

from the PAMPERED KITCHEN

By Elizabeth Isenberg, Home Economist

To many consumers, nutrition has become a complicated subject. The great range of books, many of which are written by people with absolutely no academic background in the subject of nutrition or biochemistry, suggest many myths and half-truths, including the notion that our food supply is contaminated with deadly chemicals and that one must purchase and use large quantities of supplemental vitamins in order to avoid mid-afternoon fatigue. To add to the confusion, consumer magazines publish their own research findings on what breeds are the most nutritious, or what fast food restaurants offer the most minerals in their menus. This is, indeed, the era of nutrition misinformation.

Nutrition is a branch of biochemistry and is related to many other scientific areas, including physiology, pharmacy, and food technology. Many areas of research are in progress but many answers will not be forthcoming in our lifetime. Some of the unanswered questions involve the relationship of nutrition to heart disease and nutrition to cancer. There are, however, scientific truths about nutrition that bear repeating. Somehow in the avalanche of quackery regarding eating some of these facts have been buried.

First of all, no ONE food contains all the nutrients needed by the body daily. All food contribute some nutrients. It takes a mixture of foods daily to insure being well-nourished. The second fact is that all nutrients are obtained through a variety of food patterns which respect cultural and ethnic traditions. Food is still the source of all nutrients but the choice remains with the consumer. Foods need to be chosen according to a daily food plan—the most common of which is the Basic Four. There is no question that family food habits strongly influence the individual's choices.

The third fact is that many people in this country do not use moderation in their eating habits. Overindulgence in calories, fat, and cholesterol, and vitamin supplements are of concern to those working in the areas of preventive medicine. Too many people equate good nutrition with lots of meat to the

exclusion of other items. The basis for good nutrition is still good food. The person who finds enjoyment in preparing interesting meals for the family, whether such meals are simple or elaborate, is really practicing good nutrition.

One item which can add flair to any dinner hour is the condiment. The term comes from the Latin "Condire" meaning to season or pickle. Substances of pronounced flavor used as seasonings, to give relish to food or stimulate the appetite are condiments. The chief condiment in many households today is ketchup, although the range of sauces, pickles, preserves, and general main dish accompaniments, is enormous. Consult a cookbook and try something new.

The following baked curried fruit is a accompaniment for a main dish of chicken pork or a cheese dish. The flavor is subtle, intriguing, and truly delicious and the concoction illustrates the fact that the possibilities for planning exciting meals are limited only by one's spirit of creativity.

CURRIED FRUIT
YIELD: 8 SERVINGS
1/2 cup margarine
1/2 cup brown sugar packed
1 teaspoon curry powder, or to taste
1 can apricots
1 can pear halves
1 can pineapple chunks
1 Melt the margarine and stir in the sugar and curry.

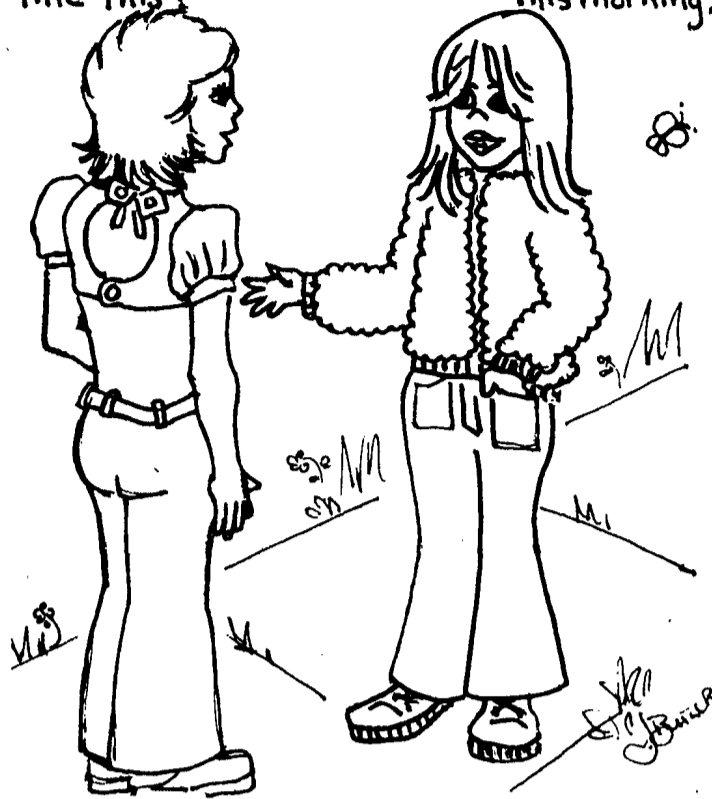
2 Combine the sugar mixture with the drained, canned fruits and place in a casserole dish. Bake covered at 325 degrees F for 45 minutes. Serve hot.

NOTE: Each can is approximately the 1 pound size.

National Foundation-March of Dimes Merit Awards are made annually to medical students for outstanding papers on birth defects.

March of Dimes volunteers in many cities make prenatal care information in English and Spanish available throughout low-income areas.

Why are you wearing a sweater on a nice day like this?
'Cause, my mom was chilly when I got dressed this morning!



Waddington to receive E.D.A. funds

BY LEE REED
The Town of Waddington has been granted a total of \$325,000 from the Economic Development Administration (E.D.A.), according to Town Supervisor J. Albert Wright.

The money will be spent on construction at the Town Barn. This will include the addition of three large bays and a two stall low ceiling garage for storage of the Waddington Neighborhood Van and the village Police car. Two of the larger bays will be used for cold storage and the other large one for relocation of equipment which presently occupies the maintenance shop area. The proposed project also includes a new bridge crane

Henry services held

Funeral services were held Friday, August 26, 1977 for Max R. Henry, 59 in the Morley Wesleyan Church. Reverend James H. Willis and Reverend Reginald Hewitt officiating. Burial was in Lawrence Cemetery, Lisbon, Fay G. Mann Funeral Home, Madrid had funeral arrangements.

Max Henry was born April 19, 1918 at Waddington to Roy and Jennie Crawford. He married Mildred Bradley December 10, 1939 at the Town Line Church with Reverend William Nevin officiating.

He retired in May, 1976 as an employee at Canton ATC after which he worked as an insurance agent for Connecticut Mutual Life Insurance.

He was a member of the Morley Wesleyan Church, having served as choir member, treasurer of the building fund and on the church board. He was president of Gideon's International in St. Lawrence County and a past member of the Waddington Masonic Lodge 393.

Surviving are his widow Mildred; a son Paul of Brushton; a daughter Mrs. Roger (Donna) Morgan of Morley; two brothers, Neil of Waddington and Glen of Ogdensburg; one sister Mrs. John (June) McQueeney of Waddington; five grandchildren and several nephews and nieces.

Budget includes driver training

In the budget proposition which the Potsdam School Board has developed for operating in the 1977-78 school year, monies have been included to operate a driver training program with one full-time teacher.

Earlier, the board had considered adding a part-time teacher through BOCES and charging a fee to all pupils to cover the costs for the extra teacher. This plan was controversial and was one of the specific objections heard when the first budget was defeated.

It should be understood that the present plan calls for no fee for the course. Approximately 120 pupils will be able to receive the training during the school year with seniors being given the preference on a "first come-first served" basis.



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Albin to direct youth program

Joyce Albin has been appointed as Coordinator of the Consortium Youth Challenge Program, it was announced today by Fritz H. Grupe, Executive Director of the Associated Colleges of the St. Lawrence Valley which sponsors the program. The appointment was effective August 2.

As coordinator, Albin's responsibilities will include recruitment, screening placement and follow-up on volunteers from the four member college campuses. In addition, she will serve as advisor to the student chapters of Youth Challenge on each campus.

A graduate of the University of Rochester and a member of the Phi Beta Kappa National Honor Society, Albin is presently completing her Master in Education degree through the University of Illinois. Most recently, she was employed as Program Supervisor of the Developmental Workshop Program of the Developmental Services Center in Champaign, Illinois. Prior to this, she was a classroom teacher for severely handicapped secondary-level students in the same agency.

Albin replaces Sharon Singh, who left the Youth Challenge Program to become Director of Social Services for St. Lawrence County.

The Consortium Youth Challenge Program was established in 1974 under a federally-funded ACTION grant with two primary purposes: To provide social service agencies in the region with capable student volunteers to increase available services; and to provide students with opportunities to engage in valuable experience directly related to their learning interests. During the 1976-77 academic year, CYCP placed approximately 400 students from the four colleges, as well as local high schools, into various volunteer positions with approximately 35 local social service agencies and schools.

The CYCP office is located in the Noble Center of St. Lawrence University, Canton. Individuals interested in learning most about the program, or in volunteering, are urged to contact, Albin there at 379-5753 or at her home 265-3539.

People

VISIT SULLIVAN

Mr. and Mrs. Daryl Sullivan, Sean and Aaron, Rochester, are spending a few days at the home of his parents, Mr. and Mrs. Ray Sullivan, Sanfordville.

PITTSBURGH WEEKEND

Betty Cox, Philip, Beth and Wayne, of Sanfordville; with Mrs. Cox's sister, Carolyn Mitchell, Potsdam-Winthrop Road spent the weekend in Pittsburgh, where they attended the wedding of John Pfautz who was married to Lorelei Schmitt, on August 13 in Pittsburgh, Pennsylvania. He is a son of Mr. and Mrs. Allen Pfautz, Russell.

RETURN TO FLORIDA

Belva Hennegan, Bradenton, Florida, left on Monday for home after spending more than a week at the home of her brother-in-law and sister, Mr. and Mrs. Rollie Newtown, Sanfordville.

CALLERS

Clark Wallace Fort Lauderdale, Florida, spent Monday at the home of Mr. and Mrs. Rollie Newtown, Sanfordville.

Irene Webb, Lakeland, Florida, spent a few days this past week at the home of Mr. and Mrs. Rollie Newtown, Sanfordville. She is also visiting at the home of her son, James Webb, Ogdensburg, and other relatives.

VACATION

Mr. and Mrs. John Lorence and Christopher have returned home after a week's vacation to Hyde Park and back through Vermont.

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