

Kid's KOrner

Seeing Eye Pups Need Homes

MORRISTOWN, N.J.— The Seeing Eye, America's preeminent dog guide school, needs volunteers to raise pups that grow up to become Seeing Eye dogs. Seeing Eye puppies born this month will be ready to be placed in the homes of volunteer puppy-raisers in late spring.

Each volunteer in The Seeing Eye Puppy-Raising Program/4-H-Project makes his or her pup a member of the family, teaching it basic obedience and exposing it to a variety of social situations. Volunteers also take their pups to local, monthly 4-H meetings.

Seeing Eye representatives stay in close touch with the volunteers to help with the puppies' care and handling. When the pups are between 12 and 14 months of age, they return to The Seeing Eye to

begin their formal training. At the end of a three-month training period, the dogs are matched with blind people, and this new team trains together for 20 to 27 days.

The Seeing Eye pays veterinary bills and provides a monthly allowance to defray other puppy-raising costs.

The program is open to children between the ages of nine and 19, and adults who are home during the day. Puppy-raisers must live in New Jersey, Pennsylvania, or Delaware.

The Seeing Eye, a philanthropy, has placed more than 10,000 specially bred and trained dog guides with blind people throughout the United States and Canada.

For further information about the puppy-raising program, call your local county 4-H agent.



Readers Write

Dear Readers,

My name is Darlene. I am 12 years old. I have 4 brothers and 2 sisters: Eugene, 11; Linda, 9; David, 7; John Aaron, 5; Lenard, 3; and Mary Elizabeth, 4 months. My dad's and mom's names are Irvin and Esther Martin. My dad works at Martin's Steel Welding Shop. Our horse's name is Star. Our puppy's name is Teddy.

Darlene Martin
Mifflinburg


Dear Readers,

How are you? I am fine. My name is Annie M. Kauffman. I am 9 years old. I was born in 1982. My

birthday is May 22. I am in the fourth grade. I like to read Laura Ingalls Wilder's books. My teacher's name is Barbie Beiler (Ira Beiler). My father's name is Daniel Kauffman. My mother's name Aire Miller Kauffman. We have three dogs. Their names are Silver, Trixy, and Timmy. Here is our family: Emma, 12; Levi, 11; Me, 9; John, 7; Ivan, 5; Leah, 3; and Sylvia, 8 months. My hobbies are baking and taking care of my brothers and sisters.

Goodbye everyone. I like to read the Kid's KOrner.

Annie Kauffman
Atglen



**Ida's
Notebook**

Ida Risser

Recently, while hunting for something else, I happened to find an 1881 Green's Almanac. This booklet was published in Woodbury, N.J. It contains tattered maps printed by Rand, McNally & Co. of Chicago. But the printing is so small that it is almost impossible to read the names of the towns.

The business person who handed out this almanac was the local storekeeper, F.P. Bard of Oregon, Pa. His advertisement says that he sells hats, caps, boots, paints, glass, coal oil, pure spices, groceries, dress goods, and patent medicines. Now it is this last item that is extolled throughout all the pages.

There are three kinds of medicine mentioned. They are Boschee's German Syrup, Green's August Flower, and Ague Conqueror. These three kinds of medicine will cure most any ailment according to the advertisement.

Among those named are dyspepsia, liver complaint, rheumatism, dizzy head, nervous derangement, and sour stomach.

Each bottle came with a cork screw so that the "cork could be drawn without breaking and losing any of the virtues or freshness of the medicine." Also mentioned at the bottom of one page is the "wire loop" used on the almanac so that it can be "hung up in one place." The loop is still attached!

I would guess that the almanac was saved because it was the year that my uncle was born. It was the custom to give one to a newborn child. I remember that my mother gave one to our first child and I still have the one issued in the year of my birth. It has my birthday circled in ink. People seemed to be more superstitious long ago and were very interested in the signs of the zodiac.

Consumers Shift Toward Low-Fat Desserts

UNIVERSITY PARK (Centre Co.)— Before a la mode came to mean "topped with ice cream," it meant "according to fashion or style." These days, fashionable desserts may be served a la frozen yogurt.

Many consumers are choosing lower-fat dairy products and frozen desserts to reduce cardiovascular health risks associated with fat, cholesterol and weight gain. "Some people expected frozen yogurt to be just a passing fad," says Penn State agricultural economist Robert Herrmann. "But it seems to be winning a permanent place in the diets of Americans, who are drawn by its taste as well as its lower fat content."

Herrmann and rural sociologist Rex Warland are tracking shifts in dairy product consumption. The data they have collected so far shows that, at least where frozen desserts are concerned, Americans are heeding the call for a healthier diet.

Results from a fall 1991 survey of 1,200 men and women nationwide showed that 38 percent of respondents had eaten frozen yogurt in the previous four weeks, which was down somewhat from a similar survey conducted about a year earlier.

"The proportion of frozen yogurt eaters seems to have

declined slightly over the course of the year," says Herrmann. "But more significantly, there was a shift away from regular frozen yogurt toward low-fat and nonfat varieties."

Herrmann says regular ice cream was still the most widely consumed frozen dessert — 51 percent of respondents had eaten it in the four weeks preceding the survey — followed by frozen yogurt and premium ice cream (36 percent).

"Although ice cream remained popular, 43 percent of those surveyed said they had cut their ice cream use in the past few years because of fat and cholesterol concerns," he says. "One-third of this group said they had stopped eating ice cream entirely. But for most people, we continue to see a mixed consumption pattern. Many consumers tend to eat some combination of higher- and lower-fat frozen desserts."

Make Your Own Tote Bag

WEST CHESTER (Chester Co.) — Chester County Cooperative Extension will host a class for making "Ecology Tote Bags" on Thursday, March 26, 9:30-11:30 a.m., at the Extension office, 235 W. Market Street, West Chester.

This unique fabric tote bag can be made in a variety of sizes.

Who is paying most attention to their intake of fat and cholesterol? According to the survey, women are more concerned than men; the highly educated are more worried than the less educated; and the middle aged and elderly are more concerned than the young. "Most people don't really get serious about their diet until they have some kind of health crisis," Herrmann notes.

Although the desire for a healthy diet has been a major factor in the shift to lower-fat dairy products and frozen desserts, it is by no means the only factor. "One surprise was how many respondents said they liked the taste of frozen yogurt," Herrmann says. "Frozen yogurt may be regarded by some as a poor substitute for ice cream. But one-fourth of yogurt eaters preferred its taste, and half thought frozen yogurt and ice cream were equally tasty."

The registration fee of \$5 includes fabric, ribbon, batting, thread, pattern and instructions. The deadline for registration is March 19. Contact the Chester County Extension at 215-696-3500 for further information.