

**Miss Jones Pledges**  
Miss Carol L. Jones, daughter of Mr. and Mrs. Milton A. Jones, of 2831 Quail Hollow, has pledged Alpha Delta Pi majoring in organ.

**FRUSTRATED?**



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**Olde Franklin's Almanac**  
By Dorcas Goldstein 626-5729  
& Norma Gelber 626-5774

The warm weather we've been having gives us pre-spring fever though by the time this column reaches you we'll probably be back in the midst of the howling winds and drifting snow again. February is the cruelest month!

Some lucky Olde Franklin Towns residents though are off to sunny vacation spots — Paul and Evelyn Siegel to Mexico, Steve and Margery Russell to the Bahamas and Sol and Vi Cohen to Israel. And of course we have our fresh air fiends too — Witness Leo, Eagle and Leo Gaspar (Leo, misspelled, they're both Leos), with sons Stevie and Robert and Gary and Jerry respectively, off on a skiing weekend.

The first of a series of get-acquainted coffee mornings sponsored by our neighborhood association was held January 25 at the home of Betty Rath. The purpose of these get-togethers is, of course, to "meet your neighbor," and the hospitality committee under Betty's chairmanship hopes that both new and seasoned residents will be attending the several more mornings that have been planned for the future. We think it's a marvelous idea: **SOME OF OUR NEWEST**

**Understanding your HEALTH**



By Albert E. Heustis, M.D. Director  
Michigan Department of Public Health

What should you know about nutrition to be sure you are eating the right kind of nourishing foods?

Well, the answer is really quite simple. In Michigan we are fortunate in having an abundance of a wide variety of foods. All you have to do is select the foods that will furnish you with the essentials

you need — then you will be well nourished.

The following amounts of food eaten daily, plus other food eaten by most people to round out their meals, will provide you with all the essentials you need.

**MILK** — children, three to four glasses; teenagers, four or more glasses; adults, two or more glasses; pregnant women, four or more glasses; nursing mothers, six or more glasses. If the milk isn't consumed by drinking, equivalent amounts can be eaten in the form of cheese, ice cream and other milk products like puddings and soups.

**MEAT**, fish and poultry — two or more servings of beef, veal, pork, lamb, poultry, fish and/or eggs, with dry beans, dry peas, and nuts as alternates.

**VEGETABLES** and fruits — four or more servings, including citrus fruit or other fruit and vegetables, such as potatoes and tomatoes that supply vitamin C. A dark green or deep yellow vegetable should be eaten every other day for vitamin A.

**BREADS** and cereals — four or more servings of whole grain, enriched or restored products.

Now, this will give most everyone a balanced nutritious diet, the only exceptions are people with certain physical and emotional illnesses — but only a doctor can determine what these people need.

If you eat a balanced diet there is no point in purchasing any of the amazing array of pills, powders, syrups, lozenges and salves that are peddled as food supplements by commercial opportunists.

At least, the person that buys these concoctions is getting enough nutrients from his regular diet; and at worst these products sometimes mask the symptoms of pernicious anemia or other diseases — thus delaying treatment by a physician.

**Grid Opener**  
First professional football game to be officially recognized as such was played in Latrobe, Pa., Aug. 31, 1895. Latrobe beat Jeannette, a nearby town, 12-0.

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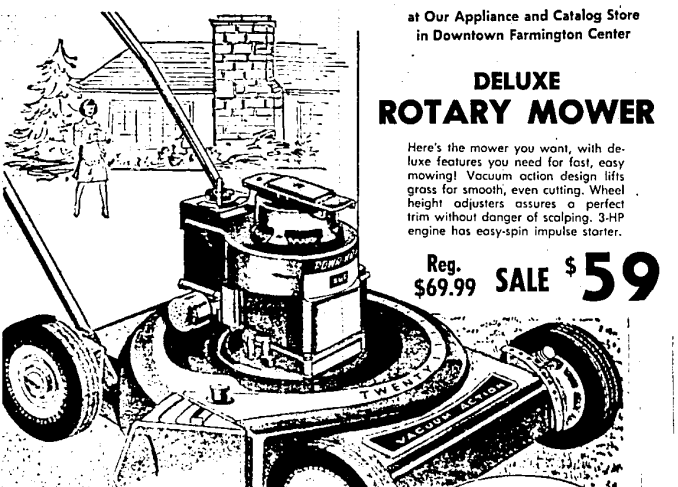
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