

USDA Announces New Yearbook Called 'Food'

A book packed with information on how to eat better and cheaper was published today by the U. S. Department of Agriculture

Its title is **Food**, the 1959 Yearbook of Agriculture, and it is the latest in the series of annual volumes that have been printed for 110 years.

Its 65 chapters and 736 pages tell much of what 72 nutrition experts in the USDA, other Federal agencies, and 12 colleges know about weight control, food energy, vitamins, proteins, amino acids, fats, carbohydrates, calories, minerals, quality in

food, costs, fads, habits, and nutrition programs.

It has 36 pages of simple recipes that further the book's main theme—for good health, eat some of the basic foods every day. Fourteen pages give questions (with answers) that many people have asked about food. One section spells out the nutritional needs of expectant and nursing mothers, infants, teen-agers and young adults, and people over 25.

An extensive table, that lists calories, vitamins, water, etc., in the common foods will be useful to many readers. With it are tables of recommended allowances for various age groups and trends in heights and weights a guide to eating, and meal plans and menus.

Other chapters discuss grades of meat, eggs, and fish; freezing, canning, storing, and preparing food at home; food plans at different costs, changes in U. S. diets, learning and teaching good eating habits, school lunches, and our future food supplies and needs.

Most of the contributors to the book are holders of doctor's degrees, deans of colleges, and top-level administrators, but their writing is by no means stuffy. The subject is important to everybody, they say, and they write so people can understand

In his foreword, Secretary

of Agriculture Ezra Taft Benson says, "It is a very important book. But the full measure of its importance depends on how well and how widely it is read and how well and widely the information it contains is used. I feel sure that it will be a powerful force pointing the way to stronger bodies, stronger homes and a stronger country."

Distribution of the yearbook is mainly by members of the congress. Copies can be bought at \$2.25 each from the Superintendents of Documents, Washington, 25, D. C.

Feeder Calf Sale Scheduled

The 5th Annual Lancaster Feeder Calf Sale will be held October 31, at the Lancaster Union Stock Yards, in Lancaster at 1 p. m.

Originating under the sponsorship of the Lancaster Union Stock Yards Co., The Lancaster Livestock Exchange and the Pennsylvania Livestock and Allied Industries assn., the sale was held for the first time October 31, 1955.

Consignors from all parts of the State were represented and each year interest gained in popularity. In 1957 the sale was opened to Consignments from Maryland and Virginia and the official name, Annual Lancaster Feeder Calf Sale, was adopted.

To the consignors the Sale has been an opportunity to realize premium prices on their better grade stock. To the area cattle feeders it has been an opportunity to secure well bred quality animals for 4-H Projects, County Fair Show steers, FFA

Projects and the Garden Spot Baby Beef Club.

With this demand the sale has always gotten off to a good start and prices received have been considerably higher than those received on the open market.

As in the past calves will be sorted and graded by an experienced impartial board and sold in bunches or singles. The sale committee invites the farmers to the yards early to look over the selection and speak to the experienced breeders and cattle men on hand.

James Dunlap is Chairman of Sale Committee. Consignors should contact Walter Dunlap, Jr., Union Stock Yards, Lancaster, Penna.

Moss doesn't make lawn. In fact, its presence indicates something is wrong according to John Penn State extension agronomist. Causes may be fertility, poor drainage, soil acidity, improper irrigation, too much shade, or a combination of these factors.



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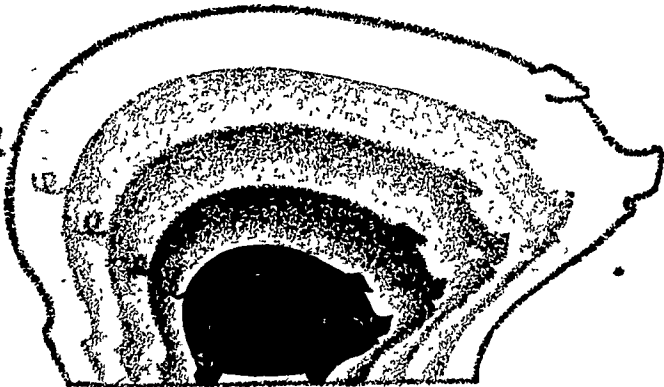


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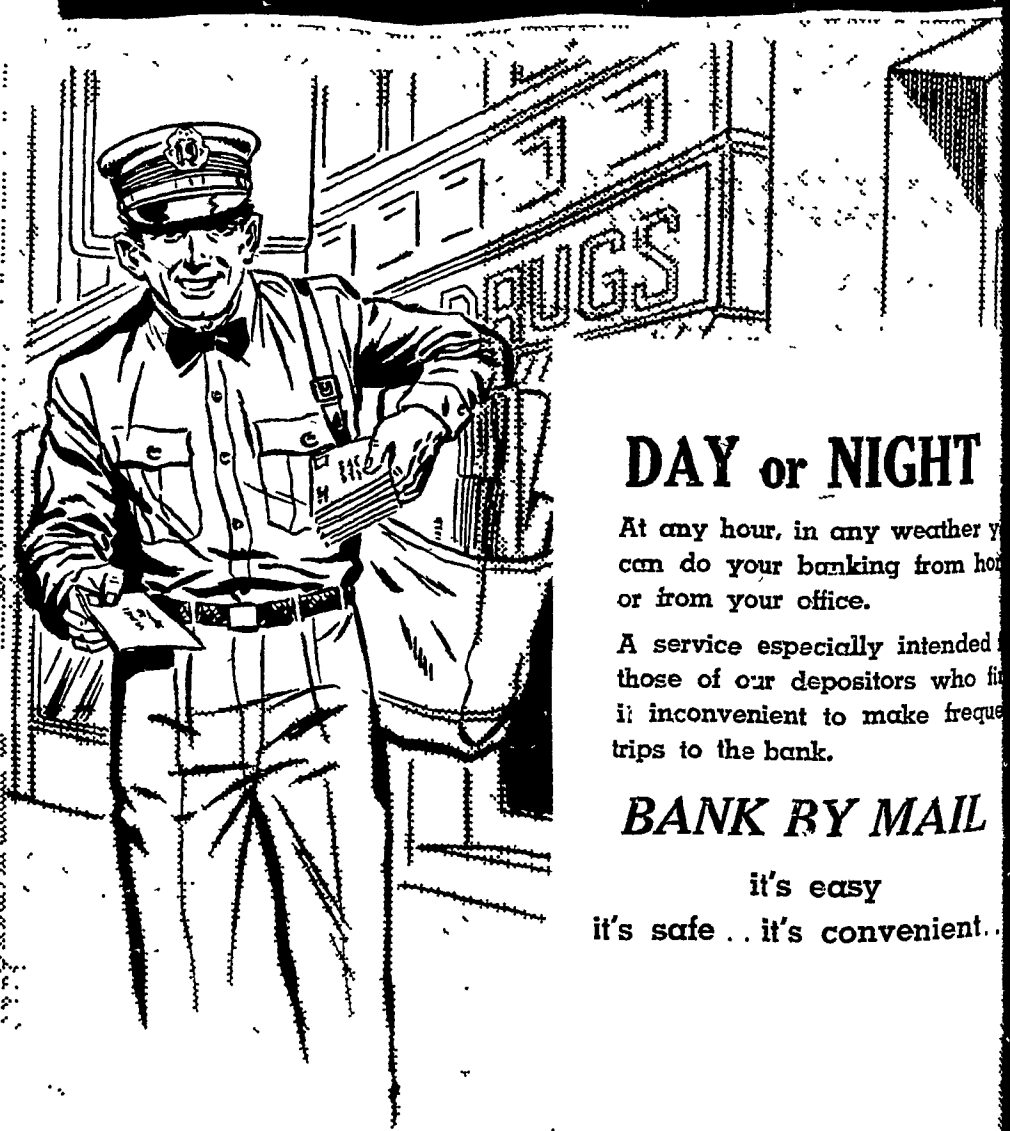
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