



Doctor in the Kitchen®

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Nutrition A La Carte
- Mothers, what can you do to encourage your children to be active? There's nothing quite like setting a good example. And when the family enjoys sports together, a fringe benefit is weight control. You need the four food groups, too—meats and protein foods, fruits and vegetables, breads and cereals, and milk and dairy foods.

- Most vegetables keep best in the refrigerator. Dry onions, potatoes, and cucumbers need a cool, well-ventilated storage place. Salad greens and green vegetables should be washed, then refrigerated.

Carrots, beets, and radishes are better stored without tops and root tips. Keep sweet corn in the husk until use.

- Did you know that yogurt has the same food value as the milk it's made from? Generally, yogurt is made from partially skimmed milk with added nonfat dry milk. Pasteurized and homogenized, yogurt is a custard-like smooth product with a tangy flavor. Its calorie range is from 120 to 160 calories per cup.

- It's said that people in this nation drop nearly 200 million coins into vending machines every 24 hours. That's about 2,300 coins every second. More and

more people buy food from vending machines and this is all right if you get foods from the four food groups—the meat and milk groups, vegetables and fruits, breads and cereals.

- Carbohydrates help you use protein to best advantage. If you have enough carbohydrate in your meals for the energy you need, you won't use up protein for the function. You need protein to build and repair all body tissues. It also helps make blood and forms antibodies to fight infection.

- Hot weather calls for cooler foods. But you need just as many calories to maintain body temperature, so don't reduce fats in your diet. You can get your needed fat from cream on berries, ice cream, and cool salad dressings (and skip the hot fried foods and rich gravies).

- There's no doubt that individuals perform best when they are well-nourished. Science has not shown that athletes are helped to greater achievement by taking special supplements or vitamin pills. Foods are the preferred source of nourishment. Only a physician knows when supplements are really desirable.

Fulton Grange Picnic Scheduled

Fulton Grange 66 met in regular session July 8, 8 P.M. at the Grange hall in Oakryn with the Master Charles McSparran presiding. The Charter was draped in memory of Mrs. Eleanor

Beck. Two people were accepted into membership. Mrs. J. Stanley Stauffer Jr. was appointed to represent the Grange at the Solanco Ministers Fellowship meeting September 26.

by criticisms by all members. Talk "Why Is An Order Of Business A Good Thing" by Richard Lefever; Talk "Duties Of The Officers" by LaMar Hahn.

The annual picnic will be held at the Grange hall July 22, 7 P.M. with the following in charge: Mrs. Clifford Holloway Jr.; Mrs. William Shuler and Mrs. DeWitt Bacorn. Members and friends should bring a meat dish, another dish and their own place settings. Rolls, butter and beverage will be provided by the committee. The Lecturer will provide games.

Thought For Food



Blueberry Orange Bread
Wash 1 cup fresh blueberries and set aside to dry between layers of paper towels. Boil together the peel of two seedless oranges, ½ teaspoon salt, 1 cup sugar and 1 cup water to make a thin syrup, about 20 minutes. Cool and remove peel. Measure syrup and add enough water to make 1½ cups. Add 2 tablespoons melted shortening and 2 well-beaten eggs. Add 3 cups flour sifted with 3 teaspoons baking powder. Mix thoroughly; fold in fresh blueberries. Pour into a loaf pan and bake in moderate oven (350° F.), about 1¼ hours. Makes 1 loaf.

Miss Joyce Galbreath, Lecturer, presented a program on "Grange Ritualism": Group singing "The Grange Is Marching On"; Reading "Why Ritualism" by Mrs. George Hough; Exemplification by appointed officers of the opening and closing of the Grange and presentation of the American flag followed

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