

● **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 last year.

In 4-H, he has been active in the Ayrshire-Jersey club seven years and is the 1960 president, being also the '60 president of the Lititz-Manheim 4-H Club. He sings in the glee club and has won honors 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
½ tablespoon pickle relish
2 teaspoons prepared mustard
8 sandwich or wiener buns split and buttered
1 cup shredded sharp Cheddar cheese
Put the ½ pound of Cheddar cheese and frankfurters

through food grinders, using medium course blade. Mix with catsup and cook over very low heat until cheese melts. Add egg and cook two more minutes. Remove from heat and add relish and mustard. Spread on toasted buns, sprinkle 1 tablespoon of shredded Cheddar cheese on top of each and serve at once; or spread on buns, sprinkle 1 tablespoon of shredded Cheddar cheese on top of each and broil 2-3 minutes.

NOTE: This spread will keep several weeks in a covered jar in refrigerator.

POSTURE POINTERS

Poor posture is the cause of household fatigue more often than the job itself, reminds Helen Bell, Penn State home management extension specialist. Some aids to reduce fatigue are: Use the large hip and leg muscles for lifting from low areas and use a squatting position for low work. Hold any object you lift close to your body. Divide the load you are carrying by putting half in each arm if possible.

● **Frosted Feeds**
(From page 1)

Medical Association Cane and several other common forage plants can be equally dangerous under some conditions of drought or frosting.

The veterinarians added that well-preserved Sudan grass silage can be fed safely because the prussic acid dissipates during the ensiling process. Hay is usually safe unless cut when young or when under a stress due to drought or frost.

Just a few mouthfuls of this frosted forage can kill an animal quickly. Symptoms include an appearance of drowsiness, difficult 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 problems 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 toward peace, doing more than the deterrent 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 congratulations to Lancaster Farming, celebrating its fifth birthday this week. This publication'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. Neill
Rahway, N. J.

Editor's note: Mr. Neill was the first Editor of Lancaster Farming.

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