Search begins for Wyoming/ Lackawanna dairy princess

TUNKHANNOCK, Pa. - The 1984 search for а Wyoming/Lackawanna Dairy Princess has begun, according to the newly organized Dairy Princess Committee in those joint counties. All single young women between the ages of 16 and 22, who are from a dairy farm background, are eligible for the title. The contest covers Wyoming and Lackawanna counties.

winner of The Wyoming/Lackawanna Dairy Princess Pageant, to be held at the Moose Lodge on Rt. 309 in Tunkhannock on Friday, June 29, will be eligible to vie at the state

level for the Pennsylvania Dairy Princess title.

Wyoming/Lackawanna counties need to be represented by a Dairy Princess for promotion of the dairy industry. This contest hasn't been held for the last couple of years, but the newly organized committee encourages participation in the

Young women interested in entering the local pageant should contact: Mrs. Audrey Naylor (Lackawanna County), phone 945-5091, or Mrs. Madeline Harding (Wyoming County) 836-1921 by Saturday, June 16.

Osteoporosis plagues many older women

YORK — "I'm sure I didn't trip," said Nancy McKay. "My leg just seemed to go out from under me."

Nancy, a retired school teacher, didn't trip. Her left hip broke because her bones had become extremely fragile. Nancy McKay is a victim of osteoporosis.

Osteoporosis is a major health problem for postmenopausal women, says A. Joan Lamberson, Extension home economist at the Pennsylvania State University. It results in a decrease of the total bone mass, making the bones extremely fragile and susceptible to breakage.

It is the reason why some older women grow shorter. It may also result in "dowager's hump" as

vertebra collapse. The most likely cause of osteoporosis is not getting enough calcium and vitamin D over a long term period.

Milk and milk products are the main dietary sources of calcium. Most milk is fortified with vitamin D, which comes from sunshine.

Adult women need 800 milligrams of calcium every day. Yet a recent U.S. Department of Agriculture survey showed that the average women over 45 was only getting about 450 milligrams about half the recommended amount.

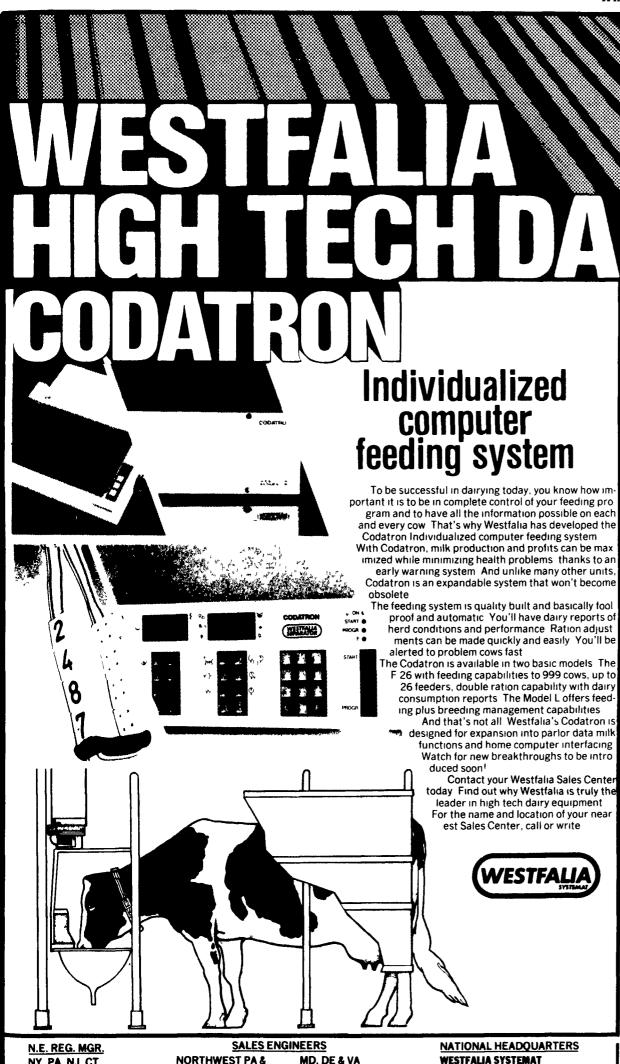
There are many reasons why women don't drink milk - the cost, fear of gaining weight, lack of awareness of its importance in the adult diet or just plain dislike.

It may not be too late for women

who have not been getting enough calcium. Current findings indicate that large daily amounts of calcium - 1000 milligrams - from food or supplements may help prevent osteoporosis.

One cup of whole milk, skim milk or buttermilk provides about 300 milligrams of calcium. So does one cup of plain yogurt*, 11/2 ounces of cheddar cheese, 1½ cups of cottage cheese and 11/2 cups of ice cream or

Skim milk is the lowest calorie source of calcium (about 86 calories) followed by buttermilk (99 calories). At the other end of the scale is ice cream with about 330 calories for an admittedly large 11/2 cup serving. The same amount of ice milk would run about 300 calories.



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