



# Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist

BY  
**DORIS W. THOMAS**  
Extension Agent - Family Living

### JUNE IS DAIRY MONTH

June is Dairy Month, and a great time to highlight the wholesomeness of dairy foods. Dairy products contribute significant amounts of essential nutrients to the diet including calcium, protein, riboflavin and phosphorus. Versatile enough to fit individual

taste preferences, they also fit in with the nutrient needs at different stage of life.

### Children's Food Preferences Include Dairy Products.

The growth rate slows down in the childhood years, but children still benefit from the high quality protein, calcium and phosphorus in dairy products. Although many children have erratic appetites and food preferences, they often enjoy

dairy foods. Milk, chocolate milk, yogurt, and cheese are popular nutrient-rich dairy foods for children.

### Calcium Important For Adolescents.

Life infancy, adolescence is marked by rapid growth. Because of a growth in bone mass, calcium and phosphorus needs are greater during the teen years. Dairy foods supply 76% of available calcium in the diet, but since meal-skipping, fad diets and fast food meals are popular practices during the teen years, calcium intakes are often low. Cheese, such as mozzarella on pizza, and yogurt are well accepted by teens and contribute significant amount of calcium.

### Adults Choose From Dairy Variety.

Dairy foods contribute important nutrients for adults as well. We never outgrow our need for milk. Calcium continues to be a

concern for many adults, especially women. For adults concerned about their calorie, fat and cholesterol intakes, low-fat milk, yogurt and cheese, as well as nonfat milk and yogurt, are available to choose from

### DEVELOP A SOUND MONEY SYSTEM

As food, housing, transportation and recreation costs continue to climb, your family may find it more difficult to make income stretch from one pay day to the next. To increase purchasing power and save for goals in the near future and long term, develop a sound money system.

Start by finding out where the family income goes, have family members who are spending money carry a small notebook and jot down money spent. This way you can keep track of all expenditures, even small items like parking fees, newspapers, cosmetics,

refreshments and one-item stops at drug or grocery stores. These are easy to class as little nothings but they can add up to a significant amount of money over a month. It will also help the family to decide on allowances for everyone.

By the end of one week, you will notice that most of the family's spending falls into categories such as food, transportation, housing/housing operation, clothing, vacation, education, gifts, contributions, medical care and personal needs. Keep recording expenses for at least one month. With this information, the family can decide on specific plans for spending future income.

While the family is learning how they are spending their income, set up specific routines for discussing money. Have regular family conferences to talk freely about family needs and goals.

# GLENWOOD METAL FORMING

809 Glenwood Drive, Ephrata, PA 17522

**717-733-9590**

All Panels Cut To Length Coverage - 36" Width

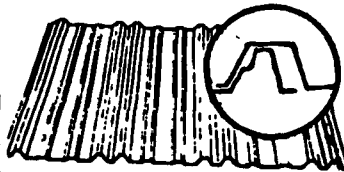
Our Regular Line Of 29 Gauge Metal

- \* White \* Barn Red \* Earth Brown
- \* Sand Tan \* Cypress Green \* Gray

### 26 Gauge Metal

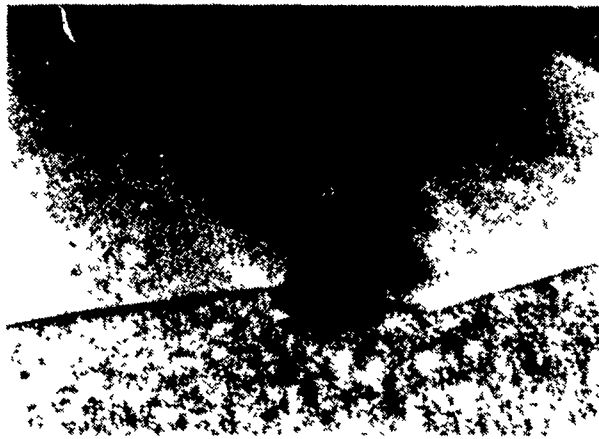
### Bare Metal

- \* White 26 Gauge Galvalume
- \* Tan \* Dk. Brown 26 Gauge Galvanized
- \* Gray \* Lt. Blue 29 Gauge Galvanized



### A New Product In Our Line

Standing Seam Roofing Manufactured at the job site. Suitable for flatter roofs with 4 to 5 ft. perlin facing and 80 lb. per sq. ft. weight rating.



The 18" panel with its 2 1/2" standing rib is manufactured on site from 24" coils of steel, aluminum or copper, and any length required. There are no end joints in this roof regardless of length. Our UL approved clip is so constructed as to allow for roof movement caused by expansion and contraction. Screw heads do not come into contact with roof panels.

### We Also Stock The Following Items:

- **DOORS** Pre-Hung Thermo Doors, 4 Sizes With Mill Finsih Jamb, Double Door, Door Jamb Trim and Door Track Cover
- **KLAUER** Roofline Ridgolators 10 Ft. Painted White Trim, End, Wall & Sidewall Flashing
- **MISCELLANEOUS** Guardian Features: Woodtite and Woodzac Screws and Dickson Weather Proof Nails:
- Agri Build Windows 24"x36".... 36"x48" In Stock

## ERECT-A-TRAK rolling door hardware

Door Trak is available in 2" increments from 8' to 20' Lengths.

Galv. Trolley Hangers

## STRAWBERRIES



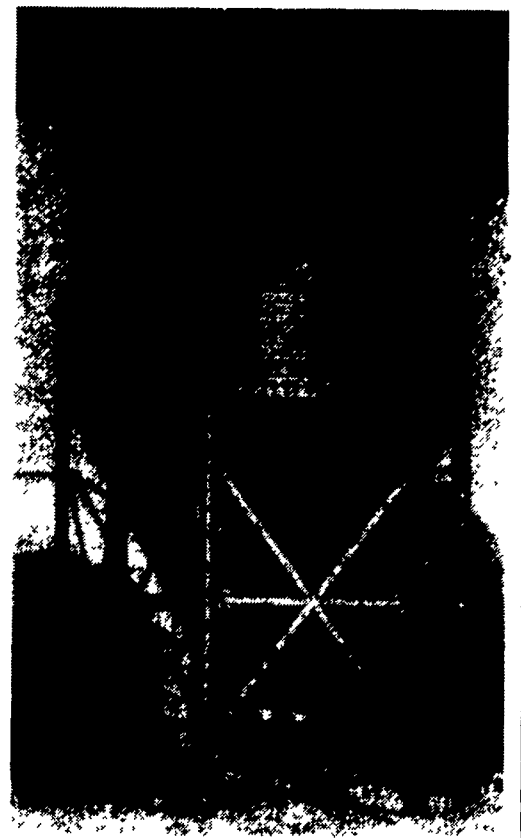
Pick Your Own  
Over 12 Acres  
To Pick From

## Tom Styer Farm Market

Behind Hospital, at Muncy, PA  
Lycoming Co.

**(717) 546-5861**

FLEX BOOT LADDERS  
AGITATORS **GSI** AUGERS  
PNEUMATIC FILL KITS SLIDE VALVES  
**FEED BINS**



We Carry The Largest  
Stock Of GSI Feed Bins  
In The Area



automatic  
farm  
systems

608 Evergreen Rd.  
Lebanon, PA 17042  
**(717) 274-5333**