cob Houser Treasurer DHIA.

acob Houser, Jr Lamer, was elected treasurer the county Dairy Herd provement Association at special meeting of the rd of directors on Mon-

fouser won the nod over over 10 years

making his financial ort, Long reported a bal of \$1 885 66 in the treas He also reported that association had been \$133 00 for a late soause of illness

touser, a former tester, | |-ogin his duties imsalmy at \$4000 per

nector Everett Kreider orted that two farmer mbers had questioned the ge of the monthly newser After some discusit was decided that sinlactation reports are agavailable from the Uninty the newsletter woagain contain enough rmation to make it wornle Tne lactation records e not been included in not months because of record keeping and acnting machines at the na State University. y mutual agreement the d voted to continue the sletter on its regular dule

CHEN COUNTER

fount lights for kichen nters, such as food prepam centers, under wall Sannanets, suggests k, Penn State home agement extension spect For each 30 inches of k space, use a 20-watt escent tubes. Install ding boards or shade the s in some way if the ires are above eye level family members eat or work in the kitchen.

ore EKALB bred for their climate EKALB tands and yields DEKALB matures and shells out

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is like money in the bank

Spring Fever?

Green Vegetables are Good Tonic

ing tonic than the fresh gre- just before serving. ens now appearing on the spring markets. These fresh en leaves also contain B green foods are packed with vitamins. Greens also rate vitamins and minerals to pull you out of that spring cium and phorphorus. fever lag, according to University Extension service specialists.

While the color of vegethe to the organization the vegetables is an importme economists. ant factor. And that's where

excellent source of vitamin Then, if you wish, wash the A - one of the essential greens. After they are clean vitamins for health. And the put them in a covered consecurity report He said greener they are, the more tainer and place them in one of the testers had vitamin A Raw greens are the refrigerator It's a good one of the information also a good source of vita- idea to use the greens as ded for the report late min C. But in order to soon as possible after they

You'll find no better spr- ens fresh and prepare them

Vegetables' with dark grewell as a source of iron, cal-

It's one thing to buy good quality greens at the store. But it's another matter when you get them at home. Jay Risser by a vote of tables has a lot to do with For it's in the home that to two to succeed the final attractiveness of a they often lose quality from

ant factor. And that's where greens really come into their own.

When you get the greens home from the store—and this applies to all greens— Green vegetables are an remove any bruised leaves get the most of that vita- are purchased in order to min, you have to serve gre- get the most from them in

the way of vitamins and minerals.

and from overcooking. Use a small amount of water . In cooking greens, vita- and cook in a covered pan mins and minerals can be just long enough for the lost in the cooking water vegetable to become tender.

BIG FIELD DAY SATURDAY, APRIL 30

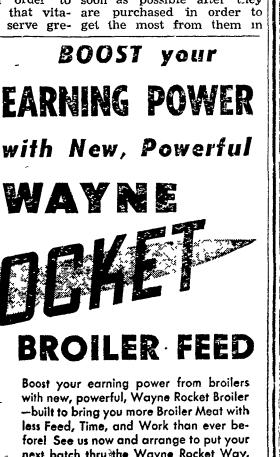
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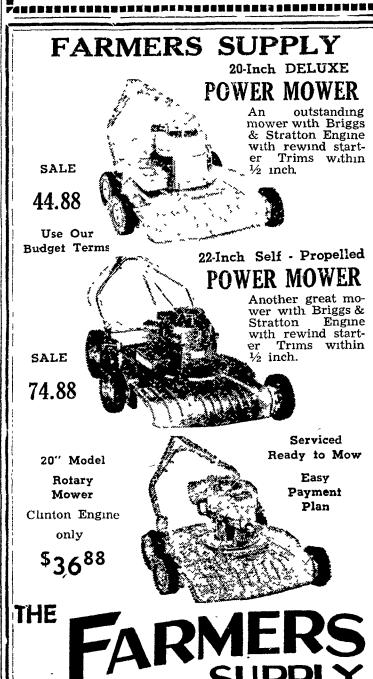
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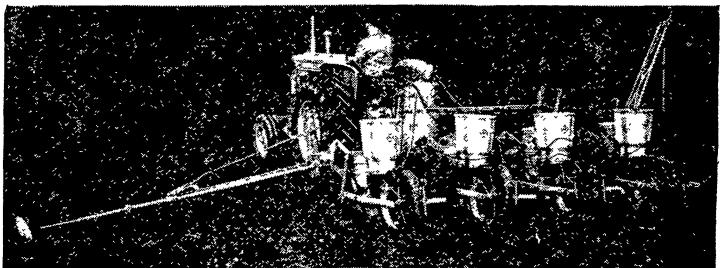
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