

# Farm Women Learn How To Deal With Animal Rights Issue

PHILADELPHIA — Defeating the animal rights referendum in Massachusetts was not an "easy victory," admits Steve Kopperud, Animal Industry Foundation. "It cost over a half million dollars and took 11 months of hard work." But it provides a case study in how

farmers and others need to handle this controversial issue.

Kopperud and Frankie Trull, National Association for Biomedical Research talked about a variety of animal rights issues at the American Agri-Women convention, November 16-20. Farm

women from over 20 states gathered in Philadelphia, for their annual meeting.

The Massachusetts referendum is important nationwide because it was viewed as a test—to see if voters in a highly urbanized state would approve animal rights standards. On the ballot, question

three simply asked: "Do you favor continued humane treatment of farm animals?" But approving this initiative would have required an entirely new set of rules and regulations regarding farm animal care and livestock structures, explains Kopperud. Many farmers

would have been driven out of business or moved out of sale.

The initiative presented an uphill battle for farm groups, notes Kopperud. Just two weeks before the election, one poll noted that 55% of the voters would approve this initiative. Non-farm voters outnumbered farmers by about 1000 to 1.

Yet, 71% actually voted "no." Kopperud says the overwhelming victory was primarily due to a grass roots effort by farmers who were fighting for survival.

About 450 farm families adopted state assemblymen—took them out to their farms and explained how well they care for their livestock, explains Kopperud. These same men and women visited every editorial board, radio and TV station. And on election day, farmers were alongside the tollways and outside voting areas with signs on their trucks—urging people to vote "no."

## Imitation Food Versus The Real Thing

NEW YORK, N.Y. — What's the difference between an imitation food and its copied counterpart? More than you may expect. Many imitation food products are packaged and sold just like traditional foods, and may look and

taste like the real thing. However, according to DAIRY COUNCIL INC., imitation foods may be nutritionally inferior to traditional foods.

Processed meats, juices and dairy foods are among the list of

foods commonly copied. And, imitation products are often used as ingredients on pizza, in casseroles and in other convenience foods where several ingredients are combined. How can you spot imitations and compare them nutritionally to real foods? One way is by taking a closer look at nutrient labels and ingredient lists.

When comparing the nutrient labels of some traditional foods with their imitation counterparts, the labels may look very similar. However, most nutrient labels list only 8 to 10 of the 50 or so essential nutrients. And the biggest

nutritional difference between traditional foods and imitations may often be in the other 40 nutrients listed on the package. In comparison, a variety of traditional foods, including meat or protein foods, milk and dairy foods, fruits and vegetables and breads and grains supply all of the 50 or so nutrients needed for good health.

Ingredient lists can be another tool for telling traditional foods and imitations apart. The first ingredient in each list is the one that occurs in the greatest amount.

## Removing Berry Stains

Any berry in season is a delicious delight, except, of course when they land in your lap by mistake. To remove the berry stains, follow the same general precautions that you would to remove any stain.

\*Test a small hidden area of your garment, with the cleaning material recommended for a particular treatment. This is to make sure cleaning will not cause color loss or fabric damage. Fabric testing is especially important if bleach is recommended.

\*Never scrub or rub delicate fabrics. Such mechanical action can cause a bruise mark that cannot be removed.

\*The quicker you remove any type of stain, the better your chances for success. In addition, removing berry stains requires a few more steps.

residue as possible. Rinse and then wash the garment with cool water and a combination solvent, such as Shout, Spray 'n Wash or Magic Pre-Wash, to remove the sugar stain. Any remaining stain is caused by the fruit.

If your fabric is not fragile, use the boiling water method. Spread the stained area over a bowl and pour boiling water through the fabric from a height of 12 inches. The hot water will set the stain, but not before the force of the water washes the stain into the bowl.

If the fabric can't stand boiling water, apply glycerin to the stain, rinse, treat with a combination solvent and wash the garment. For nonwashable, sponge the stain with white vinegar, then rinse or sponge off with water.

WARNING! Never use heat on a sugar stain! Never use soap or iron a fruit stain.

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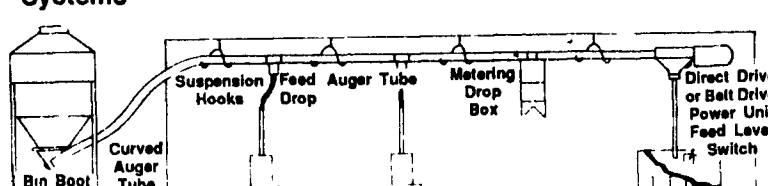
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