

FROM WHERE WE STAND

Let's All Eat Better Breakfasts

Some wag was once heard to say that a moth in a cocoon was the only animal he knew who could eat his way out of trouble.

Now along comes a group of business men in Missouri with the idea that we can eat our way out of some of our over supply of foodstuffs in this country.

The Chamber of Commerce in the town of Poplar Bluff, Butler county, Missouri is sponsoring a campaign for "Better Breakfasts".

A hotel dining room full of hungry school youngsters and their parents were treated to a model nutritious breakfast planned by the county home agent. These children received campaign kits of information about well balanced breakfasts which they took back to their schoolrooms.

There will even be a contest with prizes for the four boys and girls who do the best job of telling their classmates about the advantages of eating good breakfasts.

From where we stand, this looks like one of the better suggestions to be proposed for easing the surplus situation.

Think of the possibilities! If only one person in every 175 in this country would eat only one more egg for breakfast for one week almost seven million eggs would be taken off the storage lists. And a parallel could be drawn for all the other farm commodities.

Furthermore, nutritionists have told us again and again that a good breakfast is essential for good health.

But then what about that other big American problem—overweight? We know that a given amount of calories will produce a given amount of energy, and if that energy is not burned up by the body it will be stored by the body in the form of fat.

Missing breakfast is one of the best ways to trigger the body into laying on surplus tissue. After an all night fast the body is in need of energy. If no food, or only a small amount, is consumed two things happen.

First the energy level dips low. The

capacity of the body to do work is lowered. The person becomes lethargic and does less work or works at a more leisurely pace burning up less of the stored energy.

In the second place the body becomes so depraved by the next meal that there is a tendency to overeat with resultant lethargy later in the day, and a vicious cycle develops.

When conservative estimates of the high school students in this country of bulging food bins not getting a properly balanced diet runs as high as 20%, we feel it is time for all farmers to get behind a movement such as the one in Missouri. Better breakfasts are the first step toward a better day.

At least that how it looks from where we stand.

OLD WIVES' TALES

Not so very long ago, as the American Meat Institute recalls, it was widely believed that night air was dangerous for small children.

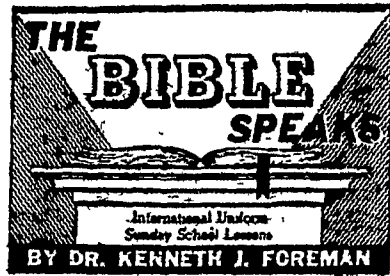
This, of course, was an old wives' tale without foundation in fact. And there used to be many other commonly held ideas which were equally foolish and dangerous.

One was that pork was an unhealthy food. Indeed, in the old days it was a common practice to totally eliminate meat from the diet in cases of illness.

Nutritional science has banished that notion. Pork, we now know is one of the most valuable food sources of thiamine and is rich in other B vitamins and in various essential minerals.

And meat of one kind or another, the scientist tells us, is needed by virtually everyone, every day, and in substantial quantities. That's true whether a person be ill or the picture of health. Meat's high protein content makes it invaluable, in fact in convalescence. It is a prime source of both physical and mental vigor.

Old wives' tales often die hard. But like all superstitions and illusions, the sooner we rid our minds of them the better.



Bible Material: Acts 27.1 through 28.15.
Devotional Reading: Psalm 107:23-32.

Shipwreck

Lesson for March 20, 1960

"ALL these things are against me," said a down-hearted old man once. Even the young and strong get the feeling that certain kinds of things are against them. We all do, more or less. When bad weather sets in; when people won't take our advice; when we see trouble coming and have no way to stop it; when we are alone in the midst of strangers; when we've been in jail for two years; when we are the "low man on the totem pole;"—we feel these things are against us. We seldom think of them as open doors to opportunity.



Dr. Foreman

a chain, he was probably good health, he had only two friends with him, they were all prisoners, soldiers, sailors, a pretty rough crowd, preacher. Not only that, he had given good advice (Doubtless the stormy season is starting had been turned down Paul, an old Mediterranean sailor, knew the weather signs, his body paid him, any mind came the storm and the wreck. Read all about it in It was a narrow squeak.

Little Man to Big Man

The point is, Paul never minute wishing he were in a situation. He never put in a complaint that all these things were against him. He used the opportunity all these disasters gave him. But he did not use it for himself. He used it for others. To be he could not resist saying "I told you so." But he did not with that. He became the useful and most respected man on the ship. When they started was just another prisoner, a man in every sense; when the crash came he was the big man. For one thing, he brought comfort to the others by his own example. He talked language they could understand. Get something out of it, he said. And don't let anybody take the life-boat.

Always A Witness

Paul did preach, though he was not a man to let a chance pass. He preached by his very actions. He said just why it was that he was so confident. His faith was in himself nor in the ship's captain, it was in God. Now it is news that men pray in haste. But it is news when men in the canes do not pray mostly for themselves. There is a lovely testimony what Paul said to the other men on the stormy deck. "God has granted you all who sail with you." Paul then his fellow-passengers—even the soldiers who had him in the crew, everybody—thanked them as his own because God had given them to him. A man does not ask special favors for himself, a man who, if he is to be saved, wants others to be rescued with him—a man like will get a hearing when he says a good word for the God to whom he belongs and whom he serves.

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Situation Out Of Hand

When we are riding the situation, so to speak, when we are in the driver's seat and have everything well in hand; when things are happening because we ordered and arranged things that way; then we sing that everything's coming our way. But when the situation is not in hand, when every thing about the situation is either unexpected or unwanted and nothing good can be said about it, then we groan that everything is against us. Nothing is more depressing than a situation out of hand.

However, there was a remarkable Christian whose story is told in the book of Acts, who never would admit that everything was against him. He always knew God was for him, and that was the main point. Situations might get out of his hands but not out of God's hand. Consider Paul, one of a batch of prisoners aboard a grain-ship on a grey November day, bound across the Mediterranean to the empire's capital.

When he stepped on board he was already at the bottom of the heap. He had been two years in jail, he was then actually shackled with



THIS WEEK

—In Washington

With Clinton Davidson

New Farm Program

Congress at the half way mark for this session is pretty well agreed this week that it will not pass a general farm bill this year, despite recommendations by President Eisenhower that it do so.

Legislators from farming areas, however, are making a start toward the kind of farm legislation they hope the next Congress will consider, beginning in January of next year.

Some twenty-odd congressmen have introduced identical bills which, if enacted would place primary responsibility upon farmer elected representatives for initiating and developing new programs.

The House Agriculture Committee plans to hold hearings through the spring on bills, but not to push for a vote on them by Congress this year. The main feature is that they would permit farmers to vote in choosing the kind of legislation they want, subject to approval by Congress.

Family Farm Income Act

All of the bills carry the title "Family Farm Income Act of 1960." They have two primary objectives. First, to strengthen the income and security of family farms and, second, to place principal responsibility for program development and financing on farmers rather than on the government.

Under this proposal Congress would make available a number of alternative program methods, or combination of methods, which farmers would be permitted to use. Among those would be establishment of marketing quotas or goals among the states, counties and producers.

Others would include broader use of marketing agreements and orders, stabilization pools into which farmers would put their product for collective bargaining with buyers, such as the big chain stores, and compensatory payments such as those in effect on wool and

sugar Step By Step Procedure

The first step toward development of a new program would be a request by an organization of producers for conference with the Secretary of Agriculture. If the Secretary agreed that a new program was needed he would call an election in which producers of the commodity would elect a nine-man committee of producers to develop a program.

When approved by that committee the program would be submitted to the Secretary of Agriculture. If it involved expenditure of more than \$20,000,000 in any one year, the Secretary would refer it to the Senate and House Agriculture Committees.

If not disapproved within 90 days by either of those committees the program would be offered growers in a referendum if approved by two-thirds of those voting, it would become effective. If not, then the program already in effect before the referendum would continue.

The bills include two specific prohibitions. No payment (Turn to Page 5)

Now Is The Time . . .

BY MAX SMITH



MAX SMITH

TO INSPECT ELECTRICAL WIRING SYSTEM — A wiring system is no better than its poorest part, electricity a very important part in many homes and on many farms but even the best wiring system needs some attention. Frayed insulation, broken insulators, loose outlets or switches, and worn fixtures may cause serious damage to life and property. Extreme caution should be used in not overloading a line; your local power company representative should be consulted when adding new appliances or motors.

TO KEEP ROOTS MOIST — New trees, plants, or shrubs that arrive before ground conditions permit planting should be kept moist until planted. For only a few days this might be done by keeping covered with peat moss, wet paper or cloth, or by immersing in a bucket of mud or manure sand. If the trees or plants are to be held for more than several days, they should be "heeled in" by digging a trench and putting the plants in a single row, and covering with wet soil; they will hold in this manner for several weeks until planted.

TO KEEP FLOORS INSULATED — The barn floor about dairy barns should be either insulated with a commercial insulation, or be kept covered with straw, hay, corn fodder or other bedding material, to a depth of 6 to 8 inches. If this is not done, then condensation and dripping will result. This same practice is necessary in all farm buildings where much animal heat is present.

TO CHANGE RATIONS GRADUALLY — In all dairy livestock feeding it is quite essential that any major change in the grain ration be done over a period of weeks rather than in a few days. With many animals the digestive system will be upset and bloating or scouring will result, with dairy cows in production abrupt changes may cause udder flare-ups and udder congestion. When changes are being made it is often best to reduce the amount of the mixture made so that it will last only a week and then the change can be gradually made toward the new mixture over a period of two or three weeks.

Rural Rhythms

SPRING WIND

By Carol Dean Huber

See the wind blow, it bends the trees.
They bow like lords and ladies gay
The bushes seem to sway and dance
To some ethereal roundelay.
It sweeps and swirls around the house
Seeking every tiny crack.
It brings the promise of the spring,
And breaks old Winter's frozen back.

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