



Ladies Have You Heard?

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MARCH IS NATIONAL NUTRITION MONTH

— Do you have the midwinter blahs about exercise?

— Do all your meals seem the same?

— Do you wonder about the effect of what you eat on your health?

— Do you feel helpless to resist temptation when you enter a supermarket?

— Do you need some moral support to control your weight?

Well, the Penn State Extension Service can help you revitalize your attitude toward food, exercise and grocery shopping. Your Extension office has a Family Health Calendar available for the month of March that gives you a nutrition or health tip to think about each day. It's perfect to post on the refrigerator door for the whole family to read. These tips encourage you to

— Keep the load on your feet (your body) fit.

— To avoid overeating and maintain your weight.

— To eat sensibly because sensible eating promotes good health.

March has been declared National Nutrition Month by the American Dietetic Association for several years now. March ushers in Spring, a season of renewal. So it is a good time to review our personal food shopping, eating and exercise habits. You will want to reinforce good food and health habits and replace bad ones. This calendar can help you do that.

Each week of the month the calendar promotes one major theme. The first week the daily tips all encourage you to include fiber rich foods in your diet. Dietary fiber plays an important role in keeping you "regular" and in your general intestinal health. Good food sources are whole grains,

legumes, nuts, vegetables and fruits. This variety of sources should allow you to choose high fiber foods and appeal to you and your family.

The effect of your food choice on your health is stressed the second week. Most people know that the amount of fat you eat affects the health of your heart. But did you know that the amount of calcium you eat now may affect your chances of having bone fractures when you are older? Dietary calcium intake affects the course of Osteoporosis, a disease of old age that is especially a problem for older women. So the advice for March 13, 1984 suggests that you "Drink milk now. Prevent broken hips later."

Tips on cutting calories are presented the third week. These can be used by people who want to maintain their present weight as well as those who wish to lose some extra pounds. For example, how many of you remember that nature provides "a diet soda?" It contains minerals, is calorie free and is necessary for life. You guessed it - the diet soda is water. However the best thing about it may be that it does not leave you hooked on a "sweet" taste, the downfall for many overeaters. So "Drink water, nature's diet soda" on March 20, 1984 and start a habit.

The last week's tips address food shopping and food preparation, one of the first steps in anyone's path to good health. Reading labels can help you set a healthful table. It's

one of several defenses against impulse buying in the supermarket.

This calendar's tips encourage you to practice moderation in the amounts of food you eat and at the same time enjoy a wide variety of foods in your diet. We hope it will help you and your family along the road to good health.

Contact your local Extension Office for a free copy.

DRAPERIES

DON'T LAST FOREVER

Spring seems to be the time when you take a hard look at draperies. Do you clean them? Launder them? Replace them?

Lined draperies usually have a life span of about five years, unlined ones ones four years and sheers three years.

Even this timetable is subject to revision. The drapery's life depends on the fabric used in construction, and exposure to sunlight, humidity and oxidation (fumes from furnaces, ovens and automobile exhausts).

Proper care is another important factor in prolonging the draperies' life and appearance. If possible, rotate drapery panels from one side of the window to the other to equalize sun damage. Regular cleaning also stretches the life span of the fabric because embedded soil causes fiber deterioration.

Don't let draperies touch the glass, blow against screens or become wet during rainstorms or through winter water condensation. The fabric may watermark and the stain not be noticed until spring cleaning. By that time, the stain cannot be removed. Draperies that are allowed to blow against a screen can become ruined, if the fabric catches on sharp screening or becomes caught in sliding doors.

When you buy new draperies or replace old ones, choose preshrunk fabrics and ones that are as resistant as possible to sun-fading. Draperies are often a major investment in homes; protect your investment through proper care.

4-H Horse Club

Fairmounters 4-H Horse Club members visited the Sterling Brook Farms Trauma Center recently. The club toured the facilities. They saw X-rays of a four-month old colt with a broken hind fetlock and learned how

broken legs are surgically repaired. Finally, the club saw a colt in a cast after six months of treatment. Their next meeting will be held at the Community House in Fairmount.

Sale limit adjusted

WASHINGTON, D.C.


— Effective Feb. 28, the USDA began adjustment of the dollar value of meat and poultry products that retailers can sell to hotels, restaurants and similar nonhousehold consumers without being subject to federal inspection.

"The limit on a retailer's annual sales to institutional consumers will decrease from \$30,200 to \$28,800 for meat, while poultry will increase from \$23,100 to \$25,500," said Donald L. Houston, administrator of USDA's Food Safety and Inspection Service.

Under federal law, retail meat and poultry merchants are exempt from federal inspection if their total dollar sales and the percentage of those sales to institutional customers do not exceed these limits.

Each year, the retail sales limit is automatically adjusted if the consumer price index fluctuates at least \$500, upward or downward, for meat and poultry products. The percentage of meat and poultry sales to "nonhousehold" institutional customers may not exceed 25 percent of a retailer's total annual sales.

Houston said data published by the U.S. Department of Labor's Bureau of Labor Statistics for 1983 indicate a price decrease of 4.7 percent in meat products and an increase of 10.2 percent in poultry products. The price for meat products decreased about \$1,400 and the price for poultry products increased by \$2,400.



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