

Whelan to address Pa. poultry group

HARRISBURG -- Dr. Elizabeth Whelan, a nationally recognized authority on food and health, will address the 1978 Pennsylvania Poultry Conference on June 22 at the Host Farm in Lancaster.

Dr. Whelan is executive director of the American

Council on Science and Health and a research associate in nutrition education at Harvard University.

Dr. Whelan's topic will be "The Panic Over Food Safety". She is the author of nine books, including Preventing Cancer, Panic in the Pantry, and Food Facts, Fads, and Fallacies. The latter two were written in collaboration with Frederick J. Stare, M.D., Ph.D., Professor of Nutrition at the Harvard School of Public Health. Dr. Stare was the founder of the department of nutrition and was its chairman for 35 years.

Dr. Whelan regularly contributes articles to professional magazines and popular publications. She is the moderator for "Healthline" and "To Your Health", syndicated radio programs heard daily in the United States. She earned degrees at Connecticut College (A.B.), Yale University School of Medicine (M.P.H.), Harvard

University (M.S.) and Harvard University School of Public Health (Sc.D.).

The conference, which features separate broiler, egg, and turkey programs all day with the exception of Dr. Whelan and a price-outlook session for all conference participants, is open to everyone. This open invitation is also extended to the Pennsylvania Poultry Federation's (conference sponsor) annual banquet in the evening where the broiler, egg, and turkey industryman of the year are announced and entertainment is featured. For information write the Pennsylvania Poultry Federation, 500 N. Progress Ave., Harrisburg, Pa. 17109 or call (717) 652-7530.



Dr. Elizabeth Whelan, executive director of the American Council on Science and Health, will address the 1978 Pennsylvania Poultry Conference on June 22.

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Milk marketing hearing set

HARRISBURG -- The public hearing for the Area No. 4 Milk Marketing Area, which was recessed May 31, 1978, will be reconvened at 10 A.M. on June 15, 1978, in Room 103, Agriculture Building, 2301 North Cameron Street, Harrisburg, Pennsylvania.

Public notice will be given via the news media of the above reconvened public hearing in accordance with the provisions of the Milk Marketing Law of April 28, 1937, P.L. 417, as amended.



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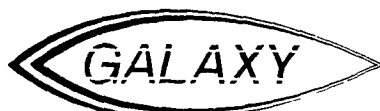
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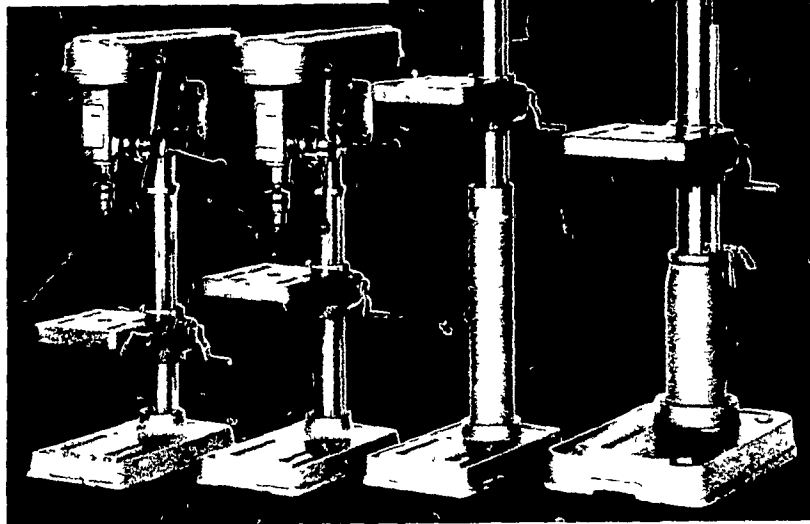
Milk helps you sleep

Scientists at Tufts University in Alabama say they have identified a substance in milk that actually helps induce sleep. The element acts as a natural hypnotic by triggering an increase in the amount of serotonin in the brain, the natural chemical that brings on sleep. Researchers say a lack of the chemical can cause insomnia, buy that drinking milk may prompt the body to

manufacture enough of the substance to start you on your way to dreamland.



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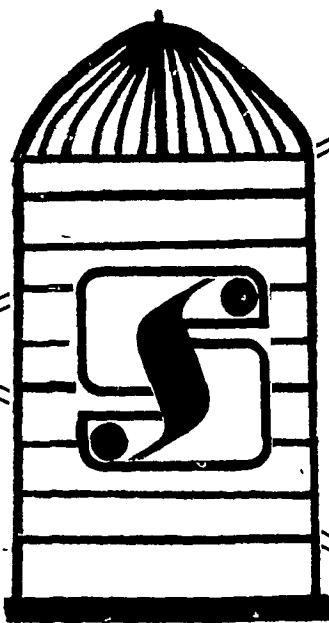
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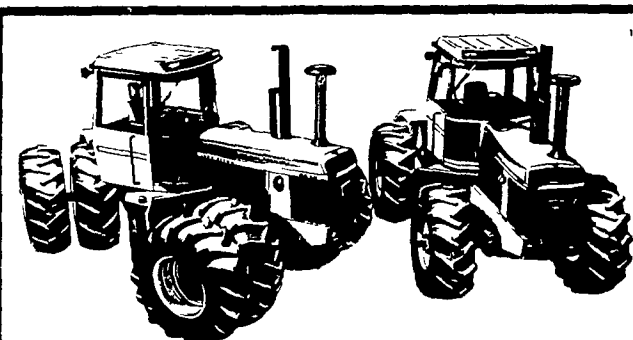
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