

Homemakers day planned for Historic Yellow Springs

WEST CHESTER, Pa. — The Chester County Cooperative Extension Service of Penn State University is holding Spring Homemakers' Day on April 26 from 10:00 a.m. until 2:00 p.m. The program will be held at the Historic Yellow Springs Inn, Chester Springs.

The program topics vary

from consumer protection to how to arrange your garden flowers into attractive arrangements, plus a visit to history through slides and guided tour.

Ms. Elaine Halford, director of public relations of the Better Business Bureau of eastern Pennsylvania will talk about being an informed

consumer and how to select goods and services that are satisfying for your needs.

Demonstrating a variety of floral arrangements will be Mrs. Ruth Thompson, Mrs. Eleanor Thomforde, and Mrs. Ruth Anderson. They will share tips on how to select the appropriate containers and the essential equipment needed to create floral decor.

Carol Roark, historian at Yellow Springs, will capture the threads of events, lives, and incidents of the unique 18th and 19th century community through a slide presentation. A guided tour

of the building and grounds will be part of the day's events.

At the Inn will be an art show featuring work of artists from the Pennsylvania Academy of Fine Arts.

A cold buffet with roast beef, ham, cheese, relishes, dessert, and beverage. Pre-registration is necessary by April 19. There is a small fee to cover costs for lunch and the day's events.

The program is open to all interested citizens; for further information call 1-215-696-3500.

Food guide released

HARRISBURG, Pa. — The task of planning well-balanced meals has been simplified in a new consumer health guide just released by the Pennsylvania Department of Health.

State Health Secretary Dr. Leonard Bachman said the pamphlet, entitled, "A Daily Food Guide," discusses the nutrition values of foods in the four basic food groups: vegetables and fruits, milk, meats, and breads and cereals. He said it also lists recommended amounts that should be consumed from each group on a daily basis to supply all the nutrients the body needs.

"Although most residents have received at least some education in basic nutrition, many can't cope with the seemingly complicated task of choosing the right amounts of foods from the different food groups to make up a well-balanced meal plan," Bachman said. "Our aim," he said, "is to

make the job easier through this new pamphlet."

"Poor eating habits are at the core of many health problems we see today," Bachman said.

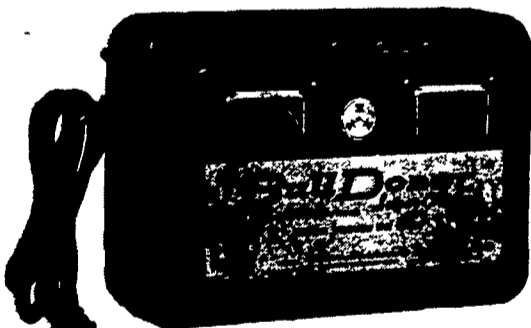
"The American diet is much too high in sugars and fats, mostly in forms of foods that add nothing but empty calories and contribute to problems such as diabetes, obesity and heart attacks. In addition, many citizens consume too much salt, a factor in high blood pressure," he said.

"We must get back to using more basic foods, especially fresh fruits and vegetables instead of highly refined, processed foods and foods ridden with fats and sugars," the Health Secretary said.

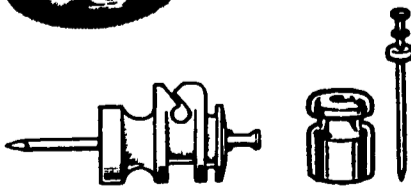
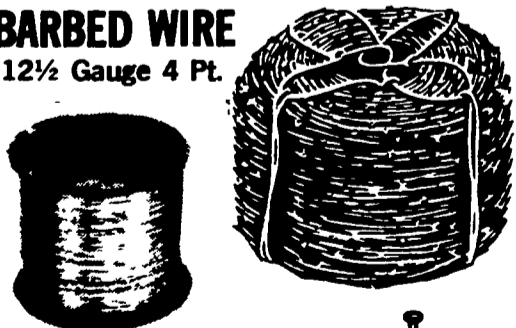
Copies of the new guide are available by writing the Pennsylvania Department of Health, Bureau of Health Communications, P. O. Box 90, Harrisburg, Pa. 17120, or call the State Health Line, toll-free, 800-692-7254.

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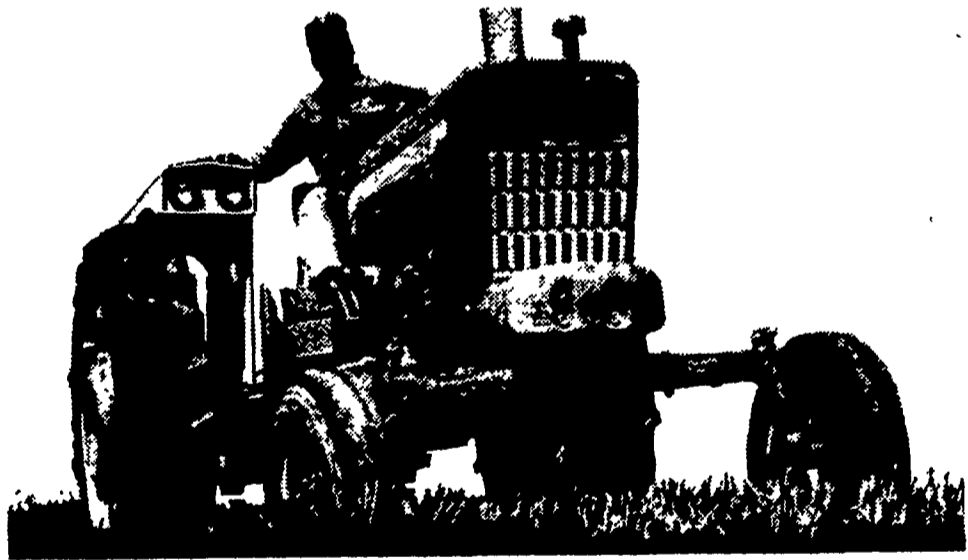
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