

## Ida's Notebook

Ida Risser



Somehow, I've always thought of Winter time as my vacation—at home, that is.

Time to sort through old papers that have filled drawers to the hilt. Time to reread old letters and look at the children's report cards from Elementary School plus many other things.

Of course, I still have the regular household jobs of cooking, cleaning and washing. But there is no big garden needing my almost constant attention. So when I take the overalls off the line and upon examination I find that "Joy, Oh, Joy", they do not need any patches this week, I consider that a small blessing.

And speaking of blessings, I'm rather a pessimist and so lately I've been trying to emphasize the good things in my life. You see, when a cow dies I worry about it for days. When actually I should just be glad the other 55 are alive and kicking.

Some of the blessings

which I've tried to concentrate on are things like being able to throw back a warm blanket and get up in the morning to face whatever the world has for me and to be glad my health allows me to work. Another thing to rejoice about is the letters that our children write and the occasional phone calls to let us know they are okay.

Living in a wonderful country like the United States of America is certainly not the least of our blessings.

And now before February passes, I'd better get my seed order ready and try a few new varieties of vegetables and flowers beside the old stand-bys. They say the early bird gets the worm, well the early order also gets the discount.

So I must face the fact that soon my days of partial leisure will again be days of hectic activity.

## Nutrient content of poultry products available

WASHINGTON — Comprehensive nutrition information on more than 300 poultry products is now available in the U.S. Department of Agriculture's expanded and updated publication, "Composition of Foods: Poultry Products Raw, Processed, Prepared."

This new section of Agriculture Handbook No. 8, a reference book on food composition, includes nutrient data on twice as many poultry products as the previous edition did, according to D. Mark Hegsted, director of USDA's Human Nutrition Center. Scientists in USDA's Science and Education Administration are in the process of updating all sections of Agriculture Handbook No. 8.

The updated poultry publication describes the nutritional content of a wide variety of poultry products, including cut-up poultry, frankfurters, luncheon meats and spreads. The types of poultry include chickens, geese, turkeys, guinea fowl, pheasant, quail, squab, domestic and wild ducks. Special tables give the yields of cooked poultry products and the retention of nutrients in them.

Values are provided for: nine vitamins; A, B6, B12, ascorbic acid, thiamin, riboflavin, niacin, pantothenic acid and folacin;

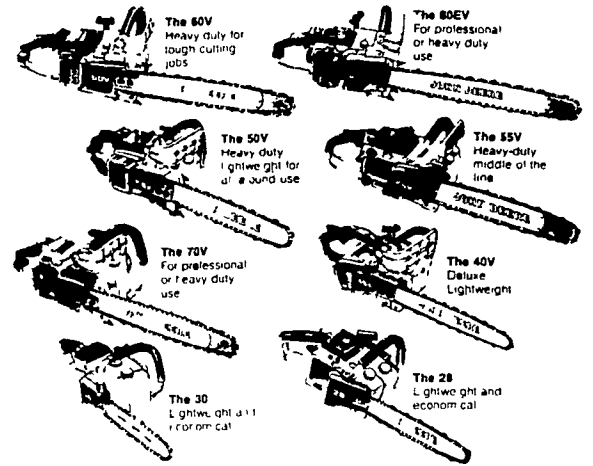
nine minerals, calcium, iron, magnesium, phosphorus, potassium, sodium, zinc, copper and manganese; calorie content; 18 amino acids; proximate composition, water, protein, fat, carbohydrate and ash; individual fatty acids; total saturated monounsaturated and polyunsaturated fatty acids; cholesterol; total phytosterols; and refuse, either bone, or bone-and-skin when the skin is not eaten.

The handbook provides nutrient profiles of single food items on a 100-gram basis, two common measures either commonly used in the home or commonly purchased, and in the edible portion of one pound as purchased.

Copies of the new section on poultry products, Agriculture Handbook No. 8-5, may be purchased from the U.S. Government Printing Office (GPO), Washington, D.C. 20402, for \$7.

Earlier volumes in the series, also available from GPO are: Section No. 8-1, Dairy and Egg Products, \$3; No. 8-2, Spices and Herbs, \$1.30; No. 8-3, Baby Foods, \$5; and No. 8-4, Fats and Oils, \$4.75.

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## Loganville

### 4-H Club

#### holds sign-up

LOGANVILLE — Prospective 4-H Club members and parents met club leaders Monday, February 18, 7:30 p.m. at the Springfield Township Building.

The Monday meeting was an orientation meeting. The regular meeting was held at the Township Building the following evening, Tuesday, February 19, when registration was continued.

Anyone interested in the club who did not attend this week's meetings should contact Nona Brown by phoning 428-1698. Reported by Kevin Beck.

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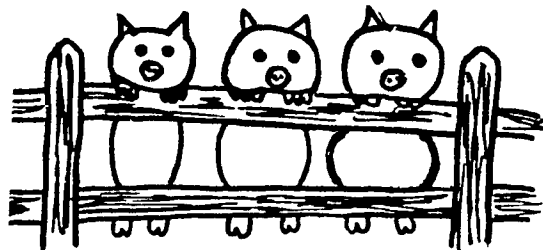
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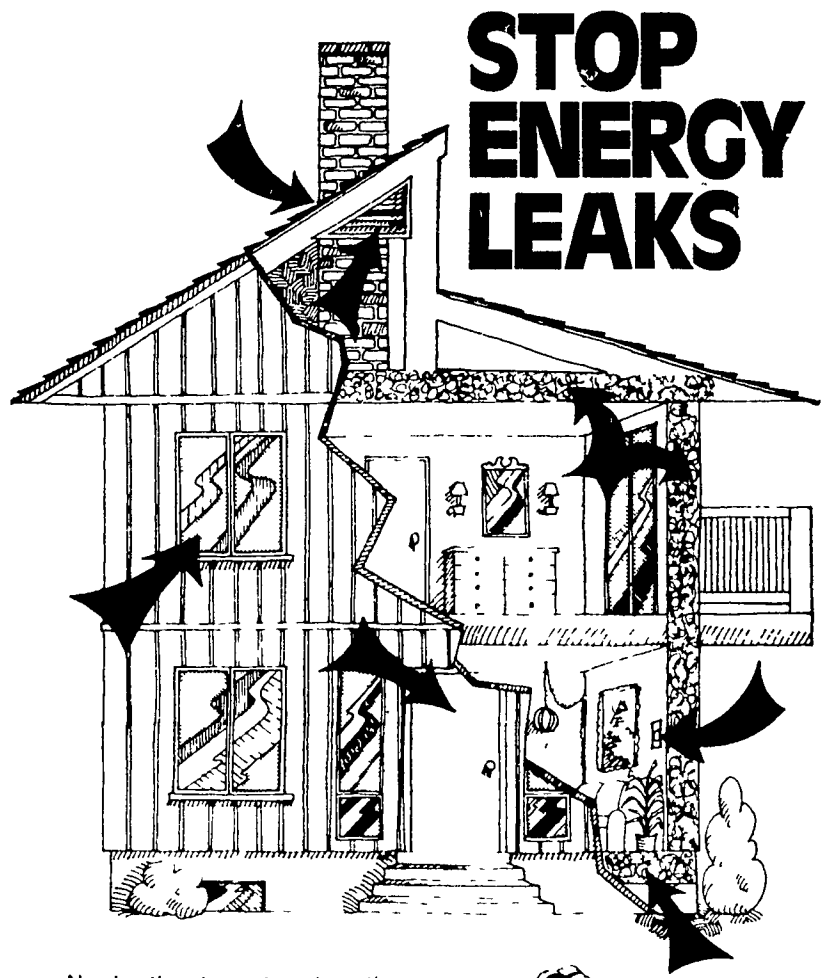
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