

Ida's Notebook

Ida Risser



For some reason, I've been interested in genealogy and old records for a long time. I'm beginning to think that I inherited the tendency toward a great interest in ancestors and history.

While we sort through old papers in my mother's attic, we come across records of family members who lived two and three generations before us and beside each birthday is listed the sign under which they were born—Gemini, Leo, Libra, etc. There are wills and very old deeds written in 1769. It is fascinating to read them and see which nephew was not included in dividing an estate. One wonders what he did to be excluded!

I had a great uncle whose last name was Sheibly. However, I notice that the spelling was changed over the years. It started out as Scheively, then Sheibly and finally to the present spelling.

Another thing that bothered me a bit was the fact that though the women

signed the deeds transferring a farm to a son, someone else did the actual signing while they merely made their mark-an "X". Apparently, it wasn't important for girls to have even enough education to be able to sign their own names in the 1700s. Maybe there was no school where they could be taught, but then how did the men learn?

One old paper which I've had for a while (as I bought some of my uncle's scrapbooks at his sale ten years ago) tells of an agreement between his grandfather and some neighbors, including John Weidler who formerly lived on our farm, spelling out exactly how high "the water on the Conestoga may be dammed up by the grist, merchant and saw mill near their plantations."

It mentions where each iron pin is fixed in a sloping rock and how many inches from the center it may raise when the dam is exactly full. It states where the pins are

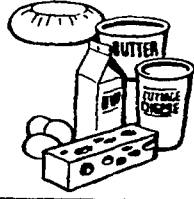
YORK — If you are trying to keep the family budget in the black and still serve healthy, nutritious meals to your family, you should be aware of the labels on the foods you buy.

Nutrition information labels are required by law on all foods which have nutrients added or which make a nutritional claim on the label or in their advertisements, says Marcel Seckman, home economist.

Currently, nutrition labeling on all other foods is voluntary. But consumer demand and competition have encouraged the labeling of most foods regardless of regulatory law.

This nutrition information is a simple listing of the nutritive values in an average serving. The number of servings in a package is also listed.

Nutritive values are given as a percentage of U.S.



in relation to my present dwelling house.

And to top off the unusual appeal of this agreement dated in 1861, is the fact that it was written and sealed by my great, great grandfather Henry Shreiner who was a justice of the peace for 43 years and a surveyor for 61 years. He was also a teacher and a farmer in Manheim Township.

Stretch your budget with your eyes

Recommended Dietary Allowance for that nutrient. RDA's are standards that serve as goals for good nutrition and are established by the Food and Nutrition Board of the National Academy of Science/National Research Council. They are based on existing knowledge of nutrients judged to be adequate to meet the known nutritional needs of practically all healthy persons.

Nutrition information labels must give the percentage of U.S. RDA's for protein, five vitamins - A, C,

thiamine, riboflavin and niacin - and two minerals, calcium and iron.

Except for foods aimed at a particular group such as babies, RDA's are calculated for adult males whose requirements are usually greatest. Women, of course, need greater amounts of iron, so that RDA for iron is based on their needs.

Other information on the label, all based on a single serving, includes the number of calories and the grams of protein, carbohydrates and fat

You will also notice an expiration date, called open dating, stamped or printed on many food containers. This is because some foods are perishable due to light, heat, oxidation, storage or transportation.

Read and compare labels along with unit costs to make the best food decisions.

IT'S A FACT...

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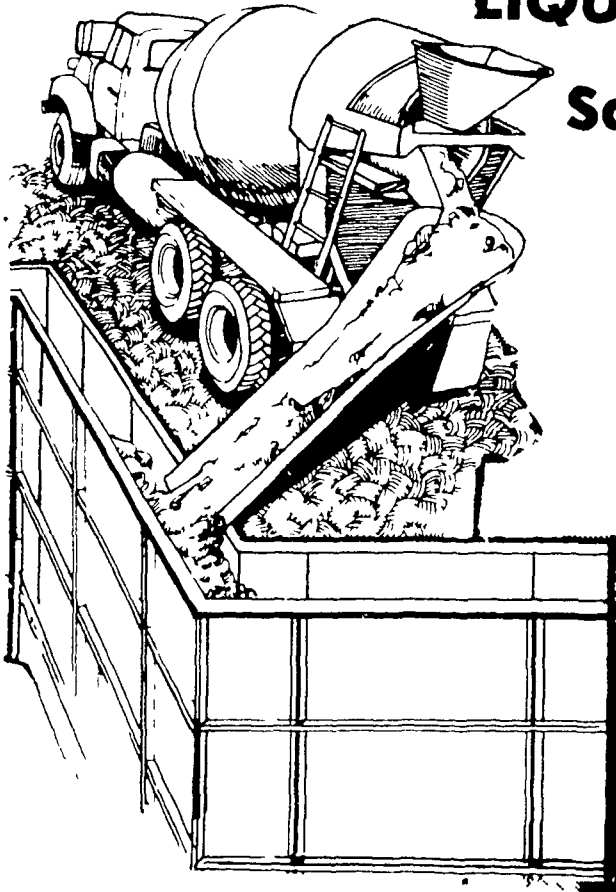
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