

Chester County DHIA

(Continued from Page 119)

Lloyd Mast & Sons						
#9	3	7-5	293	18,969	4.7	896
#31	3	2-1	305	19,361	3.7	707
Ken E. Weber						
#42	3	5-9	305	20,756	4.3	892
Ann	3	5-8	297	15,069	4.7	709
Ben S. Beiler						
Pond	3	4-7	305	24,528	3.6	876
Donald Hostetter, Jr.						
Star	3	3-3	305	19,328	4.5	866
Dawn	3	4-8	305	19,154	4.1	778
Dana	3	2-8	305	19,541	3.7	725

Family diets low in vitamins

UNIVERSITY PARK — Studies show that families get less than the recommended dietary allowances for certain nutrients.

Each person needs four servings every day of foods rich in vitamins A and C, says Louise Hamilton, professor of food science Extension and author of Penn State's correspondence course on Meal Planning for Young Homemakers. These four servings should include one food rich in vitamin C, one that is a good source of vitamin A at least every other day, and two or three other fruits or vegetables daily.

If one follows these recommended allowances, you and your family members should have a diet that supplies adequate amounts of vitamins C and A. Now how about calcium? Children to age nine need two to three cups of milk or a substitute every

day; children nine to 12 need three to four cups of milk every day. Teenagers need four cups every day; adults need two cups every day (more during pregnancy and lactation).

Other lessons in the course are directed toward planning and serving of nutritious meals, making the best use of time and money, how to help husbands and children develop good food habits, and learning to evaluate sources for accurate nutrition information.

To order a copy of this study-at-home course, one can write Meal Planning, Box 5000, University Park, Pa. 16802. Make check for \$3.50 payable to Penn State. Enrollees in this course have the option of completing question papers and working towards a Certificate of Accomplishment or using the material as a home reference guide.

J. Harold Bare						
#68	3	4-7	305	17,978	4.8	861
#105	3	6-6	305	24,097	3.5	849
#20	3	4-2	300	19,835	4.0	799
#12	3	5-9	305	20,131	3.7	744
#10	3	4-7	305	21,212	3.5	740
#22	3	5-0	305	18,640	3.8	701
Jefferson D. Yoder						
#41	3	9-6	305	21,868	3.9	857
Ardrossan Farms						
EX Lucit	1	8-10	303	21,956	3.9	856
SV Maaml	1	3-5	305	17,596	4.6	812
HK Minty	1	2-7	305	17,122	4.5	762
SB Grade	1	3-2	305	16,648	4.3	710
X Ruby 2	1	3-7	305	17,282	4.1	709
William E. Parry & Sons						
#584	3	5-5	305	18,204	4.6	846
#561	3	6-6	305	21,187	3.6	756
#41	3	5-6	305	17,067	4.3	731
#618	3	4-6	305	16,250	4.4	719
Lester Eby						
Brenda	3	5-11	305	19,511	4.2	819
Enos R. Peifer						
#26	3	9-11	305	20,920	3.8	795
Robert E. Pepple						
#94	3	4-9	305	20,865	3.8	792
#42	3	3-7	305	21,650	3.6	781
#76	3	2-2	305	17,726	4.3	785
#24	3	6-4	305	19,178	3.8	728
#86	3	9-5	305	20,234	3.6	727
#10	3	5-11	253	15,218	4.7	721
Leon D. Kurtz						
Pauline	3	10-7	305	20,037	3.9	782
Chris	3	4-4	305	21,043	3.7	775
Winnie	3	4-7	305	19,971	3.5	700
Merle J. King						
Connie	3	3-9	305	20,598	3.8	775
Ronald F. Elliott						
#86	3	6-5	305	20,344	3.8	772
Floyd Miller						
#29	3	2-11	305	18,966	4.1	772
Kulp Bros.						
Peggy	3	4-7	305	20,515	3.7	764
Simon Z. Zook						
#108	3	3-7	305	17,936	4.3	763
#124	3	5-6	305	17,296	4.2	720
Melvin S. Stoltzfus						
Orbit	3	2-4	305	21,189	3.6	762
Sue	3	3-2	305	21,047	3.6	756
Harold Umble						
Mary	3	5-7	305	19,814	3.8	762

David Walton						
Dumdum	3	7-6	305	18,623	4.1	761
Gottlieb Strohmer						
Ena	3	6-8	305	19,925	3.8	753
Daniel S. Stoltzfus						
Cindy	3	6-5	298	17,259	4.3	750
Donald Hostetter, Jr.						
Fran	3	3-1	305	21,426	3.5	745
Mabel	3	6-7	305	22,219	3.3	738
James V. Yale						
#58	3	4-2	305	15,072	4.9	736
Kauffman Bros.						
Joanie	3	3-6	305	17,434	4.2	729
Samuel B. Acker						
#247	3	7-8	305	19,677	3.6	714
William P. Moore						
#956	3	3-7	305	22,419	3.2	711
Paul W. Given						
Camilia	3	5-3	305	18,669	3.8	711
Lettuce	3	6-3	305	20,037	3.5	703
Tom Halladay & Son						
Segis	3	7-7	305	16,297	4.4	709
Harold R. Kulp						
Beth	3	3-9	305	19,609	3.6	703
George Steele & Sons						
#126	3	8-5	305	18,292	3.8	702

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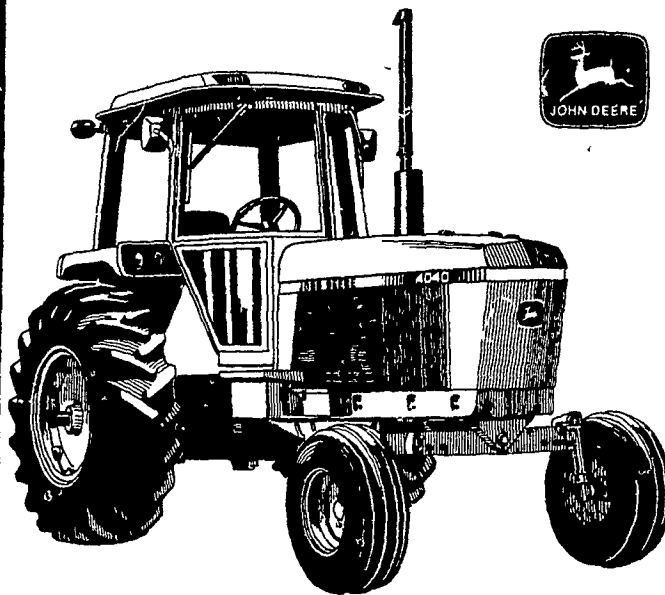
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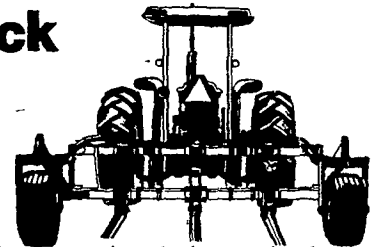
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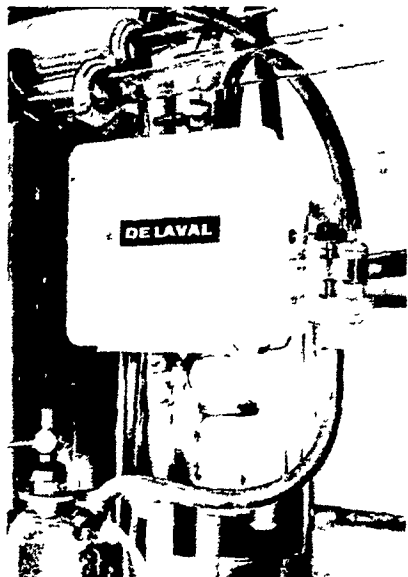


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