

From Where We Stand . . .

More Foods Are "Table Ready"

In 1962, the nation's farms produced enough food for our needs and for adequate reserves. In addition, we exported near record quantities of some foods to other countries. We used only 54 per cent of our potato supply and 58 per cent of our canned fruits and vegetables. We used most of the total production of livestock products in 1962.

Adequate supplies mean favorable price levels to consumers. The total spent for foods bought may be higher than in the past year, but money spent for food takes a smaller proportion of family income now than in previous years. Expenditures for food take about 20 per cent of current spending. The small increases in food price levels are less than for many other items families buy.

Processing foods, adding convenience features, packaging, and marketing account for a large share of total food costs. Some of these costs are reduced when items become widely accepted and mass-produced. Frozen concentrated orange juice, instant coffee, and cake mixes are less expensive than forms of these products without the built-in convenience.

Use of potatoes had been declining for several years. This trend has been reversed because of the acceptance of the convenient forms in which potatoes are now available. Dehydrated potatoes are being produced experimentally in the form of flakelets. This product is more dense, fits into a smaller package, and will save packaging costs and shelf space.

Per capita use of eggs continues to decline, and as use declines average price goes down. Supplies of chicken and turkey were adequate in 1962 but not at the record high of 1961. Supplies of broilers were significantly higher in 1962. We can look for lower prices for broilers in 1963 and prices the same or slightly higher for other poultry.

Use of milk and milk products will probably continue to decline. Decreasing use of fresh milk, evaporated milk, and cream continues. It is hoped that fresh low-fat milk will partially counter the declining use of fresh whole milk. Fresh low-fat milk is being well received in some test markets at present. Some of the decreased use of milk products has been offset by government distribution programs. For example, distribution to school lunch and welfare

programs slowed the declining use of butter in 1962.

But even though so called convenience foods result in a higher price tag for the consumer, ultimately it means sales for the farmer. We hate to see the farmer's share of the food dollar dropping still further, but that is the trend, and if we want to stay in this business of producing food, we will have to keep up with the trend.

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

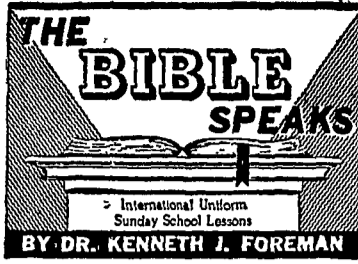
Fads Can Kill You

Homo sapiens has a habit of picking up fads which sweep nations in a thousand and one forms. Flagpole sitters, dance marathons, catch words and phrases, and antics of dress and behavior have swept through the country like a prairie fire.

Most fads are harmless. However, there are fads that are dangerous. In recent years, one such fad has had to do with diet. It has become almost as common to ask a person about his cholesterol level as to inquire about his golf score. There has been a lot of discussion about diet, cholesterol and heart disease. The result has been a field day for faddists. Faddists have warned people to avoid basic foods such as meat. Thus, the idea was instilled in the lay mind that certain types of fats caused heart disease.

The result has deeply concerned scientists connected with the medical profession. Fads are a poor substitute for a proper medical examination to determine diet requirements. The American Medical Association recently published a pamphlet in which it pointed out that "The anti-fat, anti-cholesterol fad is not just foolish and futile. . . . It also carries some risk, because of the dangers of dietary deficiency.

The health and nutrition levels in this country are among the highest in the world. To keep them that way, The American Medical Association recommends a well-balanced diet chosen from four basic food groups — the milk group, the meat group, the vegetable-fruit group and the bread-cereal group. In short if you want to play with a fad, pick one that does not endanger your health because you will need your health after the fad is forgotten.



Vital Religion

Lesson for February 17, 1963

Bible Material: Mark 7:1 through 8:26
Devotional Reading: I Corinthians 3:16-23.

THERE is a form of insanity in which the patient loves, not living human beings, but corpses. Only crazy people prefer dead things to living. And yet there are people so far from normal that they love dead religion rather than vital religion.



In fact, there is so much non-vital religion in the world, so much dummy religion, machine-made imitation of the real thing, that some people make the mistake of Dr. Foreman supposing dead religion to be the only going variety, the only kind available, and so they can't be blamed for wanting no part of it.

Vital religion is big

In the time of Christ, Jesus had His troubles and struggles with men who had a dead sort of religion. His vital religion shocked them, even angered them. They couldn't understand it, or Him, and they didn't like Him. One difference between the Pharisees' religion and the religion of Jesus, was that they were more concerned with trifles than with bigger things. They were very particular about matters that didn't matter. They were more particular about washing their hands and their dishes in certain prescribed ways, than about what went into their minds. At another time Jesus reminded them that they were so busy counting the little green herbs in their vegetable gardens that they neglected the greater things, such as justice and the love of God. Religion is vital when it is big, concerned with big ideas, duties, hopes. It is vital when it can rise above trifles and see things in true perspective. It is vital when it looks beyond the horizon to God's children everywhere. Non-vital, trifling, dead religion is nevertheless popular, always was. It is popular because

it is easy. It is easy to memorize a set of rules and keep them—as can be done without much thinking—than it is to think out, maybe desperately, what is right to do in new situations and conditions.

Jesus called the people who had this dead kind of religion hypocrites, and so they were. For another characteristic of non-vital religion is that there is a wide gulf between what the man says and what in his heart he really wants and prefers. In vital religion there is no such gap. What a man who has a genuine case of religion says, comes out of his heart. As Middleton Murry once said, "Jesus would rather be denied by a true man than confessed by a liar." Insincere religion is on the death-list because being the kind of thing it is, it can't live. Take two important activities, Bible reading and prayer, as an example. These are the source of life in true religion. The sincerely religious man will do what feeds and strengthens the faith within him, the insincere man, having no real heart-interest in God or his people, does not feed on the "bread of life," he does not seek God in prayer (unless he is scared to death). And of course his religion can't be vital.

Vital religion faces forward

Another criticism Jesus made of the Pharisees was that they thought too much about tradition. All men, including true Christians, have more than a touch of this habit of looking backward. We all know people who have one smashing argument (they think!) for not doing something they plainly ought to do: "I've never done it before." Religion that keeps a memory book but no hope chest is not vital. It may be an interesting antique, a quaint skeleton; but it is not vital.

Tradition is not a bad thing in itself. But when tradition becomes, as it did for the Pharisees who opposed Jesus, a substitute for personal and living faith; when it gets into the eyes like smoke so that one cannot see what the world around us is like; when it hypnotizes us into looking backward instead of forward, when it so occupies our minds that we think the only good day was Yesterday; when it lays upon our living hands and hearts the dead weight of our ancestors' beliefs and prejudices, and would substitute their dead minds for our living ones, then tradition has killed religion.

(Based on outlines copyrighted by the Division of Christian Education, National Council of the Churches of Christ in the U. S. A. Released by Community Press Service.)

Now Is The Time . . .

BY MAX SMITH



MAX M. SMITH

To Cull Dairy Cows

The spring months usually bring an increase in milk production from many herds; this burdens the milk markets still more and helps depress milk prices. Local dairymen are urged to stress the importance of each cow returning a maximum net profit; it's not the large number of cows milking but the high production of each cow and return above costs. High priced feeds should be consumed only by efficient producers.

To Prepare Soil Tests

Spring is only a month away when many land owners will be getting their soils tested. To avoid the rush and for quicker service we suggest the samples be taken as soon as the ground is thawed so that lime and fertilizer orders may be placed. The application of lime and fertilizer on the basis of a complete soil test is strongly recommended.

To Plan For Nitrogen Top-Dressing

Many livestock producers will welcome the lush growth of new pasture this spring, the time of first grazing may be achieved earlier by the application of some nitrogen on pasture land, the spreading of 50 to 60 pounds of actual nitrogen per acre during March or early April, on a 1/4-acre per animal unit, will relieve the short roughage supply.

To Attempt To Cut Costs

WILL BE A VERY IMPORTANT EFFORT ON MOST FARMS, however, some careful study of farm records and previous farm accounts might be the place to start; these records should show the areas of greatest return and the highest production costs. Use the farm records to plan the future program.

Solanco FFA Presents Award To Heberlein



Feb. 16-23

By Bill Wilson, Reporter

On Thursday, at a combined Junior-Senior High School assembly Robert Wenger, president of the Solanco Future Farmers of America, on behalf of the Solanco chapter presented a plaque to Herbert Heberlein "for outstanding service to the Future Farmers of America".

The members feel the Solanco chapter has benefitted greatly from the three and a half years Mr. Heberlein has served as advisor.

Solanco members are busy now planning for their 28th annual Parent and Son banquet which will be held on Thursday evening, March 7 in the High School cafeteria.

Teams are also practicing for the area public speaking and

parliamentary procedure contest. Practice is going on also for the winter FFA sports program. Basketball, volleyball and ping-pong contestants are looking forward to the county tournament.

Lancaster Farming

Lancaster County's Own Farm Weekly

P. O. Box 1524
Lancaster, Penna.
P. O. Box 266 - Lititz, Pa.

Offices:
22 E. Main St.
Lititz, Pa.
Phone - Lancaster
EXpress 4-3047 or
Lititz MA 6-2191

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Robert G. Campbell,
Advertising Director

Established November 4, 1955. Published every Saturday by Lancaster-Farming, Lititz, Pa.

Entered as 2nd class matter at Lititz, Pa. under Act of Mar. 8, 1879.

Farm Calendar

(Continued from page 1).

la Memorial building.
7 45 p m — Oxford Young Farmers meeting in the Oxford High School Farm management expert, Willard McAllister, University of Del. to be speaker.

8 p m — Solanco Young Farmers to meet in the Solanco High School, Quarryville R D. Assistant County Agent Arnie Lueck will discuss mechanical handling and storage of forages.

Feb 21 — 7 30 p m — Manheim Young Farmers meet in the Manheim Central High School, subject to be soil conservation.

