

SMALL QUANTITY OF FOOD SOLIDS IN MILK CONTAINS LARGE AMOUNT OF NUTRITION

Reduce a pint of whole milk to its solids (non-water) content and you have food enough to fill a sphere slightly larger than a golf ball — yet this "golf ball" offers a moderately active man about 30% of his calorie needs for one day, according to the National Dairy Council.

A quart of milk will give you about 2 1/2 "golf balls."

Wringing the water from foods offers interesting information. Even foods generally regarded as solid can possess a great deal of water content. A half-pound potato, for example, contains nearly a cup of water and holds the liquid as effectively as a rubber bottle.

The business of humans gaining some of the water they need from foodstuffs is part of nature's great design. It is common knowledge that man must replenish the water content of his body to make up for continuous losses through perspiration and other body functions.

What are our sources of water? There are three: 1) fluids consumed (water, beverages, soups, etc.); 2) water contained in solid foods; and 3) water produced in the body as a result of metabolic processes. I.e., when fuel foods are burned in the body for energy. Such "metabolic water" amounts to about a pint a day.

On the food solids side, humans gain varying degrees and kinds of nourishment from all foods. But probably the best "all purpose" food is milk. The "golf ball" of food solids in a pint of whole milk offers a surprising portion of man's nutrient needs for a day. And for the dieter, it gives him nourishment at a relatively low calorie count. For a moderately active man a pint of whole milk offers the following approximate percentages of daily nutrient needs: calcium, 22%; Riboflavin, 22%; phosphorus, 47%; Protein, 26%; vitamin A, 15%; thiamine, 11%; ascorbic acid, 9%; niacin, 3%; and iron, 1%.



JOHN R. SHUETS, 20, son of Mr. and Mrs. John R. Shuets, 22503 Brookdale, having successfully completed the initial phase of his aviation cadet training program, was graduated from the USAF Pre-Flight School, Jacksonville, Texas, recently.

He has now entered the first flying training phase of the program at a base of the Flying Training Air Force.

Confirm 87 At Grace Lutheran

On Pentecost Sunday, May 29, a record number of 87 persons were confirmed at Grace Lutheran Church, Grand River at Imperial Highway. Rev. Victor F. Halboth officiated at the Confirmation Rites when 46 children of the Junior Confirmation Class and 41 adults from the Adult Confirmation Class were received into the church membership.

The annual Sunday School - Church picnic has been scheduled for Sunday, June 19, to be held at Cass-Trenton Park. A DSR bus has been chartered and will transport all children from the Sunday School at Stuckey School who are without means of transportation. Members of the Sunday School staff who are serving on the various committees include Ray Metz, Bob Rasmussen, Harold Malloy and Ed Westerkaamp.

The Ladies Guild of Grace Church met Thursday evening, June 9, in the church basement. Margaret Bates, president, was in charge of the meeting. Mrs. A. Spitzberger gave a brief talk on the work of the Lutheran Women's Missionary Society. Films were shown on the Lutheran Caravan to Silver Valley and Holland, Michigan; and the Lutheran Cruise to Niagara Falls, New York.

Refreshments were served following the meeting under the chairmanship of Bernice Herberich. She was assisted by Grace Keller, Emmy Kinnale, Dorothy Kirsch, Nelda Kohn and Wilma Kuhls.

The next meeting of the Guild will be held following the summer vacation on the second Thursday in September.

Rev. and Mrs. Victor Halboth and their daughter, Bonnie, attended the luncheon service and graduation exercises of their son, Philip Halboth, from Concordia College at Fort Wayne, Indiana. She was assisted by Grace Keller, Emmy Kinnale, Dorothy Kirsch, Nelda Kohn and Wilma Kuhls.

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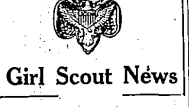
This is the Pastor's second son to enter the school of theology at St. Louis. Victor, Jr., has been assigned as Vicar at Grace Church during the summer months. On September 1, he will leave for Rome, New York, where he will serve as Vicar at St. John's Lutheran Church. Mr. Robert Seltz of Dodge City, Iowa, will begin his "Vacance at Grace Church on September 1.

The old adage, "watch your pennies," has paid off for Mrs. Florence Stevens of England. She collected 25,000 three-penny pieces — over eleven hundred dollars worth — in 30 years, and with them has financed a trip to relatives in California.



MICHIGAN STATE College seniors from Farmington receiving degrees at graduation exercises June 5 were Lou Ann Manns, daughter of Paul F. Crundell of Orchard Lake Road, and Gabriele Mulling, daughter of Martin Mulling (pictured above). Miss Maudie Mulling received a B. A. degree in business education and Miss Mulling a B. S. degree in history. Graduated from Farmington receiving degrees at graduation exercises June 5 were Lou Ann Manns, daughter of Paul F. Crundell of Orchard Lake Road, and Gabriele Mulling, daughter of Martin Mulling (pictured above). Miss Maudie Mulling received a B. A. degree in business education and Miss Mulling a B. S. degree in history. Graduated from Farmington receiving degrees at graduation exercises June 5 were Lou Ann Manns, daughter of Paul F. Crundell of Orchard Lake Road, and Gabriele Mulling, daughter of Martin Mulling (pictured above).

Clarenceville



Girl Scout News

A new American flag was presented to Troop 9 by the V. F. W. Post Auxiliary. The flag was presented by Mrs. Parsbush, who represented the Auxiliary, and accepted by Barbara Watwood, who represented the Troop.

Despite the inclement weather, girls of Troop 9 were on hand for a cook-out at the home of Mrs. L. McGlocklin on Parker Avenue in May and enjoyed the "Sloppy Joes" even though it was raining. Tenderfoot Scouts also completed their nature requirements toward second class badges.

A Court of Awards was held Tuesday, June 7, closing out regular meetings of the troop for the summer. The summer's activities will include two week and camp-outs. The first will be June 24 through 26 and the second will be late in July.

Girls receiving awards were: Sharon Butler, first class badge; Sunita Dickson, Ann Johnson, Doris Johnson, Janice Peterson, Dawn Redman and Dona Tebelman, second class badges. Proficiency badges were awarded to Sharon Butler, Susan Dickson, Carol Denis, Ann Johnson, Doris Johnson, Susan Fox, Rachel House, Beverly Miller, Janice Peterson, Dawn Redman, Dona Tebelman, Kay Vanderhoff, Barbara Watwood, and Beth Wilson.

All the girls received various merit awards and a special award was presented to Ann Johnson and Barbara Watwood for perfect attendance during the 1954-55 year.

Make Plans For Cub Scout Family Picnic

A Cub Scout Pack 149 Committee meeting was held at the home of Mr. and Mrs. Richard Carpenter last week with plans being made for a "Cub Scout Family Picnic" to be held at Cass-Trenton Park on June 25.

Plans are for each Den to sponsor contests and races. Awards will be presented to the various Scouts at that time.

Mr. John Lorenger will take over duties as Cub Scoutmaster next year, replacing Mr. Kenneth Lackman, who is resigning after services are terminated this year.

Broiler and fryer chickens will be in more special supply during June, according to MSG specialists.

Know how to remove an embedded fish hook? The safest way is to cut off the point if the point has come through the flesh. If not, force the point through, and then cut it. Sharp pliers are necessary for this operation.

The steel industry, operating at nearly 97 per cent of capacity, may find 1955 to be the greatest production year in its history, according to jubilant spokesmen for the industry.

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SUMMER BRINGS ADDED WORK FOR FOOD INSPECTORS

Arrival of the summer season brings added problems to the bureau of foods and standards of the Michigan Department of Agriculture which enforces the state rigid food laws and the sanitation of all food handling establishments.

Even fairs, circuses, carnivals and picnics come under the law, which also takes in any place where food is processed, stored, or offered for sale or sold.

Representatives of this bureau within the Agriculture Department pay particular attention to the house-keeping end of food handling, particularly the protection of foods from contamination. Misrepresentation of foods as to quality and quantity is also checked carefully.

Producers are looked over for proper identification, especially if artificially flavored or colored. Operators have gotten into difficulties for not complying with food and sanitary requirements. Fresh buttered popcorn has turned out to be popcorn flavored with a vegetable oil preparation. In some instances oleomargarine was served in eating places without use of the notice required by state law.

Canned tuna will be offered at special prices in many places in June. This is a good time to stock your cupboard shelves for easy tuna sandwiches, salads, and quick summer casserole dishes.

FILMS ON NORTHERN MICHIGAN AVAILABLE FROM U-M CENTER

A series of seven motion pictures about Northern Michigan can now be obtained from the University of Michigan for showing to clubs and other organizations.

The films are kinescopes of the programs prepared by U-M Television and are available from the University's audio-visual education center.

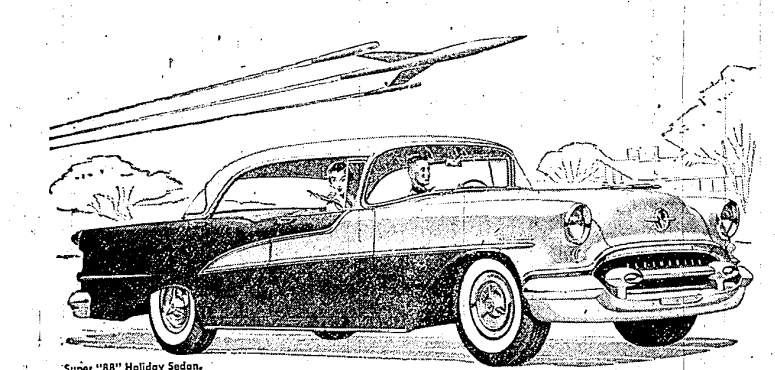
The series covers resources, history, lumbering and railroads, folklore, mining and shipping, the State Parks, and recreation and the future.

Another motion picture for those interested in Michigan history is a 30-minute color film, "The Locks of Sault Ste. Marie," which helps mark the 100th anniversary of the opening of the locks. The film was produced by U-M and is available from the audio-visual education center.

Radio Moscow, wrong as usual, assures Russian TV viewers that rays from TV tubes are not harmful. Have they ever heard of mass paralyzation among children when called to dinner, while the cowboy movie is being telecast?

City-broiler workers at Rum Jungle, Australia's major uranium district, say that they can't get used to the crocodiles. Don't be afraid, boys! They're not nearly as dangerous as the city's loan sharks.

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