

The Giddings News

March 27, 1942

DIME BOX H. D. CLUB (Mrs. Albert Harzke, Rpt.)

The importance of whole grain cereals in the daily diet and their effect upon the health of every individual was stressed in a short and impressive talk by Miss Elizabeth Elliott, H. D. Agt. in the joint meeting of the Dime Box H. D. Club members and visitors held at 8:30 p. m. March 19, in the Dime Box high school auditorium.

There are many kinds of whole grain cereals such as: Rolled Oats, Grape Nuts, Ralston, Shredded Wheat, Post Toasties, etc. that are enriched with vitamin B1, which is greatly needed by the body. Vitamin B1 helps to build stronger bodies, now so essential to our nation.

"What About This Anti-Grey Hair Vitamin?" was the subject reported on by Mrs. Albert Harzke. She stated that Vitamin B1 contains a substance known as Panthothenic Acid, which, when given the body in a sufficient amount will prevent hair from turning grey. So to stop that grey hair worry and reminder of approaching old age, include whole grain cereals in the daily diet.

For the benefit of all, there was a grand display of whole grain cereals that contain vitamin B1. Some of the members of the club made and displayed a jar of Grape Nuts, a plate of whole wheat crackers, a loaf of whole wheat bread and two dishes of cooked Rolled Oats, showing the difference in being cooked with milk or water, milk of course being the better. Other members of the club baked whole wheat ginger bread and made whole wheat bread and butter sandwiches which were served after the meeting.

A short talk and demonstration on culling the flock of laying hens was given by Mr. Jack Sloan, County Agt. He stressed the fact that culling the flock is a year round job and should be done from day to day to eliminate diseased and non-producing birds.

The next meeting on "First Aid" will be held at 2:30 p. m. April 2, in the home of Mrs. W. R. Standifer.