

FROM WHERE WE STAND - Keep Your Sunny Side Up

Mrs America believes that a good breakfast should include at least one egg, preferably two.

In an independent survey of American housewives, researchers found that most home makers believe that eggs should go into the making of every "good" breakfast. Mothers said they liked for their children to start the day with at least one egg for breakfast.

The belief, in words at least, seems to be general that eggs are a healthful, nutritious food.

Cooks will maintain that eggs are one of the most versatile ingredients of their stock in trade.

Eggs are one of the easiest foods to prepare in many ways. Almost anyone, even Dad, can cook eggs which will taste good and make an attractive dish.

Why then, with all this in their favor, have eggs been given less and less space on the tables of America?

We believe one of the reasons for the decline in the per capita consumption of this wholesome food is the number of conflicting articles which have appeared in medical journals from time to time.

Cholesterol was — and in some quarters still is — accused of being an important factor in causing heart disease.

Because some patients seriously ill with heart disease have been put on a diet excluding eggs, some people have come up with the idea that "eggs are bad for you".

Many doctors have stated that the concept of any disease arising from a single cause is obsolete and misleading. Heart disease, as well as most other diseases, is probably caused by many factors. No conclusive evidence has ever been produced to show that eggs are even one of the causes of heart disease.

It is true that eggs do contain an appreciable amount of cholesterol, but most evidence indicates that the amount of cholesterol in the food is not

related to the amount of cholesterol circulating in the blood stream.

Though the problem of what really causes heart disease may not be settled for years, the fact that egg yolk contains cholesterol has influenced many doctors not only to stop eating eggs themselves but also advise their patients to eat less of them.

On the other side of the ledger a report from the New York Medical College shows that egg yolk has been found to have a remarkably strong action against rheumatic fever in children.

Dr. Alvin F. Coburn, Associate Professor of Pediatrics at the college found that supplementation of rheumatic children's diets with egg yolk or certain fractions thereof is followed by a decreased rheumatic susceptibility, and a fraction of the egg yolk in extremely small amounts has high anti-allergic activity in laboratory animals.

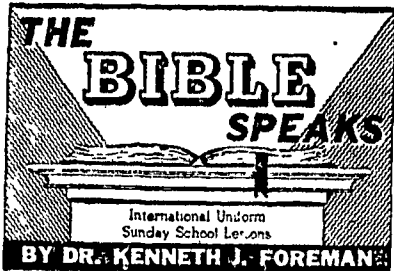
Dr. Coburn makes no claims for the curative power of egg yolks in rheumatic fever cases, but does maintain that his experiments show fewer cases of recurring rheumatic symptoms when victims are put on a diet containing a substantial amount of eggs or egg yolk.

Recently the Poultry and Egg National Board has instituted a campaign to help inform men in the medical profession of the true nature of eggs in the diet.

We believe this is a worthy project and hope it will have the backing and cooperation of farmers in all phases of agriculture. We believe it is the duty of the farmer to help dispell false rumors about the harmful effects of the wholesome products of American Agriculture.

One way farmers can cast their vote of confidence in the value of eggs is to start every day with a breakfast of two. Boiled, fried, poached, scrambled or in French Toast, eggs are good and good for you.

At least that's how it looks from where we stand.



Bible Material: Isaiah 30 through 31; 36 1 through 37 20.
Devotional Reading: Ephesians 6 10-17.

Armed Alliances

Lesson for August 28, 1960

WE ALL LIVE inside many circles. The smallest of these is the one your belt goes around. It is just the circle around the immediate you, which you can never escape because you live inside it. It goes where you go. Then there is the larger circle passing around your family. You can run away from that, but you would wish you hadn't. Beyond are larger circles, big enough to take in the neighborhood, the school, the church, the county, the nation . . . and so, finally, the great circle around the world, the circle of the sky, under which are all the nations of the world.



Dr. Foreman

ies, and war and peace. If by the Bible we must try what God's will is in such. For the prophets of old on the foreign policy of tions, and made no apolo In those far-off days, the average man old enough taxes and be drafted in a good deal of stock in alliances. Line up with number of nations, arm the self if they are not armed, your gang of nations is big stronger than any other nations between the Nile Euphrates River, and you worrying about your future; you've got it made thought (and it sounds far these cold-and-hot war war days) but it was not tue prophets did not ur and better alliances Inde alliances would prove to ally dangerous. Isaiah pol that alliances of armed nat often short-lived, they sand, allies of one genera become enemies of the nation drags down other fall. To put it another way ity is not finally in force is not in more force Real is not in decisions of the mand, not in the schemes of staff.

What General Trudeau Says

Don't think the lines you just read are clear out with reality! The following statement by General Trudeau the time he was placed in of the U. S. Army's Man development Program:

"Despite the extreme fance of exploring Space furthestmost limits, and of up satellites that can beg our exploring, even more tant is this 20th Century lunge to believing men and — a challenge for us to lay prayers, which can and higher and farther than sat rocket or space ship c reach, namely to the wait of our Creator, if we ever to solve these problems ab peace of our world, whi clearly does not seem abh complish on his own"

In other words, this Christian military leader know-how enough to be in charge of a vitally import tional military project, kn most important thing TRUST IN GOD!

(Based on outlines copyri the Division of Christian E National Council of the Chr Christ in the U. S. A. Rel Community Press Service)

The Circle of Religion

Where, in that arrangement, is the Circle of Religion? It is not the same thing as the circle of the church, for there can be religion outside of church; otherwise we would be irreligious people every time we walked out of the church building. The fact is, religion—the Christian religion in particular—is concerned with all those circles and all the people inside them, and all that makes their lives good or bad, joyous or sorrowful. Any religion that can be fenced in is a mighty poor sort. Christianity is concerned with everything human. Therefore Christianity cannot, without shame, turn its face away and mutter "None of my business" when anything is going on that affects human lives.

One circle in particular is often thought to be "out of bounds" for religion; that is to say, the preacher should never mention it in a sermon, and the people need not look to the Bible for any light on the subject. This is the circle of International Affairs. This is the circle that takes in diplomacy, and treat-

while the U. S. will back the reactionary powers.

"6. Communism is for the East, while the U. S. is for the West."

What We Should Do

My friend suggested some of the things we need to understand about Japan, and what we need to do to win the friendship and support of the Japanese.

"We have not done well at all in speaking to the nations of the Far East. Without realizing it, perhaps, we have repeatedly really frightened some nations. We have been obnoxiously obvious in flaunting our wealth and power.

Secondly, nothing should keep us from stating simply and unashamedly our ideals for freedom, our love of peace, and the delight we take in social changes which really better the lot of people.

We should speak of free nations versus totalitarian, not of Eastern and Western nations. Japan is in the East and we cannot expect her to be loyal to the West. Russia identifies herself as an East- (Turn to Page 5)

THIS WEEK

—In Washington

With Clinton Davidson

Cold War Defeat?



Davidson

Forty years ago a close friend of mine went to Japan as a missionary. With the exception of the World War II years, he has been there since 1920.

After the Tokyo riots forced the cancellation of President Eisenhower's visit to Japan, I wrote him asking that he give me his personal appraisal of the situation there.

The friend is Logan J. Fox, President of the Ibaraki Christian College in the Prefecture of Ibaraki. He has given me permission to quote from his reply.

"Perhaps in no other Far Eastern nation has America had a more favorable oppor-

tunity for winning the battle for men's mind than that afforded in Japan since 1945. Japan is basically conservative; a moderate nationalism has been the dominant political force during the past decade. The economy has been sound and prosperous. Battle Not Won

Following the end of the war an unbelievably pro-American feeling swept the nation. It is clear, however that our country (America) has not won the ideological battle. We have not yet lost it, either, but may be losing it. "Communism has had an uphill battle in Japan, but, with the odds against it, it has succeeded in convincing a large percentage of the Japanese people (especially students and intellectuals) that:

1. Communism favors peace while the United States States recklessly pursues a policy heedless of whether it will lead to war or not.

2. Communism is in favor of outlawing nuclear weapons while the United States is not.

3. Communism wants to see social change, while the U. S. desires the status quo.

4. Communism will better the lot of the laboring man, while the U. S. is interested in seeing Japanese big business prosper.

5. Communism will help the emerging small nations

Rural Rhythms

DAD ON A SPOT

By Carol Dean Huber

I want a horse for my birthday. Just that!

And please don't buy me a dog or cat.

Just a horse for a pal—to be all mine;

I've wanted one for a long long time.

I could use the garage, a while, for a stable; I'll build a barn as soon as I'm able.

Ah, come on Dad, what do you say!

May I have a horse on my next birthday.



MAX SMITH

Now Is The Time . . .

BY MAX SMITH

TO TOP-DRESS BLUEGRASS PASTURE

—Late August and early September are good times to apply a nitrogen fertilizer to any grass pasture such as bluegrass, orchard grass, or other mixtures most grasses. Where the legumes are not present this nitrogen application of at least pounds per acre of actual nitrogen will give more late fall pasture and help reduce feed costs.

TO PREPARE FOR WINTER OATS

in southeastern Pennsylvania it is recommended that winter oats be seeded around the middle of September on well drained soil; the variety should be either Dubois or Conte for being more winter hardy. The rate of seeding is two bushels per acre.

TO PLAN FOR WINTER COVER CROPS

—A minimum of open ground over the winter months should be the aim of every farmer. Without vegetative cover the soil is more subject to soil, water, and wind erosion. Cover crops such as domestic ryegrass, field brome grass, or winter rye may be seeded late August or early September to make good cover crops. Other areas that are normally covered with sod crops or winter grains are pretty well protected. Soil organic matter will be maintained if not improved through the liberal use of cover crops.

TO FLUSH THE EWE FLOCK

—The breeding season for many sheep producers is at hand or approaching; if the ewe flock is given some additional grain each day, or turned into real good pasture, during the breeding season so the lambs will be increased. This is very important to the producer in order to increase his income from the sale of more lambs. Many good shepherds are getting over 10 lambs per ewe each season.

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