

FROM WHERE WE STAND - Not Just Cooking -- Menu Planning

It has often been said that the livestock on American farms are better fed than their owners.

Even though this is the best-fed nation on earth, there is a lot of truth in the old saying. Many of the rations fed to livestock and poultry are much better balanced nutritionally than the meals prepared by the housewives of America.

Now, before the wives and mothers of America rise up in arms, let me hasten to add that no insult is intended. The meals on the tables of America are more nutritious and well balanced than ever before, but the rations placed before farm animals have been formulated in laboratories where analysis of the ingredients can be made on a scientific basis. While we could have more rigidly balanced meals on a diet compounded in a similar manner, we human beings would soon tire of the lack of variety.

A group of agriculturists who are usually regarded primarily as experts on the subject of raising and feeding livestock were described recently as being among the best trained people in the nation in the field of human nutrition.

Carl F. Neumann who is general manager of the National Livestock and Meat Board told members of the University of Missouri Block and Bridle club that animal husbandry students and graduates during their schooling receive more training in human nutrition than do many physicians.

Except for those who study specifically for the field of nutrition, it is possible to enter the profession of medicine in some states after having only one formal course in nutrition during all the years of training that are required for an MD degree, Mr. Neuman said, and this is a fact about which people in the nutrition phase of the medical profession are greatly concerned.

At the same time, Mr. Neuman said, many of today's wives and mothers are among the most poorly trained to assume the responsibilities of planning nutritionally adequate meals for their families.

We have in this country the most wholesome, healthful, adequate, complete, plentiful, and readily available supply of all the foods supplying all the food nutrients necessary for good health and the maintenance of strong bodies, yet because so many people in our population have had no formal training, or very little, in the subject of nutrition, the people of the United States spends a half billion dollars each year for nostrums, cure-alls, gimmicks and so-called food supplements.

Many girls of today are depending almost entirely on their mothers for training in cooking and nutrition. There are those who will say there is no better place for a girl to learn domestic sciences than at home, and we will have to agree. But when we observe some of the meal skipping and skimping habits of the young mothers and mothers-to-be, we have to pause and wonder what the meals of tomorrow will be like.

In days past when people spent long hours in hard labor, bodies got plentiful supplies of minerals and vitamins and all the other minor food elements essential to nutrition because they consumed large meals three times a day and burned off the extra calories in producing energy. With our lighter work loads and shorter work hours, even on the farm, meals are lighter than they used to be. They are lighter out of necessity. Since people work less, they use less energy and therefore burn up fewer calories, but while fewer calories are needed to do the work of the world, no less vitamin and mineral intake is required to maintain a healthy body.

It is ironic that as our nation's population has increased and its food supply has expanded and improved to meet the demand, the emphasis on home economics and nutrition in many schools has been decreased. Unfortunately many young women preparing to enter marriage and eventual motherhood are almost totally unprepared when it comes to nutrition knowledge.

Even with all the food additives and supplements and pre-prepared foods, young homemakers need all the knowledge of nutrition they can get, if they hope to keep their families as well fed as the livestock of the future is going to be.

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

Food Is A Bargain

Would a pay raise for every wage earner in this county rate a headline in the newspaper?

This question came to our desk along with a leaflet called "Food is a Good Buy".

The leaflet, published by the Federal Extension Service of the U. S. Dept. of Agriculture shows that all of us have spendable income because of the bargain in food available to all of us.

The booklet points out that the average factory worker in this country today can buy a market basket of farm food for one month for 43 hours of work. In 1947 he worked 64 hours to buy the same amount of food. Food costs last year represented only about 20 per cent of our disposable income, but in 1947-49 it was 26 per cent.

Consumers do spend more at the grocery store than they used to. In '60 they spent \$394 for each person for food, in 1949 the amount was \$319. But if consumers bought the same quantities and amounts of food they bought before World War II, they could eat for even less. If they ate the same foods they did in 1939, only 15 cents of the spendable dollar would go for food instead of the 20c.

We believe consumers should be informed that they are eating better, and that a smaller portion of their paycheck is paying for the food they eat.

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

● Rodent Control

(From page 1)

ordered a supply of the bait for use in controlling rodents, the materials will be mixed and ready for distribution at the above time at the Lancaster County Farm Bureau Cooperative's building on Dillerville Road, according to information released by Arnold Lueck, the Assistant County Agent.

Materials ordered in advance will be held at the Lancaster branch of the Farm Bureau for three days after which the material will be available to farmers at the other branch warehouses.

Lueck recommends the Strychnine-treated wheat for the control of mice in orchards, lawns, and farm buildings. Care should be taken, he cautions, to keep the material out of reach of children and domesticated animals.

We scatter seeds in almost unbelievable quantities. We sow more than two million tons of wheat seeds and a quarter of a million tons of cotton seed in the U. S. in a year.

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Lebanon 4-H Hosts County Holstein Club

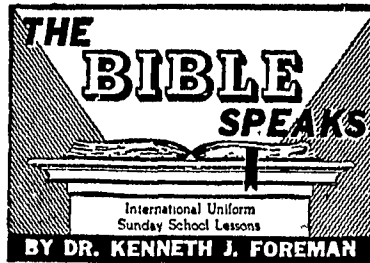
By James Kettering, reporter

Members of the Lancaster County 4-H Holstein club have been invited to be the guests of the Lebanon C 4-H Dairy club at a meeting on November 21.

The local group will meet at the Lancaster County Farm Bureau Cooperative building and travel to Cornwall High School. Last year the Lancaster group played host to the Lebanon club.

In other business at their recent meeting, the local club planned to hold a Christmas party at their December 14 meeting. The place will be announced at a later date.

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Bible Material: Matthew 23:1-36, 25:1-40
Devotional Reading: Matthew 5:1-16.

What We Have

Lesson for November 12, 1961

WITH two exceptions, all the columns from now till Christmas in these Bible studies will be concerned with one question and its several answers: By what means does a Christian grow? Up to now we have been thinking in what parts or activities or attitudes of his life a Christian grows; now we try to see what makes that growth possible, how it is done.



We must remember always that it is God who is the Giver of every good and perfect gift, that it is God who works in us "both to will and to do" what is pleasing in his sight. But we must remember also that "Grow" is used in the imperative, as a command, in the New Testament. These next few weeks before the New Year will give us a chance to think how we can obey that command. If you want to keep it, use it!

Some people, reading Jesus' parable of the Talents, are bothered by it. Why was the man's poor little one talent taken away from him, and why, oh why was it given to the man with ten talents already?—Maybe Jesus' parables are not all to be taken literally, but they all mean something. The meaning of this parable is two-fold, positive and negative. Positively: If you want to keep it, use it! Negatively: What you do not use, you may not keep. It is pretty plain that Jesus cannot be taken literally and make sense. It is not true that if you want to keep a skyrocket, set it off. It is not true that if you want to keep a dollar you must spend it. But it is certainly true in the mental and spiritual realm. Do you have a good head for mathematics. If you want to keep it that way, don't give up your math, keep with it right on through school.

Do you have a gift for friendship? It will grow in proportion as you make friends. Do you have faith in God? If you want to keep it, use it.

Hindrances

The Christian word for using what you have, in God's service and for the help of your fellowman, is Stewardship. That word has come to have, in many people's minds, the sound of money. A good steward, we are told, is one who tithes his income, is generous with the less fortunate, and so on. But while that is good, it is not the only kind of stewardship. Time, gifts and aptitudes, skills of any good kind, are equally the concern of the good steward of the gifts of God. And of all such things, it is true that what you do not use you may not keep.

Take the Pharisees, for example. They had everything, learning, leisure, the Word of God in the Scriptures of which they thought so highly. They had enough to be what they thought they were, but were not: the spiritual leaders of Israel. They became enemies of the Son of God. His most outright attacks on any class of persons were aimed at the Pharisees. Why, with all their opportunities, did they sink so low? The reader of Matthew 23 will find more answers than one. Hypocrisy, self-righteousness, pride, possessiveness and sanctimoniousness are all there.

Day-by-Day Choices

So—unless we wish to follow the Pharisees' tragic road—if we want to grow as Christians, then we shall have to use, as Christians responsible to our Father in heaven, whatever gifts and opportunities He sends us, in a Christian spirit and for Christian ends. This cannot be done by one great effort of decision. It is rarely in a lifetime that we make tremendous, dramatic, crucial choices. Most of the time we just go from day to day making small decisions all the time. The importance of these day-by-day decisions and choices is greater than some of us think. A minister begins his course as a minister by a great decision to spend his life in God's service through the church. But it has happened sometimes that the man's day-by-day choices were self-centered and self-indulgent, until like the Pharisees the last state of the man was worse than the first. For high and for low, the rule is stern. What you do not use, you may not keep.

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Now Is The Time . . .

BY MAX SMITH



MAX SMITH

TO SPRAY FOR WILD GARLIC—Dairy men who are bothered with wild garlic in the cow pastures should note that early Spring and late Fall are the two best times to spray with the ester form of 2,4-D to kill the growth, use one to one-and-a-half pounds of material per acre during November before the ground freezes.

TO GIVE BATTERIES SPECIAL CARE—Batteries of tractors, trucks, and other farm machinery should get special care

before cold weather arrives. On vehicles in regular use be sure the water is kept at a high level and corrosion deposits washed off with baking soda, on equipment not being used the battery should be removed and placed in storage away from severe cold.

TO VACCINATE HEIFER CALVES—All herd owners are urged to continue to vaccinate their heifer calves when four to eight months of age to build up resistance against Bang's Disease. Even though all herds are now under state test the use of the vaccine is strongly urged in order to keep the disease down to a minimum. Added resistance against any disease is always a good investment. This vaccination service is free.

TO PREVENT LIVESTOCK PARASITES—For many years most sheep producers have recognized the importance of the control of stomach worms by drenching and pasture rotation, however, it is the opinion of this writer that far too many cat producers and feeders do not recognize the amount of internal parasites in their cattle. Both in young dairy stock and in feeder cattle many animals are suffering from stomach worms. Owners are urged to prevent their animals from eating hay from the floor of the pens by providing suitable hay racks. Consult your local veterinarian to learn if parasites are present.