

Go Yards How Does Your Teenager Eat?

page 27

ed-standard and
gling up to 1-
50 - 25.75, load-
and utility 1000-
holstein steers

prime 960 lb.
equal to highest
for heifers since
Loadlots high
fixed choice and
\$28.75 - 29.50
average choice
20 - 28.50, bulk
Utility and stan-
\$20 - 24.50.

ard cows \$21-23,
comml. cows
\$16.50 - 21, mostly
canness and
\$16.50 - 19.50,
sup. Utility and

How do the teenagers in your family eat? Does your teenage son eat practically everything in sight while his sister seems to have no interest in food? The kind and amount of food your childrn eat can influence their present and future health and happiness.

comml. bulls closed at \$22.50 - 25.75.
Standard and good veal-
ers \$27 - 34. Few good and
choice \$4.50 - 35. Cull and
utility vealers largely \$15 -
26. Load medium 500 lb.
stock steers \$27.25, most
med. and good 800 - 1050
lb. feeding steers \$25 - 27.
Few loads mixed good and
choice \$75 - 900 lb. weights
\$28.50 - 27. Short load com-
mon and medium 893 lb.
feeding steers \$23.50.

Teenagers are growing rapidly. They need enough food and the right kind of food.

This means a full quart of milk every day, either as whole milk, skim milk, or buttermilk. For each cup of milk less than a quart, good substitutes are 1½ ounces of cheddar cheese, 1¼ cups cottage cheese, or 1½ cups ice

cream. Protein is important in the teenage diet. In fact, they require more protein than adults. A minimum of two servings of meat, poultry, or fish, plus milk eggs, and cheese will give them this necessary protein.

Teenagers need at least four servings of fruit and/or vegetables daily. As in adult diets, it's important that one of these be rich in vitamin A and another in vitamin C. In addition, young people should have four servings of breads or other cer-

eals each day.

When your teenager eats these foods daily, he is laying a good foundation for present and future health and happiness. Your "ever-hungry" son may eat additional foods as long as he doesn't gain too much weight. Your calorie conscious daughter can profit by this diet if she chooses her foods from those she needs for radiant health.

ATTENTION DAIRYMEN

For Your
**Best Stone Sand For Use
In Dairy Barns**

CALL

M. STOLTZFUS & SON, Inc.

Asphalt Paving & Crushed Stone

Quarryville, Pa.

Quarryville, — Sterling 6-2191

Hoffman

TOP QUALITY FARM SEEDS

ALFALFAS

CLOVERS

OATS

COVER CROPS

PASTURES

GRAINS

FUNK G CORN

FOR HUSKING OR FOR SILAGE

PHONE OR WRITE TODAY FOR PRICES

60th Year of Quality Seed Service

H. HOFFMAN SEEDS, Inc.

QUARRYVILLE

PH. TW 8-3421

PHILADELPHIA APPROVED



Zero in Milk Tank CUTS CLEANING Time!

with a touch of her
ornado... an auto-
ornado in a farm milk
ing a control knob
ter-spray washing up
exciting new labor-
tracting national

Mechanically, it's simple. The variable speed motor turns the agitator at low speed during cooling, at a faster speed for butterfat testing. When the tank is empty the agitator spins at top speed... to wash, rinse and sanitize.

design features that
Zero's round vacuum
clean make it pos-
sible automatically. It's a
part of Zero's Super
to-tank hook-up, and
vers.

Zero offers you a tank with a future. Send post card today for complete information.

AMOS HIVELY

Quarryville ST 6-2770

TANK FOR PIPELINE HOOK-UP



**Our Customers Are
Our Best Salesmen**

Pa. U.S. Approved
Pullorum-Typhoid Clean

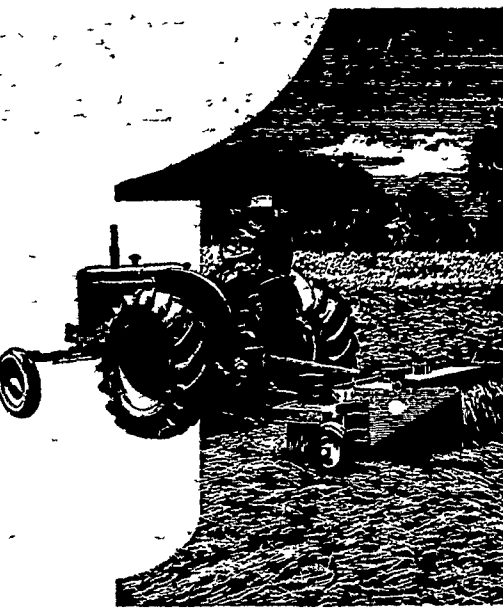
KEYSTONE HATCHERY

Rep: Daniel R. Myers
Ph. Leola: OL 6-2243

Hatchery: Ph. Leola: OL 6-7851
Farm: Ph. Ephrata: RE 3-6179

Cunningham

THE WORLD'S NUMBER ONE HAY CONDITIONER

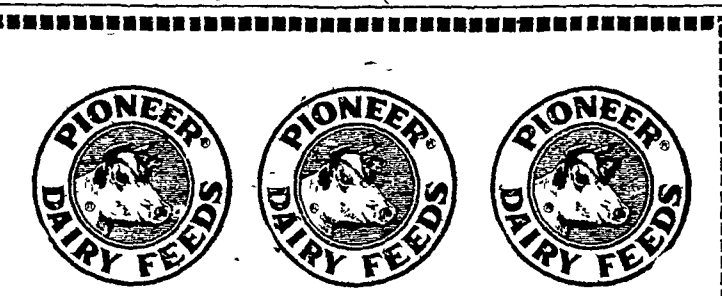


with more years of proven performance, in more areas, for more profit minded farmers than all the other makes combined.

SNAVELY'S FARM SERVICE
NEW HOLLAND

MANN & GRUMELLI FARM SERVICE
QUARRYVILLE

L. H. BRUBAKER
350 STRASBURG PIKE, LANCASTER



FEED... PIONEER DRY & FRESH

— FOR —

- Better Body Condition
- Easier Calving
- Less Utter Problems
- Higher Production
- Use As A Complete Feed

STOP IN TO TALK TO US

Joseph M. Good & Sons
LEOLA — QUARRYVILLE

"Prompt Bail Bond Service"

BUHRMAN'S
CONVENIENT PARKING
LOTS

Opposite Brunswick Hotel
Opposite Post Office

Next to Western Auto Store
115 East King Street

Norman A. Buhrman,
228 N. Duke St.

"Prompt Bail Bond Service"

LOANS

FOR ANY FARM PURPOSE
MADE THE FARMER'S
WAY

Lancaster
Production
Credit Ass'n.

111 W. Roseville Rd.
Lancaster, Pa.
Ph. Lanc. EX 3-3921

SAVE NOW
ON
AEROPRILLS
(AMMONIUM - NITRATE)

33½% NITROGEN

TOP DRESS
PASTURES AND GRAIN
FIELDS

for earlier pasture and
larger yields of grass.
Better stooling, and in-
creased yields of grain.

**P. L. ROHRER
& BRO., INC.**

SMOKETOWN, PA.
Ph. Lanc. EX 2-2659

STANDARD
Equipment, Inc.
Announces Its

**16%
BIG**

Spring Discount
SALE

ON
All-New
Barn Cleaner
Easy-All Comfort
Stalls

SALE CLOSSES
MARCH 31

Cope & Weaver
WILLOW STREET
Ph. Lanc. EX 3-2824