



**FIRST METHODIST CHURCH**  
Andover, N. Y.  
Rev. Floyd Aldrich, Pastor  
Phone: 478-3022  
Sunday, May 4  
10:00 a. m. Bible Classes  
11:00 a. m. Morning Worship

**FIRST PRESBYTERIAN CHURCH**  
Rev. Alan Minarch, Minister  
Study phone: 478-4285  
Home phone: 478-3922  
Mrs. Clara York, Organist and Choir Director  
Mrs. Anita Cahill, Sunday School Superintendent  
Sunday, May 4  
9:45 a. m. Morning Worship  
10:30 a. m. Sunday School

**CHRISTIAN & MISSIONARY ALLIANCE CHURCH**  
Rochester Avenue  
Andover, New York  
Rev. Milton C. Hurne, Pastor  
Sunday, May 4  
10:00 a. m. Sunday School for all ages  
11:00 A. M. Morning Worship  
7:30 p. m. Evening Gospel Hour  
Wednesday  
7:30 P. M. Mid-Week Prayer and Bible Study

**ANDOVER METHODIST CHURCH**  
Gerald A. Wolter, Minister  
A. Lawrence Godown, Organist  
Harold Nuttall, Choir Director  
Sunday, May 4  
10:00 a. m. Church School  
11:00 a. m. Morning Worship Service.

**INDEPENDENCE S. D. H. CHURCH**  
Rev. Floyd Aldrich, Pastor  
Phone: 478-3022  
Saturday, May 3  
10:30 a. m. Morning Worship  
11:30 a. m. Sabbath School Classes.

**BLESSED SACRAMENT CHURCH**  
Rev. John R. Shea, Pastor  
Phone: 478-5000  
First Friday Holy Communion at 8:30 A. M. Mass 7:30 A. M. Sunday Mass: 8:00 A. M. and 10 A. M.

**MENNONITE CHURCH SERVICES**  
Robert Buckwalter, Pastor.  
A hearty welcome is extended to all to attend the Mennonite Church Services held at the Independence Church every Sunday. Sunday School 9:30 a. m. Preaching Service 10:30 a. m.

**METHODIST CHURCH**  
Gerald A. Wolter, Minister  
Mrs. Albert Lamphier and Miss Diane Smith, Organists.  
Clinton York, Superintendent  
Sunday, May 4  
9:45 a. m. Morning Worship Service.  
10:50 a. m. Church School.

# CLASSIFIED ADS

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Ronald G. Taylor, Secretary  
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Regular Meeting 3rd Wednesday

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**WHAT AMERICANS REALLY EAT**  
For years nutritionists have been plagued by a lack of knowledge of what Americans eat. We have had statistics on the amount of food that "disappeared" from the marketplace, presumably to the humans. But we all know that home food preparation there is waste, such as fat cut off, amounts that go in the garbage, and so forth.  
When you get right down to it, no one had national statistics on precisely what foods, and how much, are consumed by which individuals. You could not, for instance, pin down the "food actually eaten" by adolescent girls, or women 65 to 69, or whatever. The best figures we had nationally were mere per capita consumption amounts, but these are the broadest of averages and who is, after all, "average".  
**USDA Survey**  
Now the U. S. Department of Agriculture has come up with a survey that does reveal some information. The data are limited since only a 24-hour period was covered. But 14,500 individuals in 6,200 households nationwide were questioned. We have had the results including quantities of foods eaten at home, away from home, and between meals. The survey was part of USDA's regular household food consumption survey which was done in 1965-66. Part of the survey conducted by the department since 1955.  
From 22 groupings of individuals the USDA has announced that various age groups are eating the recommended amount of many nutrients. Validity of the conclusion is based on the fact that average consumption of a nutrient is the recommended dietary allowance (RDA), then some percentage of that group are getting the amount. In some cases amounts that are even less than the RDA.  
The survey points over 50 percent of women aged 15 to 24 are getting less than the RDA for calcium. This is clearly indicated for the following:  
• Adolescent girls and women ranging from age 9 through 64. Calcium intake failed to meet recommendations by at least 20 percent in all female groups in this age range. In some cases by 30 percent. Levels of iron were 50 percent or more below the RDA except for women of ages 55-64. These groups were also from 1 to 10 percent below in calcium.  
• Older men and women. Women 65 and over had diets under the allowances for more nutrients than the younger age groups, being more than 30 percent below recommendations for calcium and also under the allowances for thiamine, riboflavin, iron, and vitamin A value. Men 75 years and older averaged 24 percent below the allowance for calcium and their diets also averaged somewhat under the recommendations for thiamine, vitamin A value, and ascorbic acid.  
• Infants and children under three years. Iron in the diets of this age group averaged 50 percent under the recommended allowance although other nutrients were found to be above the RDA.  
In summary, the survey reinforces the need for increased consumption of milk and non-fat milk products, fruits and vegetables. The department stressed, however, that the survey does not suggest a need for indiscriminate fortification of foods with vitamins and minerals or other nutrient supplements on an individual basis.