

Meet Calcium Requirements

UNIVERSITY PARK (Centre Co.) — The National Institute of Medicine has increased its recommended daily calcium requirements for all age groups older than age 8. And that means most consumers should be drinking a lot more milk, or at least seeking dietary alternatives containing calcium, says a nutritionist in Penn State's College of Agricultural Sciences.

"The old nutritional guidelines, which were called Recommended Dietary Allowances, were re-evaluated by the National Institute and adjusted upward," explains J. Lynne Brown, associate professor of food science. "The new guidelines, called Dietary Reference Intakes, have significantly raised the requirements for older adults."

Brown lists the new requirements in milligrams by age group, along with the equivalent milk serving required to meet the correct level.

Age	Old Level	New Level	Glasses of milk needed
Children 9-18	1,200 mg*	1,300 mg	From 4 to 4½
Adults 19-50	800 mg**	1,000 mg	From 2½ to 3½
Adults 50-plus	800 mg	1,200 mg	From 2½ to 4

*The old recommendations were 800 mg for ages 7-10 and 1200 mg for ages 11-18.

**The old recommendations were 1000 gm for ages 19-24 and 800 mg for ages 25-50.

Brown says if followed, the new requirements could most benefit the diets of older Americans, pointing out that one 8-oz. glass of milk contains 8 to 10 grams of protein. "If you're drinking four glasses of milk a day, that's 40 grams of protein," Brown explains. "The daily protein requirement for an older adult is 50 to 65 grams per day."

Brown adds that the Dietary Reference Intakes also call for increased daily requirements for Vitamin D, a nutrient that helps the body metabolize calcium efficiently. Brown says those age 50 to 70 must double their intake from 200 international units to 400 to meet those guidelines. Those older than 70 must triple their intake to 600 international units.

"People used to get most of their Vitamin D from sunshine, but as more people adopt sedentary lifestyles, they have to look into other sources, such as milk fortified with Vitamin D," Brown says.

Brown suggests several calcium-laden alternatives to milk for those who are lactose intolerant or

just don't like drinking milk.

Cheese: One ounce of Swiss cheese contains about 270 mg of calcium. An ounce of cheddar has about 200 mg. "An ounce of cheese isn't very big, so this is a really efficient method," Brown says. "In some cases lactose intolerant individuals can digest cheese more easily than other products."

Yogurt: One cup of any kind of yogurt contains about 400 mg of calcium.

Calcium-fortified Orange Juice: "Consumers should look at the label, but many of the fortified juices have about 300 mg per serving," Brown says. "The citric acid in the juice allows the body to absorb the calcium more easily."

Tofu: Some types of tofu are made with calcium sulfate, which provides about 300 mg in a half-cup. "This is a very good calcium source for vegetarians, but consumers should look at the label to

make sure it was made with calcium sulfate," Brown advises.

Dark green leafy vegetables: The best vegetables are kale, chard, mustard and other greens. "The calcium in leafy greens is released more easily if the vegetables are frozen," Brown says. However, spinach is not a good calcium source. Its calcium is tied up in an organic complex that can't be digested.

Fish: Brown says tinned sardines and mackerel, as well as canned salmon, contain calcium. Canned salmon is a good source of calcium if you mash and eat the bones.

Cereals: Some ready-to-eat cereals are fortified with calcium. Brown estimates the value to be about 50 mg per serving without the addition of fluid milk.

Regardless of the product, consumers must read the Nutrition Facts panel to really see what they are getting. "Remember, the percentage of calcium listed on the Nutrition Facts panel is based on 1000 mg of calcium," Brown explains. "Young adults and those over 50 will need more than 100 percent of the daily value for calcium."

Because all members are excellent cooks with many having served 60,000 meals during 60 years, eating in a restaurant is a special night out.

Martha Stover, president, called the meeting to order. Susi Wissler had devotions. The program was provided by Nancy Wiker of the Lancaster County Extension Service. She spoke on "Food Facts and Fantasies." Wiker discussed the need for calcium and sources of supply in foods and supplements. Safety food handling from store to table was also taught.

Five members who became 80 years old were honored with a beautiful pin.

A bus trip is planned for June 9. Seats are still available. Call Lettie Nissley 464-4123 for reservations. Plans are being finalized to attend the Spring Rally in Reading on May 12.

Quilt Care And Storage

PHILADELPHIA (Philadelphia Co.) — Quilts are admired for their beauty and provide a function in the home as well. They are valued for many reasons including age, design and sentiment. With proper care and a certain amount of caution, you can preserve a treasured heirloom or insure the life span of a well-used quilt. It is important to know that there is a distinction between the preservation care given by a museum staff and general care that can be handled in the home. Both the museum staff and the homeowner share similar concerns. In order to prevent undue damage from cleaning, storage and display both must develop a system of protective housekeeping.

The way you clean a quilt depends on its age, condition and fiber content. If you have a quilt which is over 50 years old or one that is showing signs of wear, it is best to have a trained conservator clean or mend the quilt. Generally wool, rayon, and silk quilts should be dry cleaned while cotton and linen should be wet cleaned or washed, provided that the dyes are fast and the filling or padding is also washable. Dry cleaning and wet cleaning should always be handled by a reputable cleaner who has experience with perishable materials. If you have a combination of fibers, a glazed fabric or a fancy construction such as velvet or brocade, consult your cleaner to determine the cleaning method.

A very sturdy, newer quilt might be able to withstand laundering in the washer and dryer but this laundering method is seldom recommended. But for sturdy quilts that receive everyday wear the following steps are advisable:

- Make sure your dyes are fast by putting a few drops of water on a small area and blotting with a white blotter. You may have to test more than one spot, depending on your design and any repairs that have been made.

- If the dyes are fast use a neutral detergent in a large tub of warm water. A bathtub allows you to gently agitate the quilt, let the cleaning solution drain, and then let in new rinse water without straining the fibers. Make sure the detergent is thoroughly rinsed out. Squeeze out all excess water and gently lift the quilt out.

- It is best to dry the quilt outside on a clean sheet or towel. If this is not possible use a grid of clothesline under the quilt that will evenly distribute the weight to avoid stress on the stitching and fabric. Do not expose to sunlight directly.

If the quilt needs mending it should be done by a good seamstress. A hand-sewn quilt should always be repaired by hand, and if fabrics are worn away, or are torn, they should be strengthened by reweaving or darning. If replacement is necessary, be sure that the contemporary replacement fabric resembles the original. Bindings often become worn first and it spruces up your quilt to recover frayed edges with hand stitching. Keep the original edge for documentation.

Many quilts look handsome hung on a wall. Here one of the most important considerations is to distribute the weight evenly so that the quilt does not tear or weaken. It is recommended that a sleeve be made along the top back of the quilt to house a wooden or metal rod. The quilt can then be hung on prepared wall supports.

Velcro tape can also be fastened to the back of the sleeve and pressed to the wall. Old and delicate quilts would need to be handled slightly differently. Another backing can be sewn to an older quilt and basted to the front, thereby giving it overall support. In general it isn't a good idea to hang these older and more fragile quilts.

Lighting must be considered when displaying your quilts since light can cause textiles to dry out or fade. Do not hang your quilt in the path of direct sunlight. Blinds can be drawn to cut down on the amount of light. Both sunlight and fluorescent lighting can be filtered by the use of ultra violet shields. Incandescent lighting should be kept at quite a distance from the quilt.

You should also position your quilt so temperature and humidity are somewhat controlled. Avoid displaying your quilt on a damp wall. Since both humidity and pollution cause deterioration, it is a good idea to limit your display time—especially if the quilt is old or worn. You might choose to store your quilt and this must be done correctly to avoid unnecessary deterioration.

To effectively preserve textile

fibers, one must consider the environment in which they are stored. Here a combination of common sense and a knowledge of the most common methods available for preventing or minimizing the degradation of fibers is necessary. First make sure your quilt is clean before you store it. Then choose a place where temperature, light and humidity can be regulated. Never use a plastic bag for storage since textiles need to breathe and an excess of humidity may accumulate.

Ideally, a bedspread should be hung over a wooden or aluminum rod or in the case of single layered, finely quilted pieces rolled on a tube. Both the rods and the tube should be covered with an acid free barrier. Then cover the quilt with clean 100 percent cotton sheeting and store it out of direct sunlight. The quilt should not be in direct contact with wood. If you plan to use a cedar chest for storage, line it with acid free paper.

Since many people do not have the space to roll or hang large quilts and they are too large to store flat, they must fold them. These folds must be loose and padded with acid free paper so that the fibers are not strained. Some experts recommend refolding every few months to prevent permanent creases. But be sure to clean your hands thoroughly before handling since your fingers contain natural oils that can leave unsightly stains. To fend off insects you may want to use a medicinal herb called southern wood or place moth crystals in a muslim bag. Make sure your moth crystals do not contain naphthalene and locate them above the quilt so the fumes drift upward.

With the proper care you can continue to use and enjoy your quilt. In the process of caring for it you will probably also develop a greater appreciation of quilting and its history.

TIPS:

The way you clean a quilt depends on its age, condition and fiber content.

A hand-sewn quilt should always be repaired by hand, and if fabrics are worn away, or torn, they should be strengthened by reweaving or darning.

If you fold a quilt for storage, make sure the folds are loose and pad them with acid-free paper.

Lebanon Society 21

Lebanon Farm Women Society 21 held Sweethearts' night at the movies at the Valentine's banquet. It was held at the home of Millie Donmeyer. Co-hostess were Karen Grubb and Sherry Bashore. A delicious buffet-style meal was served followed by the showing of old homemade movies. Members and sweethearts had fun reminiscing of days gone by. Best wishes were sent to Terry and Kevin Ski-

vey (who could not attend) because they had just given birth to daughter Alisson. Valentines from secret pals were exchanged.

The March meeting was held at the home of Janet Blatt. Business was conducted after playing the exciting game "Now you have it, now you don't."

The next meeting will be held at the home of Ruth Hostetter.

Berks Society 3

Berks Society of Farm Women Group 3 met at the home of Sonja Moyers for the March meeting. Dolores Kerschner showed how to make herbal creams and other herbal remedies.

Members collected money to donate to the March of Dimes.

The April meeting was at the home of Lelli Bucks with Terri

Moore as the hostess. Members enjoyed visiting with friends and some members had a chance to quilt.

Some members attended the Spring Rally held at Riveredge Restaurant on May 12. The next meeting will be held at the home of Frances Moyer.

Lancaster Society 20

Lancaster Farm Women Society 20 met at the Memorial United Methodist Church, Quarryville, on Thursday April 2. A covered dish luncheon was held for Societies #15, #2, and county officers.

Marie Foose opened with Psalm 43 and held a short business session. In answer to roll call, each member named the animal that most intrigues her. Helen Trout reported two cards had been sent by the Sunshine committee and Freda Wimer of the sewing committee thanked members for making bibs for cancer patients. The president reminded the members that a luncheon is scheduled at the Kling House Restaurant in May.

Members enjoyed the program presented by Walter Bulsen, who showed slides of an African Safari in which he participated and elaborated on the habits of the different animals.



Lancaster Society 18

Lancaster Farm Women Society 18 held its April meeting in Pat Lueck's beautiful home. Attending were 17 members and two guests. Roll call was answered by naming a favorite restaurant.