36-Lancaster Farming, Saturday, July 13, 1974



Doctor in the Kitchen[®]

by Laurence M. Hursh, M.D. **Consultant, National Dajry Council**

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 ventilated storage place. Salad greens and green vegetables should be

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 cucumbers need a cool, well- this nation drop nearly 200 million coins into vending machines every 24 hours. That's about 2,300 coins washed, then refrigerated. 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 wellnourished. Science has not shown that athletes are helped to greater achievement by taking 2 well-besten eggs. Add 3 cups special supplements or four sifted with 3 teaspoons bakvitamin pills. Foods are the ing powder. Mix thoroughly; fold preferred source of nourish- in fresh blueberries. Pour into a ment. Only a physician loaf pan and bake in moderate knows when supplements Makes 1 loaf, are really desirable.

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



Wash 1 cup fresh blueberries

Beck. Two people were by criticisms by all mer accepted into membership. bers. Talk "Why is An Ord Mrs. J. Stanley Stauffer Jr. was appointed to "represent

Thought For Food Ritualiam": Group singing "The Grange Is Marching On"; Reading "Why Ritualiam" by Mrs. George Hough; Exemplification by appointed officers of the opening and closing of the Grange and presentation of the American flag followed

bers. Talk "Why Is An Order Of Business A Good Thing" by Richard Estever; Talk the Grange at the Solanco Ministers Fellowship meeting September 25. Miss Joyce Galbreath, Lecturer, presented a-program on "Grange Ritualism": Group singing Shuler and Mrs. Device: 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

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games.

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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 table-spoons melted shortening and oven (350° F.), about 1% hours:

Blueberry Orange Bread

Fulton Grange Fi

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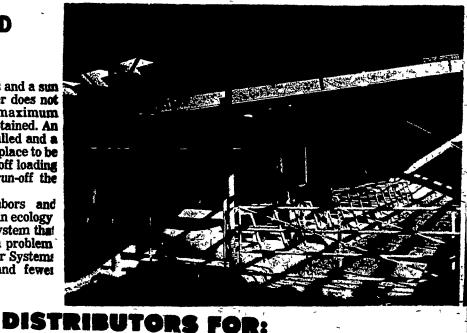
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