Star Farmer (From page 1)

the last two. He has been active four years in judging beef and dairy cattle, winning a silver medal in the State FFA contest and ranking first in the county ast year.

In 4-H, he has been active in the Ayrshire-Jersey cub seven years and is the 1960 president, being also the '60 president of the Lititz-Manheim 4-H Club. He sings in the g'ee club and has won henors in a soil conservation essay and local public speaking contests.

Happy Eating (From page 10) FRANK' N CHEESE TOASTIES

½ pound sharp Cheddar cheese ½ pound frankfurters, cooked ½ cup ca'sup

1 egg, beaten

1 tablespoon pickle relish 2 teaspoons prepared mustard 8 sandwich or wiener buns

split and but ered 1 cup shredded sharp Cheddar cheese

dar cheese and frankfurters ered jar in refrigerator.

medium course blade. Mix with catsup and cook over POSTURE POINTERS very low heat until cheese melts. Add egg and cook 'wo tard. Spread on toasted buns, sprink'e 1 tablespoon of

NOTE: This spread will

Poor posture is the cause shredded Cheddar cheese on State home management extop of each and serve at tension specialist. Some aids you lift close to your body. Divide the 'oad you are car-Put the ½ pound of Ched-keep several weeks in a cov-rying by putting half in each arm if possible

Frosted Feeds

(From page 1)

more minutes. Remove from of household fatigue more Medical Association Cane heat and add relish and mus- often than the job itself, re- and several other common minds Helen Be.l, Penn forage plants can be equally dangerous under some conditions of drought or frosting.

The veterinarians added once; or spread on buns, to reduce fatigue are: Use the that well-preserved Sudan sprinkle 1 tablespoon of large hip and leg muscles for grass si age can be fed safe-shredded Cheddar cheese on lifting from low areas and ty because the prussic acid shredded Cheddar cheese on top of each and broil 2-3 use a squatting position for dissipates during the ensillow work. Hold any object ing process Hay is usually ing process Hay is usually safe unless cut when young or when under a stress due to drought or frost.

Just a few mouthfu's of this frosted forage can kill an animal quickiy. Symptoms include an appearance difficult drowsiness, breathing and difficulty in standing. Whether a poisoned animal can be saved depends on how quickly a veterinarian can get to it. Treatment involves injecting antidotes directly into the blood stream.

Letters To Editor

(From page 4)

plus food supply which is one of the biggest prob'ems in U. S today

American Friends Service Committee, Mennonite Pax program, and Brethren Volunteer Service have been doing this in small scale for a number of years. A number of scientists and military leaders have observed this work and acclaimed it a great step taword peace, doing more than the deterent of military preparedness. Perhaps by this means America could take the lead in a peace movement for the world.

Ronald Gordley Lititz R D. 3

Editor,

Lancaster Farming

Most sincere congratula-tions to Lancaster Farming, co ebrating its fifth birthday this week. This pub'ication's earliest hours were long, in terms of advance planning, and it is most heartening to see the original objectives being continued.

May your continuing years be equally successful; may you continue your high editorial standards.

Ernest J Nei 1 Rahway, N. J. Editor's note: Mr. Neill was the first Editor of Lancaster Farming.





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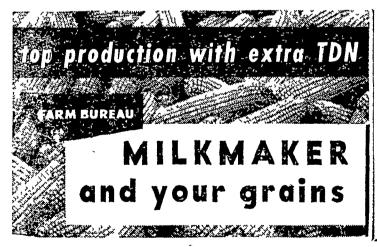
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MOJA I'AIN VALLEY DIXIE ROYAL, owned by Milton Brubaker, Lititz RI, was named SENIOR CHAMPION AND GRAND CHAMPION AYR-SHIRE at the 1980 Southeastern Pennsylvania Artificial Breeders Co-op 'Cattle Show.

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