



Ladies Have You Heard?

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Home Economist

ARE HEALTH FOODS FOR YOU?

The health food industry has been growing as more Americans buy foods that are "natural" or "organic" or have "No Preservatives Added." But are so-called health foods really any better or do they just cost more? When two pounds of raw sugar cost \$2.70 and the same amount of regular table sugar costs 40 cents; we need to examine what we get for our health food dollar.

Experts do not agree on a definition for natural or organic. To some people, organic means grown without pesticides or artificial fertilizers, but buying foods that are pesticide free is hard to do. Small amounts of pesticides may be found in most foods if the scientist uses today's modern equipment that measures parts per trillion.

Pesticide residues in the foods we eat have been a big issue for some time. To date, no evidence has been found to indicate that the amount of residue found in foods has an influence on cancer rates, for example. On the other hand, organic fertilizers such as manure often contain salmonella germs that cause dysentery, and they may spread internal parasites as well.

Buyers of natural foods need to read labels. A box of corn flakes contains 7.8 percent sugar while some natural cereals contain 24 percent sugar and derive 30-40 percent of their calories from fat. Many of the popular "natural" snacks such as corn chips get their flavor from palm or coconut oil, which are among the most saturated fats available.

Before buying a food with "No Preservatives," check the labels of

the other brands to see if they have preservatives. Because a food is free from preservatives does not mean it is better. Calcium propionate occurs naturally in Swiss cheese and is used in bread to retard mold growth. In order to call their products "natural," some bakers have stopped adding calcium propionate. As a result, the consumer must take precautions when storing these baked products.

If you're going to buy natural food, you must know how to store it. Polyunsaturated vegetable oils, better for you because they lower blood cholesterol, are subject to rancidity as is whole wheat flour. Nuts and seeds also become rancid or moldy quickly.

Consumers must exercise judgement in what they do with their food, too. Turning whole wheat flour and honey into chocolate cookies instead of bread is not a healthy way to use your natural foods.

Going to the health food store won't help you in the long run unless you eat a balanced diet.

HOMEMADE TOYS FOR PRESCHOOLERS

Some suggestions for inexpensive homemade toys and games include the following: For your infant who will be especially attracted to the shiny and the noisy, it is suggested that you string an optional number of screw

band canning rings (the kind used to tighten down canning lids) on a shoelace. Tie the ends in a knot. Your toddler will enjoy the shiny rings as they make musical sounds when jiggled about.

A pasteboard box with both ends cut out makes a toy to crawl through - again helping in the development of their body image - a sense of their own body in relation to things around them.

Another fascinating experience for the child of three years and up consists in teaching them how to hold an object with a reflective surface in the sunlight and then to locate the dancing reflection on the

ceiling or wall. Two children, each with his or her own reflective object, can arrange for the delightful dancing reflections to play tag across the ceiling or wall.

Yet another homemade toy requires only empty spools and a long shoelace or heavy cord, the ends of which have been stiffened with fingernail polish. For the toddler, string the spools yourself and secure the ends. The child of three years and up will like the challenge of stringing the spools by him or herself, helping to develop eye-hand coordination and recognition of colors.

Lancaster Farm Toy Show set for March 30

LANCASTER - On March 30 farm toy collectors from the East coast will converge on the Lancaster Treadway Inn for the Lancaster Farm Toy Show, Sale and Auction.

The show will specialize in small toy farm equipment and tractors. Some toys will date from the 1920's while others will be current special editions. Many models, such as Cop, Bates, Cockshutt, Ferguson, Massey-Harris, Oliver, Sheppard Deisel, Wallis and others, will bring back memories.

Collectors will be setting up

displays in competition for trophies and cash. Dealers and parts suppliers will set up to help collectors find what they need to fix up their old pieces of farm equipment or buy that missing piece for their collection.

A consignment auction will draw an estimated 600 people in the evening. Approximately 400 pieces will be sold for a total of over \$25,000.

Some construction toys and trucks will also be displayed and sold.

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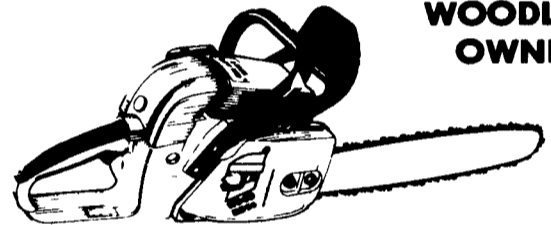
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