

Dairy Council

(Continued from Page C30)

puzzles and guides for teachers and parents.

Levels 1 through 3 are geared to elementary school ages and a newly-introduced fourth level integrates nutrition teaching into health and home-economics studies in junior and senior high school.

On-line for introduction in the fall school term are materials expanding nutrition information into social studies, and later into science courses.

A projected expansion for 1982 broadens the program even further, into the junior and senior years of high school.

A cartoon character dubbed "Holey Molar," fights off the Hole-In-The-Tooth Gang in a package developed by Dairy Council to teach better dental health through better nutrition.

Dairy Council also sends out hundreds of news releases to the media, and makes numerous appearances on television and radio in support of the balanced diet concept.

In recent years, their nutrition education programs have taken an

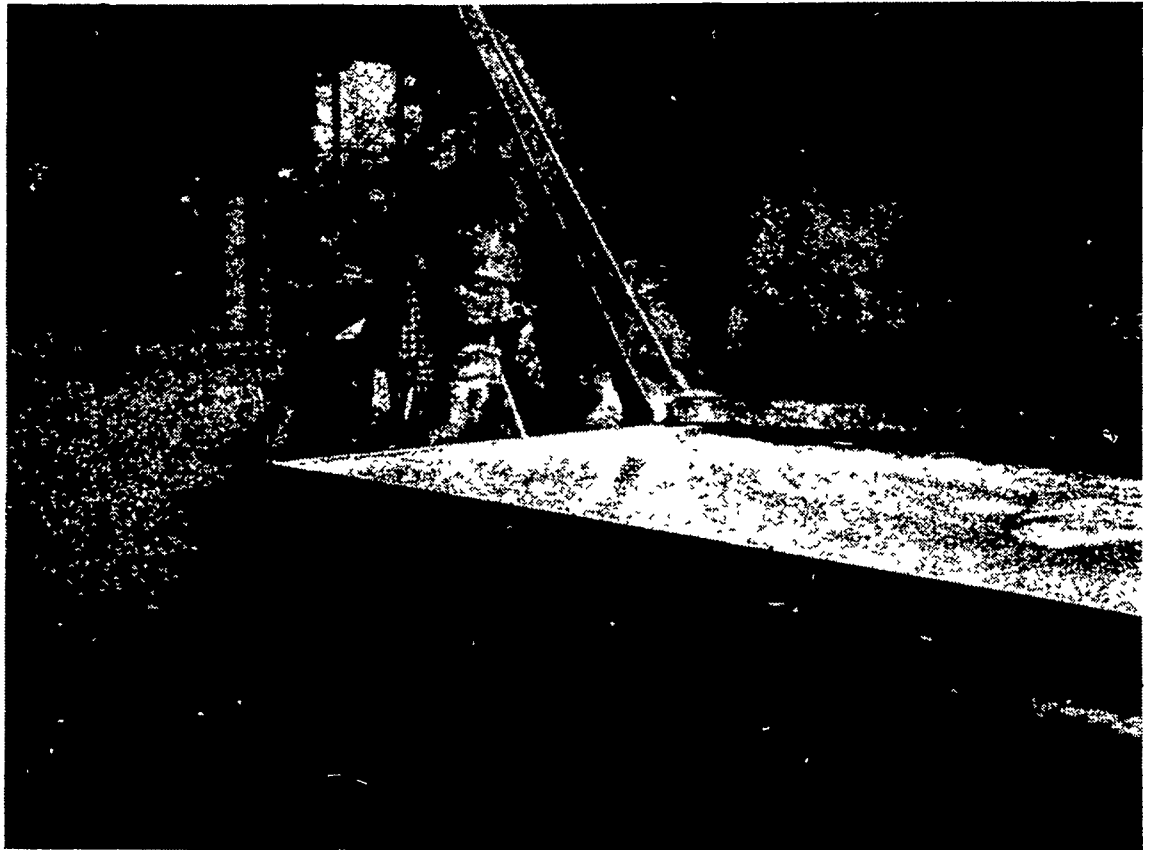
unconventional route via the Philadelphia Children's Zoo, where diet information exhibits become part of the public's recreation.

Latest in these exhibits is an eleven-foot tall computer and display board which gives readouts on the nutrient and caloric value of 50 popular foods, plus readouts of combinations of these foods.

The micro-computer will remain at the zoo through June and then will be located at the Maryland Science Center at Baltimore's Harbor Place.

As an NDC affiliate, Dairy Council has access to the latest in dairy products research studies, conducted through grants-in-aid, mostly to studies being performed at Land Grant universities. As of January, 1981, 33 such milk industry research projects were being funded.

Several focus on nutritional evaluation of milk and how the nutrients in milk relate to the body and its disorders of the human system. Researchers are also delving into the effects of bacterial cultures, such as those in yogurt and acidophilus milk.



There's nothing like a cold sip of milk, especially when there's plenty to go around. Here Leslie Bresee takes a break to enjoy a "Holstein cocktail" before breakfast.

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Mulch conserves soil moisture

MEDIA — Applying a mulch in your garden or landscape bed is one of the best things you can do for your plants in dry weather, says James J. McKeehen, Delaware County Extension Agricultural Agent.

Mulches help plants survive droughts in two ways: First, they improve the rate of water infiltration into the soil. So when you irrigate, or rain does fall, the water soaks into the ground rather than runs away. Second, the mulch greatly reduces evaporation from the soil, causing the water to stay in the ground.

In addition to the benefits derived from conserving water, mulches serve several other purposes. They prevent soil erosion and splashing of soil onto plants and buildings during periods of heavy rain. They also provide attractive backgrounds for flowers and shrubs. Finally, one of their primary uses is to limit weed growth.

Homeowners have many materials from which to choose when selecting a mulch. Leaves, straw, marsh, corn cobs, or grass clippings can be used in a garden but are unsightly in the landscape. Mulches such as pine or hardwood bark, wood chips, redwood bark chunks, cocoa bean hulls, and pine needles are all commonly used in landscape beds. All of these materials are organic and help improve the soil as they decompose.

Some mulches, like black plastic and gravel, are not organic and do not decompose with time. These materials are best used where no plants are growing such as under eaves of buildings or between a sidewalk and building.

The organic mulches should be applied somewhat loosely and two to four inches thick over the soil surface. When applying a mulch, avoid having it contact the stems of plants in the bed. Try to maintain a one or two inch space between the mulch and the stem.

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