

**Impulse Buying**

**Good Way To Wreck Budget**

Shopping at the supermarket requires more skill than it did a decade ago, points out Miss Wike, extension home economist, Chester County.

Today you make your choice in a serve-yourself store that may carry six to eight thousand food and non-food items. With this array of items, it's easy to buy more than you planned to buy. That's when you become an impulse buyer, a person who buys without previous plan.

**Close Connection**

**Ketosis And The Weather**

Exposure to temperature extremes may be more important than other environmental factors — including nutrition in blood of dairy cattle.

This may explain why ketosis is more prevalent among dairy cows in some areas than in others. Ketones are intermediary compounds formed when fats or some amino acids are broken down for energy.

Ketosis is known in practically every country where dairy farming is practiced, often affecting high-producing cows. A million cases reported in the U. S. in the past few years. The disorder is not fatal, but it frequently lowers vitality and reduces milk production. Experiments by ARS workers at Beltsville, Md., showed that when the temperature dropped to 32 degrees F. during the winter months, the amount of ketones present was about double normal. Two or three days pass before a change in air temperature causes a change in ketone level. Why either high or low temperatures affected ketone levels in the blood is not known. Tests were made over an 18 month period of a summer season and two winters. Six dairy cows with no history of ketosis were used. Despite the high levels of ketones developed during tests, no symptoms of ketosis were noted, indicating that some animals may be resistant.

expensive pastime. You'll be a smarter shopper if you buy on impulse only for a special treat, then only if you can afford it.

National surveys show that 70 percent of all purchases made inside America's stores are impulse decisions. High on the list of these unplanned purchases are such items as candy, gum, toys, magazines, and nuts. These and similar buys may be throwing your food budget out of kilter. When this happens, make a thorough plan of the foods you need to buy before you go to the store.

Then follow your plan through when possible. But make it flexible so you can take advantage of seasonal foods and special buys on if you can use them.

**HOW MUCH CAN A COW EAT?**

There seems to be almost no limit, according to a recent feeding trial by Kansas State University. In this experiment, a 7-year old Holstein cow stowed away 350 pounds of freshly chopped alfalfa-brome daily. She was

fed no grain and no other roughage. The 350 pounds of grass contained 39 pounds of dry matter. The cow gave 53 pounds of milk per day, and with 100 days yet to go in her current lactation, produced 10,807 pounds of milk and 427 pounds of butterfat. This research was done, the Kansas report says, to compare the feeding value of silage and green chop.

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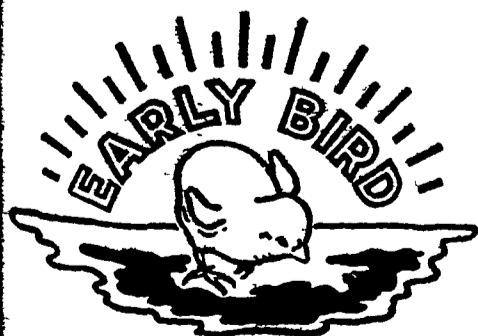
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