## rimble Grom page 'D'

meeting of the Pennsyl-Association of Future ers of America at the vlvania State Univeraccept the office of reporter for the com-

following week he was at the University to atthe Leadership Training of the state associa-

of 4H clubs ble Don is away, much farm work falls on shoulders of younger er Paul who will be in eventh grade at Solanthe fall Paul, also act-FFA and 4-H club is a member of the exboard of the Lancasounty 4-H Council and active member in the y 4 H Holstein club.

th most of his efforts d toward the developof his dairy herd, Don educed the size of some s enterprises

several years York-

## CHICKS GROW



ese consumption in the d States has been stead ining in recent years. tcan, or Cheddar, is the popular variety. ericans, on the average, med about 140 quaris esh whole milk each g 1958.



WHILE DAIRYING IS THE major interest of Don Trimble, he has two fattening hogs for exhibit in the 4-H pig houndup. The farrowing pen was constructed by Don in the vocational agricultural shop at Solanco High School. Don has had sows and gilts during the past few years, but is now concentrating his efforts on his dairy program. L. F. PHOTO

shire sows, beginning with to only two barrows for exone outstanding gilt won in hibition in the 4-H club pig a contest at high school, roundup.

"Now that I am out of were a part of the farming program of the young farm- school, I will need some er, but since graduation in more cows." Don says June and the development of plans to buy some cows due his dairy interests, Don has to freshen this fall and, with reduced his swine program his heifers bred to freshen

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## Lancaster Farming, Saturday, July 2, 1960-9

this fall or winter, hopes to business. have a milking string of 18 cows this winter. At present there is room for no more heifers, Donald Trimble has than 18 cows in the barn.

on the sixty acres, Don also in 4-H and his honors won farms with his parents on and offices held in FFA (he the 178 acre Benbrook farm was named Keystone Farmer at Chestnut Level. At Ben- in January) he has exhibited brook the emphasis is also the leadership qualities of a on high quality Holstein good rural dairy animals.

man with a bright future, the Future Farmer creed, "I has been encouraged all a- believe that rural America long the way by his parents. can and will hold true to the Daniel Trimble, a top notch best traditions in our nationdairyman and a leader in al life, and that I can exert dairy club work, has impart- an influence in my home and ed to his son the knowledge community which will stand and desire necessary to be- solid for my part in that incoming a success in the dairy spiring task.'

its combination of vitamins,

proteins, minerals and other

food elements.

With his high producing cows and his well grown a good start in the Business In addition to the farming of farming. With his offices citizen Don knows what he means when Donald Trimble, a young he says in the last sentence of



LARGE, WELL GROWN HEIFERS such as these will be ready to go into the milking string with a backlog of milk-making nutrients in their bodies this fall and winter. Donald Trimble tries to breed his holstein heifers to freshen at about 24 months of age, but he feels that they must be large for their age if they are to be bred that young. -L. F. PHOTO

Milk makes balanced diets easier to attain because of

Cottage cheese contains about one-fifth protein by weight, in addition to important amounts of Vitamin A, thiamine and riboflavin. Cottage cheese is a familiar item in weight reduction diets, ranking among the best providers of necessary nutrients at a low cost in calories.



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