

LETTERS TO JANE . . .

By A. PAULINE SANDERS, Ph.D. Irvona, Pennsylvania

Dear Jane, Again we are enjoying September. It is a charming month in one can keep one's thoughts on the beautiful sky. There is a soft, gentle breeze that forebodes sunny blasts to follow.

We'll endeavor to emphasize the positive and lovely aspects. Warm September brings the fruit. Sportsmen then begin important contributing factors are cutting and putting.

Dr. Sanders Their crops away. Harvest festivals and fairs are enjoying last days of vacation are on the program. Many children are happy to return to school. Beginners are eager to begin a new adventure in living, but are apprehensive of long days away from Mommie, Mommie and Daddy are being brave but honestly dislike the idea of their babies growing away from them.

Monarch butterflies and many birds are gathering in large flocks and are flying south for the winter. Some of us are preparing our flower gardens for the coming winter months.

However the most important task for us women is the protection of the health of our families. Important contributing factors are the nutritive status and the dietary habits of our loved ones. Recently I read a report of a nutrition study done by the Canadian Red Cross which reminded me of my own study and it followed naturally to wonder how well we are consistently selecting foods and making menus that supply the necessary food constituents. Only 8 per cent of the Canadian families were consistent in their intakes of all four constituents: calcium, thiamine, riboflavin and ascorbic acid.

If we remember the basic seven and apply the suggestions for their use we will be doing our part in maintaining a satisfactory nutritive lot for our family members.

Since I am writing to you about food I am going to include the following quotation from the August 1954 "Journal of the American Dietetic Association" pertaining to food misinformation. "A recent compilation of a committee of the Community Nutrition Section of the American Dietetic Association lists 213 bits of food misinformation current in the U. S. These are divided into five categories. The most prevalent mis-concepts are reported to be:

- 1. Fruits, especially citrus fruits and tomatoes, are too acid to be handled by the body.
2. Garlic cures high blood pressure.
3. Milk is constipating.
4. Beets build blood.
5. Beets, red meat, eggs and pork cause and or increase hypertension.
6. Foods cooked in aluminum utensils will cause cancer.
7. Cheese is constipating.
8. The combination of milk and fish is poisonous.
9. The combination of milk and orange juice or citrus fruits is poisonous.
10. Raw cucumbers without salt are poisonous.

These Related to Obesity

- 1. A good way to diet is to skip breakfast.
These Related to the Obese Value of Food
1. Honey is not fattening.
2. Whole milk contains many calories and must be avoided in reducing diets.
3. Milk, potatoes and bread are fattening.
4. Fruit and fruit juices are not fattening.
5. Dark bread contains fewer calories than white bread.
6. Toast, has fewer calories than bread.
7. Vegetable fats and oils can be used in any quantity and are not fattening.

These Related to Milk Not Listed Above

- 1. Skim milk has little nutritive value.
2. Chocolate in combination with milk prevents absorption of calcium.
3. Adults need no milk.

Miscellaneous

- 1. Pork liver is less nutritious than beef liver.

A mimeographed copy of the complete list can be secured from the headquarters of the American Dietetic Association.

Certainly with all the fruits and vegetables now in our gardens as well as in the markets we have little reason to stint the supply of the so necessary minerals and vitamins. Have you tried a salad of raw snap beans sliced and combined with fine quantities of raw carrots? Nestled in bed of lettuce or olive this combination makes a colorful, tasty and nutritious salad. Serve it with French dressing well lined with lemon juice. Try snap beans in a basic cream soup or with meat broth. A surprise shortcake can be made. Add grated cheese to your favorite biscuit recipe. From good old fashioned biscuits there are many things to do. Bake as usual. Split and place folded snap beans on the bottom half. Cover with the biscuit top, brush the whole thing with heavy cream. This is a beautiful dish packed with essential nutrients.

Delicious snap beans reduce the cooking time and hence help to preserve vitamins. Use one of quantity in an Italian sauce or in a French Cook until just tender.

The delicate flavor of beans blend well with other foods. In combination mixed with fresh beans and other vegetables they help.

children Jack, Paul and Annette of Robertdale visited at the home of Mrs. Elizabeth Fresh on Sunday. Mr. and Mrs. Geo. Ramsey were week end visitors at the Hubert Kirsch home. Mr. and Mrs. Chester Lieb and sons were Sunday visitors at the homes of Mr. and Mrs. Raymond Cronauer and Mr. and Mrs. B. J. Neibauer in St. Lawrence. Gary Lambour celebrated his eighth birthday on Saturday, Aug. 28. Janet Lieb of Cleveland, O. spent the week end at her home here. Mr. and Mrs. Ray Farabaugh and daughter Linda of Washington, D. C. spent the week visiting here with the former's parents, Mr. and Mrs. Rubie Farabaugh.

WANT TO MAKE A DARK CHOCOLATE CAKE IN A JIFFY? HERE IS A TRICK ONE.

JIFFY DEVIL'S FOOD CAKE

1 1/2 cups sifted flour; 1 cup sugar; 3 lbs. unsweetened cocoa; 1 tsp. salt; 1 tsp. baking soda; 1 cup cold water; 1/2 cup oil or melted shortening; 1 tsp. vinegar. Measure the first five dry ingredients and sift together two times. The last time, sift into ungreased cake pan. 9-inch square dish is ideal. Make three depressions in sifted dry ingredients. In one put 1/2 cup oil in one put the vinegar and in the third put 1 tsp. vanilla. Pour cold water over the top of all and mix well with a fork. When well blended place in a 350-degree oven and bake for 30 minutes. Cool. Frost. Do not turn out. This is a dark soft cake but too tender to remove from the pan until very cold. I used a fluffy icing on mine but seven minutes would be fine. I am doing a little research on breads and rolls. Get ready and one of these days we'll have a yeast party. There are fascinating things to do with it. Good night.

Your for better homemaking. PAULINE

NICKTOWN

By BARBARA LIEB

Fr. Joe Lieb, OSB, visited with his parents, Mr. and Mrs. R. G. Lieb on Sunday. Mr. and Mrs. Fred A. Ludwig announced the birth of a son at Miners Hospital, Spangler. Mr. Louise Westrick was a Thursday evening visitor at the Darrell Krug home.

Mrs. Ann Bitter of Dover Delaware is spending some time visiting friends and relatives.

Mr. and Mrs. Alcuin Kirsch and family spent Sunday in Greensburg visiting Sister Mary Otto who is the former Mary Agnes Kirsch.

Mr. and Mrs. Richard Ramsey and family of Indiana were Sunday visitors at the home of Mr. and Mrs. Herbert Kirsch.

Mrs. Fred Pfister and Mr. and Mrs. Geo. Dawson were Thursday callers in Indiana.

Richard Stitt of Barnesboro was a Friday visitor at the home of Miss Lena Schlereth.

Mr. and Mrs. Francis Cahill and son James of Ebensburg were Sunday visitors at the home of Mr. and Mrs. A. F. Kirsch.

Janet Smith a student nurse of State Torrence Hospital spent the week end at her home here.

Raymond Kirsch of Cleveland, O., spent the week end with his parents, Mr. and Mrs. Alcuin Kirsch.

Miss Kathy Westrick of Barnesboro spent several days of last week with Paula Pfister.

Mr. and Mrs. John Gauron and

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Mr. and Mrs. Gene Martin and daughters of Julian, Mr. and Mrs. Bob Newton of Blainburg, Mr. and Mrs. Don Michaels and Mr. and Mrs. Edgar Ricketts of Bellwood and Mr. and Mrs. Don Keith of Niagara Falls were recent visitors with Mr. and Mrs. Ovis Ricketts. George Ricketts received his discharge from the USAF at Camp Kilmer, N. J., Thursday. Mr. and Mrs. Ricketts are living at present at the home of the former's parents, Mr. and Mrs. Ovis Ricketts. Mr. and Mrs. Henry Bretzin and daughter, Anna Mae, of Irvona, visited last Sunday at the home of Mr. and Mrs. Paul Williams.

Bonnie Lee Davies of Herondale visited last week with her grandmother, Mrs. Paul Williams.

Mrs. Bruce Neving and children and Mrs. Rose Pfau of Langhorne, Pa. spent a week recently with Mrs. Neving's parents, Mr. and Mrs. Tom Samuels.

Mr. and Mrs. Lloyd Matthews

ALLEMANSVILLE, MRS. J. F. McFARLANE

of Altoona and Lewis Glunt and son, George, of Chester were Sunday visitors of Mr. and Mrs. A. V. Chaplin. Mr. and Mrs. James Mason of Baltimore, Md., visited over the week end with her parents, Mr. and Mrs. Charlie Shaw. George Burchill is sick in bed at his home here. Mr. Burchill has been ill for several weeks. Mr. and Mrs. Gil McFarlane of Corapolis, Gerald Troxell of Geneva, Mr. and Mrs. W. L. Fry of Cresson, Mr. and Mrs. Frank Neving of Houtzdale were out-of-town guests over the week end at the home of Mr. and Mrs. Blair Troxell. Carol and Craig Chaplin enjoyed a picnic at Beaver Valley on Sunday. Mr. and Mrs. Bill Ivey and daughter of Charlotte, N. C., visited for some time with the lady's grandfather, Ward Shaw. Mr. and Mrs. William Shaw of Carlsbrook visited Sunday with his father, Ward Shaw. Miss Elizabeth Heverly of Canton, Ohio, visited over the week end with her sister, Mrs. Heverly.

John and Henry Gathagan of Cleveland, O., visited recently with their parents, Mr. and Mrs. Bill Gathagan.

Mrs. Bill Gathagan and son, James, visited a few days with relatives in Cleveland, Ohio. Mr. and Mrs. A. V. Chaplin and Mr. and Mrs. Russell Doyle attended the races at Cumberland last Friday and Saturday. Mr. and Mrs. Gordon Dillon and family of Lewistown visited a few days at the home of Mrs. Lilly Caldwell. Mrs. Forrest of Newark, N. J., spent a few days with Mrs. Lilly Caldwell. Mrs. Caldwell accompanied Mrs. Forrest to Newark on Sunday where she will spend the winter months with Mrs. Ruth Lynn. Miss Peggy Flick returned to her home here this week after spending the summer in Allegheny, N. Y.

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