



Have You Heard?

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DO YOU EXPECT ENOUGH?
We all know the joke about harnessing the energy of teenagers to supply the energy needs of any small city but have you thought about taking the joke seriously? Too many parents don't expect enough of their perfectly capable, strong, adolescent children.

We fall into a rut. Older parents sometimes fall into the trap of doing everything themselves in-

stead of going through the arguments or explanations necessary to teach their children to do the job for themselves. That's a pattern where everyone loses - parents are overworked and don't have enough time for themselves, children learn dependence and are not prepared for the demands of adult life. Everyone feels cheated.

When's the time to start expecting your children to do their

Baronniers Produce

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particularly enjoys trips to Delaware for the goose hunting and traveling to Hudson Bay in Canada because, "There are no phones or anything."

Bill is looking forward to retiring in a few more years. "If it wasn't for Bobby," he admits, "I'd be out of this now." But he's concerned about the future of direct produce marketing. He's keenly aware of the problems because his farm land skirts the edge of the Altoona area, near major highways and shopping malls.

"Our customers are changing," he says. "People used to come in here and buy 50 lbs. of potatoes at a time. Now they just want enough for 2 or 3 days. And we don't get the strawberry picking that we used to. People will come in for a couple of quarts instead of 25 or 30 like in the past."

His other worry is finding adequate help. "When we started we had a lot of older people helping out in the fields. They needed the

money. But today with Social Security and working longer, adults aren't interested in field work." Right now he relies on teenagers, most of whom are from nearby Hollidaysburg. "We used to get more kids from the country. The ones we get now are from town, and they don't have any idea how hard the work is going to be, so we lose a lot of them right away."

He notes that he's been lucky so far with most of the people who work in the fields and the market, but wonders if the pool of dependable people is going to disappear in the future.

With corn season about over, Bill is looking forward to the cool days of autumn and the wedges of geese that will call him away to do some relaxing. A little time to himself and then it's back to repairing equipment, starting the seedlings down at the greenhouse, and putting aside the thought of retirement for a while longer as he reorganizes for the next year.

share of the work? Right now! Don't wait until some emergency hits your family and children have to take over on the spot. Learning to be responsible and to do a good job of keeping a home running takes time to learn and time to teach. You owe it to yourself and to your children to do it right.

Start with meals. After all, everyone gets to eat. Why shouldn't everyone be part of the preparation and the clean-up? Then think about laundry. Even in a family of two or three laundry takes time. So everyone who wants clean clothes should take some responsibility for doing the work. Yard work and home maintenance are logical extensions of family work.

No matter what the job, you can make the difference by being clear in your instructions. Don't just say "do it." Don't assume "everyone" knows how to load a washing machine and sort the clothes. Be clear, be kind, and be patient. But most important of all, take the time to teach your growing children how to be independent and how to do their share. It's only fair.

About Enrichment And Fortification Of Foods

The terms "enrichment" and "fortification" have been part of the food industry for a long time. But these terms still create confusion among many consumers.

The enrichment process replaces nutrients lost during the processing and refining of food. Enrichment of flour, bread, rice, cereal, cornmeal, spaghetti, and macaroni products refers to the addition of the B vitamins

(thiamine, riboflavin and niacin) and the mineral iron. There is no need to enrich whole-grain foods such as whole wheat bread and flour since they contain their original nutrients naturally.

Fortification goes a step beyond enrichment. In this process, a nutrient is added that was not originally present in the food or that was present in a smaller amount, such as vitamin D milk, vitamin A fortified margarine, iodized salt and fruit drinks with vitamin C added. Certain bread and cereal products are fortified with extra vitamins and minerals. Better quality protein sources are obtained by fortifying some products with certain amino acids. In some communities, the drinking water is fortified with fluoride. In

short, fortification helps to supply nutrients that would otherwise be hard for some people to get in their regular diets.

Enrichment and fortification have both played an important role in improving nutrition in the United States. However, the federal Food and Drug Administration does limit the amount of nutrients that can be added to foods. Without limits, food companies might compete with each other to see who could come up with the most nutritionally complete super-food. Such all-purpose super-foods are not necessary for people who eat a variety of nutritious foods.

Be in the know. Read the label to determine whether a food is enriched or fortified and what nutrients have been added.

Haldeman Mansion Antique Show

Set For Sept. 14

BAINBRIDGE — The Haldeman Mansion Preservation Society will hold its Fall Country Antiques Show Sept. 14 from 12 to 6 p.m.

Some of the features will be wood carving, basketmaking, blacksmithing, folk art, and herbal wreat^hs. Admission to the show is free.

Mansion's famous chicken barbeque dinner, which includes baked potato, roll, cole slaw, apple or shoofly pie and beverage, will be available. All the proceeds from the barbeque will go toward the continued restoration of the

mansion. Musical entertainment is also scheduled.

The Haldeman Mansion, located in western Lancaster County, was the birthplace of the eminent naturalist and scientist professor Samuel Steman Haldeman. It is located on Locust Grove Road, 1/4 mile south of Route 441, just east of Bainbridge. It overlooks a scenic area of the Susquehanna River.

Come enjoy a stroll through the grounds and the mansion itself. Browse the stands of local craftsmen, and enjoy a delicious chicken barbeque.

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Our sincere thanks to all the buyers for their generous support of our Sale.