Million



SPECIALIST GIVES SUGGESTIONS ON MEAL PLANNING FOR CHILDREN By Mrs. Ruth Buck

SEPTMBER 20, 1972

Does the food you serve your child do more than just satisfy his hunger?? See that his meals furnish all the building materials needed for energy, growth, and health,.

A child needs protein and minerals for growing, building and repairing body tissues, muscles and bones. Vitamins, together with minerals and protein, team up to keep the body in good running order. Fats and carbohydrates provide fuel for active play.

Because no one food can supply all the needed nutrients, include a wide variety of foods from the basic four food wroups in your menus.

Give careful attention to flavor in a child's meal. Chiland prefer mild flavored vegetables, fruits, cheese & fish. You can adapt the family foods for very young children by using less spices and seasonings.

A child is fascinated with color and texture as well as flavor. Plan bright, colorful combinations of foods, and different textures for variety -chewy meats, crisp vegetabpuddings.

age your child to eat. When meat, fish and eggs are cooked at a low temperature, they will be more tender, moist & flavorful. Remove the bones self.

Authorities on alcoholism say people are driven to drink to experience relief from distress or exaltive states that hardly stand up to sober reflection during a painful hangover.

The battleship Texas was the first vessel to have an airplane launched from its decks.



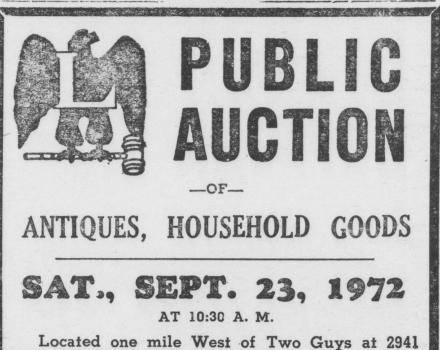
Located at 145 Chestnut Street, Landisville, Pa.

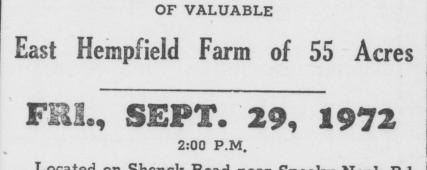
Dutch cupboard with 12 panes; corner cupboard with butterfiy shelves, china closets, blanket chest, six plank chairs, hall rack, wash stand, book cases, victrolas, ice cream chairs, oak furniture, piano stool, hangles and fruits and smooth, soft ing coaloil lamp with shade, wall telephone, shelf and mantle clocks, china clocks, table lamps with leaded The way the food is cooked shades, washbowl and pitcher sets, carnival, pattern, and served may also encour- pressed, color, compotes, salts, cruets, compotes, vasoline, cake stand, Banana dish, glassware, glass buckets, German, Austrian, fine china, Adams plate, water pitcher sets, copper dipped dove tail, brass kettle, Bennington ware, tin presidential plate, pewter, butter scales, and skin from your child's coffee grinder, oil lamps, iron banks and train, iron serving to eliminate the nuis- dogs, paper rack, stereoscope, frames, wooden items, ance of picking them out him- team whip, wall mirrors, lanterns, old Bibles, crocks, jugs, copper washboiler, hand pump, wheelbarrow, and many other items too numerous to mention.

Viewing morning of sale. Don't miss this sale.

Sale by

Paul M. Ginder HAROLD (ABE) SHAFFNER 653-5689 C. H. WOLGEMUTH, AUCTIONEERS Food Stand





Located on Shenck Road near Spooky Nook Rd. approximately 1 mile Northeast of Landisville and Salunga, Lancaster County, Penna.

This property consists of approx. 55 Acres, 42 of which are tillable. There is a beautiful secluded woods having the Chiques Creek flowing through about 2,000 ft. on the area. The farm is bounded on the South by the Reading Railroad.

The house is a

LARGE 10 ROOM BRICK

with oil fired hot water, bath & other conveniences

The barn is a

LARGE STONE & FRAME BANK BARN in good repair, also TOBACCO SHED, CHICKEN HOUSE, CORN BARN, GARAGE. The ground has been fed and well cared for and is in a high state of cultivation.

Possibilities — Family Farm — Commercial Development - Railroad, - Housing Development-Recreation, Camping area, woods, stream, cottages or trailers.

Inspect the farm at your convenience, the owner lives there and can show you around. Terms 10% down, balance and possession by April 1, '73.

Terms by

Anna Florence Heisey Menno W. Heisey **PHONE 898-8423**

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Columbia Avenue, Lancaster, Pa.

4 cheese molds, Nippon, Noritaki, Germany, Carnival, Red R. S. Prussian dish, decorated vegetables, salts, min. flat iron, cups & saucers, 12-place setting of dishes, pressed glas, mugs, silverware, water set, Roseville vase, glass basket, glass hat, paper weights, oil lamps, linens, dresser set, dishes, pots & pans, Hoover apt. size washer, laundry tubs, books, shuffle board sets, crocks, 15 cu. ft. Norge Freezer, jars, ext. table, Norge Refrigerator, elect. carving knife, elect. mixer, fry pan can opener, toaster, iron, dinette set with 4 chairs, folding chairs, swans head platform rocker, decorated Captains Chair, TV trays, cherry gate leg dropleaf ext. table, hutch. Hoover upright sweeper, bird cage, .410 shotgun, bookcase, 3 clothes trees, lamps, blanket chest, pictures, bureau, single Hollywood bed, stereophonic sound record player, 2 rocking chairs, library table, sofa, stuffed chairs, end tables, coffee table, wardrobe, chest of drawers, double bed, 4-pc. bedroom suite, tables, small chest, Agfa 35mm Camera, with flash attachment; Sawyer's 500 E Carousel Projector, 36"x36" radiant screen.

Sale by

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