

Average meat consumption 2.9 oz. daily

CHICAGO, Ill. — There are those who say Americans consume too much red meat. How much is too much? Except for strict vegetarians, most people — and certainly not nutritionists — would not think three ounces a day is too much.

But according to the National Live Stock and Meat Board, average per capita meat consumption, cooked weight basis, is only 2.9 ounces per day.

David H. Stroud, Meat Board President, explained that most statistics showing per capita meat consumption are based on "carcass weight." On that

basis the average consumption of beef, veal, pork and lamb per year amounts to over 190 lbs.

"But that's arrived at by dividing the carcass weight meat production by the number of people in the U.S.," said Stroud. "That's the weight before the bone and fat are removed which never reaches the retail counter."

"Using carcass weight is a practical method of comparing meat consumption with other commodities, which also are calculated on the raw basis," he said. "But it badly overstates actual meat consumption because

processing, trim and cooking losses are not calculated."

Starting with the carcass weight figure of 192.8 lbs. per capita last year, the Meat Board estimates that actual consumption, that is, cooked, lean, on-the-plate consumption, averaged about 67.1 lbs., which comes down to 2.98 oz. of red meat per day.

Stroud said that for 1977, government and industry forecasts estimate that per capita meat consumption will be just about the same as last year's with a slight drop in beef being almost compensated for by an increase in pork. The daily cooked per capita consumption will still be below 3 oz. a day.

He said the actual consumption for both 1976 and 1977 is less than half the amount recommended by nutritionists.

"Two daily three ounce servings, from the meat group of foods, are recommended for the average adult," said Stroud. "The 2.9 ounces of meat consumed on average in this country provides about 25 grams of protein, only 44 percent of the current dietary allowance. But meat is much more than a source of protein, providing also important B vitamins, iron and other minerals and micronutrients."

Longwood

(Continued from Page 103)

In the Reception Suite beneath the conservatory, a special educational exhibit entitled "Christmas at Home" features decorations anyone can make. A large traditional tree is covered with ornaments made from dried plant material. Two "half" trees, one decorated all in white and the other in gold, are designed to fit snugly against a wall, saving space. Of special interest to nature lovers is a "bird tree" strung with bird seed, suet, popcorn, and cranberries. A generous assortment of Christmas arrangements, wreaths, swags, and potted topiary rounds out the display.

Holiday music fills the main conservatory from 7 to 8 p.m. every evening from Friday, December 16 through Friday, December 23, and from Monday, December 26 through Friday, December 30. The 13

concerts feature area musical groups and can be enjoyed by all visitors who purchase admission tickets to the gardens. Limited seating is available, or guests can wander through the displays as they listen to the performance.

On Christmas Day, the Longwood Organ can be heard from 2:30 to 4:30 p.m., as well as every Sunday, and also on Tuesdays and Thursdays from 1 to 2 p.m.

Longwood Gardens, recently named one of the top ten tourist attractions in Pennsylvania, is located on US Route 1, 30 miles southwest of Philadelphia. The gardens are open every day of the year. Admission is \$2 for adults, \$1 for children 6-14, free for children under 6. Annual neighbor passes, which make excellent gifts, are available at the Visitor Center. For more information about special holiday attractions, telephone 215-388-6741.

STOLTZFUS MEAT MARKET

CUSTOM BEEF BUTCHERING
Our Own Corn Fed Beef
Right From The Farm

—FRESH BEEF AND PORK—
**OUR OWN HOME MADE
SCRAPPLE & FRESH SAUSAGE**

Bacon and Country Cured Hams
Orders taken for freezer Meats

PH: 717-768-7166

Directions: 1 block east of Intercourse
on Rt. 772 - Newport Road

STORE HOURS	THURS. 9-5	FRI. 9-8	SAT. 8-5
-------------	------------	----------	----------



WRITE YOURSELF A LOAN WITH

EVEREADY CHECKING

- Ready money for bargains
- Immediate emergency cash
- Protects you from being overdrawn

First National Bank of Strasburg now offers you EVEREADY CHECKING — the fast, convenient, absolutely confidential loan you write yourself!

Here's how it works:

- 1 You apply for your personal line of credit, to be attached to your checking account, up to \$5,000.
- 2 Once your application is approved, you just write a check for the amount you need, anytime! When you write a check that exceeds your balance, First National Bank of Strasburg will automatically transfer necessary funds from your personal line of credit to your checking account in \$50 increments.
- 3 EVEREADY CHECKING is fast and convenient, and there's no service charge to write a check. When you do write yourself a loan — to cover an emergency, pay a bill, take advantage of a sale, for any reason — only then will you start paying interest.

It's as simple as that — you've got cash whenever you need it with EVEREADY CHECKING! Get an application today at any one of the Friendly First offices.



The Friendly First

Member F.D.I.C.

EVEREADY CHECKING

THE FIRST NATIONAL BANK OF STRASBURG

AGWAY

LP GAS

BULK METERED SERVICE

AGWAY PETROLEUM CORP.

Box 1197, Dillerville Road, Lancaster, Pa
Ph. 717-397-4954

**ATTENTION FARMERS...
FREE ESTIMATES
ON RODENT CONTROL**



RODENTS carry diseases which can endanger the health of your flocks. Your business is raising the flocks. Ours is protecting them.



1278 Loop Rd.
Lancaster, Pa. 17604
717-397-3721

Since 1928
Pest control is too important
to trust to anyone else