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NORTH ADAMS
Town Acres Subdivision
Holds Fall Dinner Dance

By ELIZABETH YATES
MI 6-1682

Town Acres subdivision residents gathered at the Northwest Sportsman Club for their annual fall dinner dance on Saturday evening. Arrangements of fall flowers adorned the tables. Name tags and decorations also carried out the fall theme. Dinner and dance music was supplied by the Nicky Dann Orchestra.

Arranging the affair were social chairmen, Mr. and Mrs. Al Foote of Townhill Drive, and their committee chairmen, Mrs. James Hagen of Townhill Drive, Mrs. Robert Kushler of Cheswick Drive, Mrs. Charles Keller of Paddington Drive, Mr. and Mrs. Jack Knowles of Townhill Drive and David Benedict of Cheswick Drive.

TURTLE NECK, southern style, was the specialty of the house when Dr. and Mrs. Albert Ulbrich of Sussex Road entertained at dinner recently. After dinner their guests, the C. Allen Harlans and daughter, Jeanie, of North Adams Road and the Tony Spina family of Squirrel Road, compared notes on slides shown by Ulbrich.

Tony Spina's second book entitled "The Pope and the Council," published by A. S. Barnes, will be released this month. This newest book is a continuation of his first book on Pope John. The matching book covers give the

books the appearance of a set for those interested in owning both.

THE DONALD Mahlmeisters of Baylane Road announce the birth of a daughter, Judy Ann, on Oct. 31. Their other children are, Don, 14; Mary, 18; and Peter, 4.

The Mahlmeisters recently moved from Betty Drive in Charwood subdivision to Birmingham.

Rev. and Mrs. Donald Zill of Whitmore Road are enjoying their new baby daughter, Deborah Louise, born Oct. 24. Their other children are Elizabeth, 3, and Steve, 17 months.

ON NOV. 11-16, the Friends of Troy Public Library will hold a book sale in the Elks Lodge at 1451 E. Big Beaver Road to benefit the library fund. The hours of the sale are 10 a.m. to 9 p.m. on Thursday, the 14th; noon to 9 p.m. on the 15th; and 9 a.m. to 3 p.m. on the 16th.

THE LYNN Hudlers of Butternut Hill Drive have returned home after an 18-day trip to the Hawaiian Islands. It was a trip of visiting and reminiscing with old friends, Major and Mrs. S. G. Driskill, on the island of Oahu for two days.

They took a scenic jeep trip around the island, island-hopped to picturesque Maui, Hawaii and Kauai, and joined in the fun of the annual Hawaiian Aloha Week celebration. Much of their stay was spent in the Waikiki Beach area before returning to San Francisco for two days of sight-seeing and then home.

THE WILLIAM Hassards of Satterlee Road are looking forward to the next week in New York. They will be houseguests of Mrs. Hassard's sister and family, the John Fairgrievess of Greenwich, Conn., who were former Pleasant Ridge residents.

Ouring their week of sight seeing and attending the Broadway plays "Stop The World I Want To Get Off," and "Luther," they plan to visit other relatives and friends.

HOME FROM a two-week trip to Dover, Del. are the Carl Widney, Jr., of W. Orchard Hill Drive.

While Mrs. Widney visited her mother, Mrs. Charles Hardesty, while Mr. Widney divided his time between Dover and the furniture market in North Carolina.

Mrs. Neil Kelley of Forrest Hill Drive will open her home on Monday for the November meeting of the American Association of University Women, Oakland Branch. During the coffee meeting eight members will review books and an open discussion will be held on books dealing with "Tradition and Modern Life." A group of 26 members will be attending.

She's . . .
gotten the children all ready for school . . . her calendar's loaded like the proverbial mule . . . she's glanced at her wardrobe left from last year . . . and that's just the reason you'll see her out here!

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Chocolate
. . . and Vanilla

*Eating habits children learn in their homes
often lead to weight problems later in life*

PARENTS WHO ARE really interested in the present and future health and happiness of their children cannot ignore the importance of cultivating sensible eating habits in the young. Allowing a child to overeat or to not eat a well balanced diet, with the hope that the child will ultimately outgrow these poor habits, is a good example of how some parents encourage the development of lifetime behavior patterns that cannot help but lead to frustration and unhappiness. The fat child too often grows into a fat adult, or the undernourished girl, the one who is not encouraged to eat a balanced diet, often becomes an adult woman who will experience difficulties in pregnancy because her body is not as well developed as it might have been.

Children acquire most of their lifetime eating habits, their food tastes and preferences, at the family table. The example set by the parents in the home is a powerful influence in determining how the children will eat through the rest of their lives. For instance, the mother who nibbles at a piece of toast and a cup of coffee for her breakfast certainly does not set a good example for her teen-age daughter.

LEARN THE SIMPLE FOOD RULES

Mealtime should be a pleasant occasion for all members of the family. Consuming food should not be mysterious, complicated, or a medical treatment. Learning and following some very simple rules can provide a daily food pattern that is nutritionally adequate and enjoyable.

Regardless of other purposes eating may serve, the basic reason for consuming food is to provide the body with the nutrients required for proper growth, maintenance, and energy. Teaching children to eat meals and snacks that are well balanced in both quantity and quality of foods is a parental responsibility which, properly performed, can contribute much to the longevity and happiness of the child. We should never forget that it is easier to teach by a good example than by preaching alone.

Nutritionists have tried to simplify food selection as much as possible. They have analyzed the nutrients our bodies need, and they have suggested food patterns to provide these nutrients. A variety of foods is recommended because the nutritionists are not yet certain about our needs for certain nutrients. Trying to rely on pills for essential food nutrients is not only a less pleasant way to feed one's self but also may possibly eliminate some of the nutrients present in a variety of foods.

FOLLOW THE DAILY FOOD GUIDE

Parents should set a good example for their children by following the daily food guide established by nutritionists. This involves selecting foods from four main groups:

Milk and Dairy Foods: Children and teen-agers should have at least three glasses of milk each day (or its equivalent in such dairy foods as cheese and ice cream). Adults should have at least two glasses of milk. Two 8-ounce glasses of milk provide

these portions of the recommended daily allowances of food nutrients for an adult man: protein (of very high quality, ready for immediate use) 25 percent; calcium (which adults need to keep bones strong even after growth is completed, as well as for other vital processes) 71 percent; vitamin A 16 percent; riboflavin 46 percent; thiamine 10-12 percent; calories (which become undesirable only when we consume too many!) 10-13 percent. The percentages for an adult woman are slightly higher because of the lower nutrient needs of the woman, but two glasses of milk still provide only 14-18 percent of the daily calorie needs for an adult woman. To obtain the protein, minerals, and vitamins in milk through other foods usually would require a much higher cost in calories. This is why the calories in milk are often called "armored calories" as opposed to foods which provide fewer or no other nutrients except calories.

Meat, Fish, Poultry, Eggs: Two or more servings each day from this group of foods provide additional high quality protein, iron, thiamine, riboflavin, and niacin. Weight reducers should select the lean cuts of meat to keep calories down.

Vegetables and Fruits: Four or more servings, selected from the tremendous variety of these foods available today, help assure adequate consumption of vitamins and minerals. Selections should include a citrus fruit or vegetable rich in vitamin C and a dark-green or deep-yellow vegetable rich in vitamin A. Children do not have to be forced to eat any particular fruits or vegetables. Try many different kinds to find those they like best so that they get started in the habit of eating these valuable foods each day.

Breads and Cereals: Four or more servings each day from this food group provide protein, iron, B-vitamins, and calories. Weight watchers should select carefully in this group to keep the calories in balance with needs.

Selecting foods from the four groups and determining the amount of food required to maintain desirable weight are lifetime eating habits that should be taught very early. Children should also be taught, again by parental example, that daily exercise is an important element in building and maintaining good health. The time has come to expand the slogan "Families that pray together stay together" to read: "Families that walk together to pray together stay together." Surely, families that learn to eat wisely together also have greater opportunities to live longer and happier lives.

For your free copy of FAMILY FEEDING FOR FITNESS AND FUN, a guide to both enjoyable and nutritious eating, write to Dept. 4C, American Dairy Association, 20 N. Wacker Drive, Chicago 6, Illinois, 60606.

This message is brought to you by the dairy farmer members of the
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