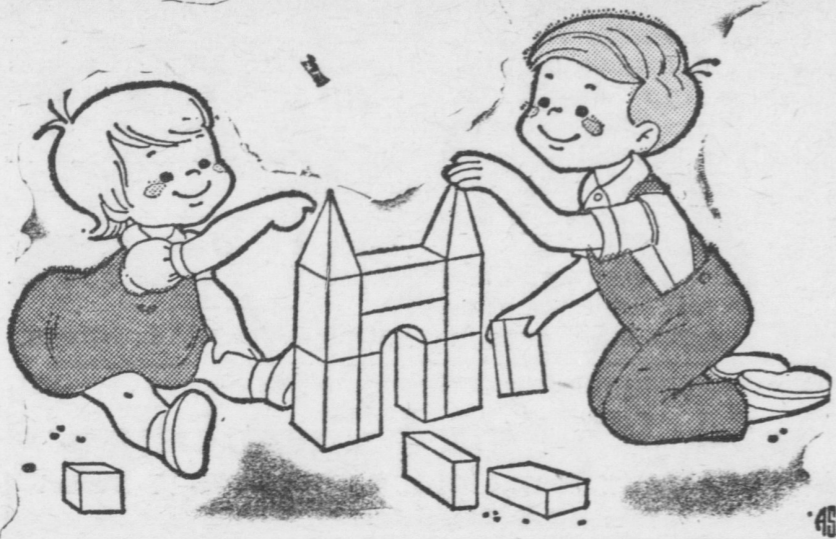


Food Sense ■ Not Nonsense



All the Blocks a Child Can Use

Building blocks are more than playthings for Baby Jamie and fast-growing John-John. They can be the nutrients in food called amino acids. Readily at hand is a way to develop for infants and toddlers a new and economical food, custom-made from wheat, which contains all the building blocks a child needs to grow and develop—and nearly all the other nutrients to boot. The schematic for this food has been drawn up by research, at the American Institute of Baking in Chicago, on the amino acids in wheat's proteins.

Dr. William Bradley, scientific director of the Institute, has suggested that nutritionists can put into action this schematic for feeding infants and children. At a recent nutrition conference in California on the Role of Wheat in the World's Food Supply, he reported that the milling process sifts out certain wheat flours with an especially high nutritional value. Being concentrated, these flours contain a substantially higher amount of the building block, lysine—apt to be short in cereal grains—than does the wheat berry itself. With cooked cereals made from these flours, infants and toddlers would satisfy their higher protein and lysine requirements, he proposed.

That traditional wheat foods materially meet the nutrient requirements of older children and adults is history. As the major food of large population groups, grains made civilization possible. Wheat had all the building blocks man needed. In light of America's food export program to underdeveloped and hungry nations; the value of wheat takes on added significance. The contribution that bread and other cereal foods can make here and abroad is being studied, recognized, and appreciated.

Camp Trailers at Big Show

One of the largest displays of camping trailers, tents and related camping equipment will be seen at the Pennsylvania Sports and Outdoor Show, February 10-15, at the Farm Show Building, Harrisburg.

John Altland, managing director of the show, pointed out that both camping and travel trailers, in all sizes and designs, will be featured. Everything in the camping equipment field, from sleeping bags to portable stoves, will be on display.

The state's largest boat show includes more than 150 boats ranging in size from deluxe cabin cruisers in the 40-foot class to plastic canoes. Inboard and outboard motors in varying horsepower will be shown. In addition to the boats and motors, the most advanced water safety, navigation and other marine equipment will be presented to the public.

Representatives from leading marinas throughout the Chesapeake Bay and Susquehanna River areas will be on hand to furnish boating en-

thusiasts with information on facilities and to discuss storage and maintenance problems. The boat exhibition will be open daily from 1 to 10:30 p.m. and on Saturday from 9:30 a.m. to 10:30 p.m.

Returning to the show this year will be the very popular beach and sportswear fashion show which will display the newest styles and latest fabrics in clothes for outdoor wear.

MEAT

"Know Your Meats," a series of four meetings, has been scheduled by the Lancaster County Home Economics Extension Service.

Included will be principles on meat buying, preparation and storage of beef, veal, pork, and lamb. The meetings will be held in the P. P. & L. Basement Kitchen located in the Greist Building, Lancaster, at 1 p.m. January 21, January 28, Feb. 4 and Feb. 11.

Any woman interested in information on meat should attend these meetings.

The first U. S. President election returns to be broadcast over the radio were those of the Harding-Cox campaign in 1920.

The hummingbird despite its minute size, has been known to make the flight ov-

Tuesday, January 21, 1964

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er the Gulf of Mexico, a distance of 500 miles, in a single night.

People who lead vital, dynamic lives mesh their think-

ing and activities into the whirling gears of today's social, economic and political machinery simply by reading their newspaper.

PARTICIPATING STORE

JAMBOREE SALES DAYS

MARTINS SKINLESS

FRANKS lb **49^c**

Minced Bologna
Spiced Luncheon 1/2-lb sli. **29^c**

FOR YOUR SELECTION — —
Twenty Kinds of Ready-to-Serve Meats

MARVELOUSLY
Mello-Rich Colby Cheese
IT'S MILD AND CREAMY

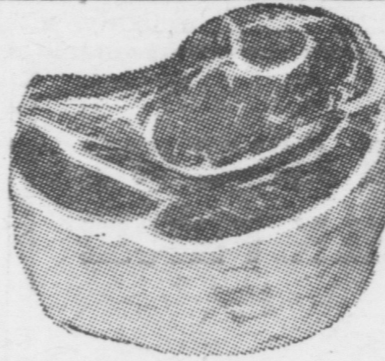
MILD RINDLESS
Muenster Cheese lb **49^c**



SPECIALY PRICED

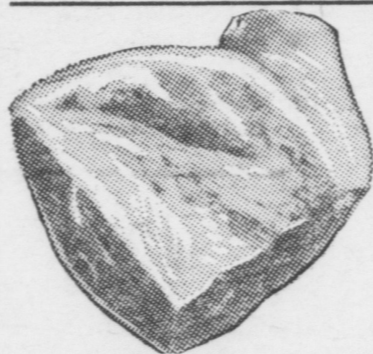
Fresh Ground
Hamburg
lb **49^c**
"MADE OF MEAT"

EXCELLENT
Beef Rib Roast
lb **59^c**



DESIRABLE 7" CUT

TENDERIZED
BEEF STEAKS lb **79^c**
THE ALL MEAT KIND — NO WASTE



Meaty-Fresh Pork
PIC-NICS
lb **29^c**

Nucoa Margarine 2 lbs **49^c**
IN GOLDEN QUARTERS

OSCAR MAYER
SLICED
BACON
lb pkg **59^c**

CRISCO
3-lb can
75^c

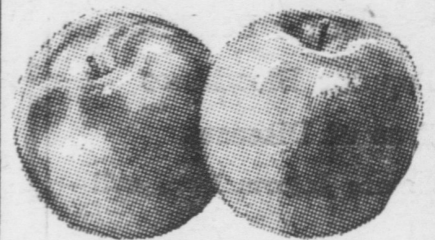
KOUNTY KIST
PEAS 2 ³⁰³ tall can **29^c**

MOSEMANN'S
The Store of Good Things to Eat

37 Market Square MANHEIM
"EASY PARKING"

NO. 1 GRADE
POTATOES
10 lb sack **47^c**

HOME GROWN
CELERY
29^c



CRACKIN GOOD
EATING
APPLES
3 lbs **35^c**



PLUMP, GOLDEN
BANANAS

MEADOW GOLD
ICE CREAM
1/2-gal **59^c**

CAMPBELL'S
TOMATO
SOUP
4 cans **39^c**

CAMPBELL'S
BEANS
2 tall cans **25^c**

HEARTS DELIGHT
PEACHES
IN SYRUP
BIG ^{Vo. 2 1/2} Can **29^c**

SWEET TREAT
PINEAPPLES
IN SYRUP
2 big cans **65^c**

NOW OPEN

HOME-MADE ITALIAN BREAD

DONUTS

HOME-MADE BREAD — PIES — All Kinds

MORAVIAN CAKE — APPLE DUMPLINGS

ECLAIRS

COOKIES - (All Kinds)

OLD FASHIONED MOLASSES CAKES

OLD FASHIONED SUGAR CAKES

WEDDING CAKES - DECORATED - All Kinds

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