. The wheat in these contracts is still for sale to the highest bidder, and it is physically located in the United States. A baker or anyone else who is afraid of running out of wheat can go out today and buy it back simply by offering the going market price.

"Many of these contracts for unknown destination"

may actually have been made in the first place because the importers were afraid the U. S. government would impose export controls, allowing exporters to ship only a stated percent of their total contracts. About 7 million bushels of these contracts to unknown destinations simply evaporated from our last export report, and we expect this kind of evaporation to continue.

"That big 1974 wheat crop is our best insurance for moderate wheat and bread prices," Dr. Paarlberg concluded. "We have also removed restrictions against the importation of wheat, so that if wheat should become critically short, it can come in from other countries. In addition, the Soviet Union earlier agreed to defer delivery on about 40 million bushels of old-crop wheat until the new crop year."

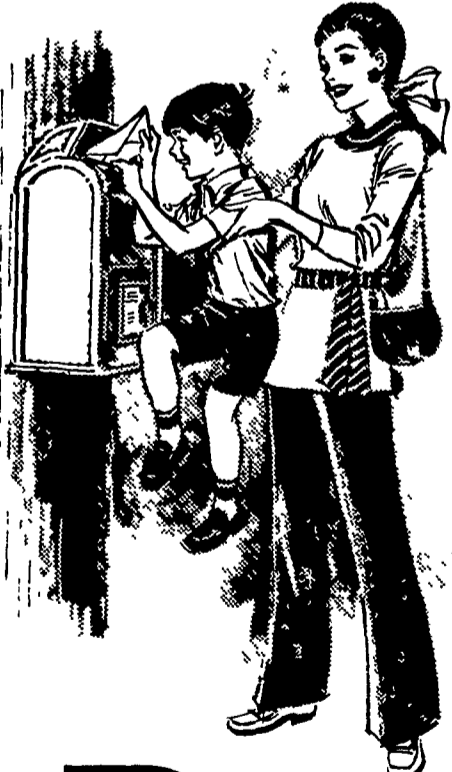
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