

Postal propaganda—it's said that if a moth flies toward you, you will receive a letter.



Doctor in the Kitchen®

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

Nutrition A La Carte

- Scientists are now discovering that poor nutrition in the first three years of life prevents full mental development, and that this can't be entirely corrected. The tragedy of this is apparent in that it's estimated that two-thirds of the world's children—300 million youngsters—are undernourished and have some degree of growth retardation.

- Food is the source from which you replace material your body loses. Bone, fat, muscle, organs, blood—all these things need constant replacement in your body. You may be exact duplicate of what you were a year ago, but you are to a very large extent of new substance. This is why proper eating is so important.

- The three methods for cooking vegetables to conserve as much of their nutrients as possible are: Steaming, pressure cooking, or cooking quickly in a covered pan with only enough water to prevent scorching. You'll save vitamin C if you cook vegetables only until they are done—no longer.

- As one of the four food groups, dairy foods are important because these foods are your very best source of calcium. You

need calcium, even when you're an adult, for upkeep of bone and for proper functioning of nerves and muscles. Milk and its products are important, too, for protein, and the B vitamin riboflavin, as well as other vitamins and minerals.

- There are some warnings you should heed about losing weight. Starving yourself is the wrong answer. It can upset your body chemistry including decreasing your muscle more than fat, and if continued too long it may create permanent damage involving vital functions. If you have a serious weight problem, see your doctor.

- Here are ways to help your preschool child. Serve small portions of foods, like smaller glasses of milk or juice; also medium temperature foods, rather than too hot or cold. And finger foods are easier to tiny hands to handle, like wedges of egg or tomato, or little cubes of meat or cheese, or carrot sticks.

Fats are a chief source of energy, and some vitamins. But that's not all. Fats make our foods more appetizing. They also delay the time your stomach takes to empty. This makes meals "stick to your ribs" and you don't have to eat again as soon.

Flat-Felled Seam

Stitch a plain seam, but with wrong sides together. Press seam open then press both seam allowances to one side. Turn the under seam allowance to ¼". Turn under the raw edge of top seam allowance and pin over the trimmed edge. Topstitch close to the fold. This seam is often used on jeans and western style garments.

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Charles A. Itle To Manage Dairy Show and Expo.

Secretary of Agriculture Jim McHale has announced the appointment of Charles A. Itle, State College, as manager of the Pennsylvania All-American Dairy Show and Keystone International Livestock Exposition.

The Cambria County native will receive \$15,296 annually. The appointment was effective April 15.

The two internationally renowned shows are held annually at the Farm Show in September and November, respectively, and in the past have attracted entries from virtually every state in the continental U.S., Canada, Mexico and visitors from around the world.

Itle was selected by a committee made up of representatives from the Pennsylvania Dairy and Allied Industries

Association, Pennsylvania Livestock and Allied Industries Association and the State Farm Products Show Commission.

Since graduating from Pennsylvania State University in 1960 with a B.S. in dairy science, Itle, 38, has been with the Cooperative Extension Service as an associate county agent in Crawford County and most recently in Centre County.

Prior to transferring to the Centre County post, Itle was on a leave of absence to complete requirements for a M.S. degree in agricultural economics at PSU. He also served 18 months as a lieutenant in the U.S. Army.

The new show manager is married to the former Nancy C. Harteis, also of Ebensburg, and they are the parents of five children.

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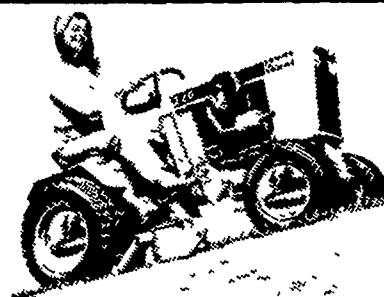
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