

From Where We Stand . . .

Not Farewell — Just So Long!

There comes a time when all of us are called on to do something we'd rather not do

We have often wondered what this column would be like when the time came, and now that the time has come, we are still wondering

But for just this once, let's drop the editorial "We" and let me tell you that the past five years have given me some of the most enjoyable experiences of my life

Five years is a short time in the life of a man but that first issue back in 1959 seems like an eternity ago in experience

May I take this opportunity to thank you the reader, for your kindness, your encouragement and your helpful criticism Without you my job could not have been done

And may I take this opportunity to thank the teachers of vocational agriculture, the county agent's staff, the officers and directors of all the farm organizations, and all the FFA and 4-H reporters who cooperated so willingly in furnishing articles about their activities and meetings

It has been a real privilege to work with each of you, and I know that wherever I go or whatever I do, Lancaster County will always be home

And to the staff of Lancaster Farming may I say a special "thank you" for putting up with my bad moods, overlooking my mistakes and forgiving my shortcomings

Now before this piece gets too sickeningly sentimental, it is time to say — through these misty eyes:

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

Jack Owen

Should Know Better

The battle against food faddism and nutrition quackery is a long way from being won judging by a picture in a recent issue of a national magazine.

The picture shows Astronauts Virgil (Gus) Grissom and John Young fixing breakfast "by blending Tiger's Milk, a health food, with wheat germ, strawberries and eggs".

You can be sure the food faddists will begin beating their drums to the effect that Grissom, Young, and the well known magazine have endorsed their so-called health foods

The irony is that the United States Air Force and the President's Council on Physical Fitness have been using the Aerospace program as a dramatic example to encourage teenagers to be more aware of health and nutrition

It is as it should be that these two organizations point to the program as an example because it does comply with very sound principles of health and diet — principles which would be of benefit to the young people of the nation, whether or not they plan on becoming part of the space program

While we realize that the picture referred to above was not set up as a lesson in proper nutrition, the seed of an idea was planted. While eggs and strawberries may well be part of the aerospace program's recommended diet, Tiger's Milk and wheat germ hardly fit the pattern of sound dietary practices set up for the nation's astronauts and other servicemen.

To help offset the wrong impression that may have been created regarding the eating habits of space cadets, we would point out that servicemen consume three times as much meat as the average American, and normal rations are high in other nutritious foods.

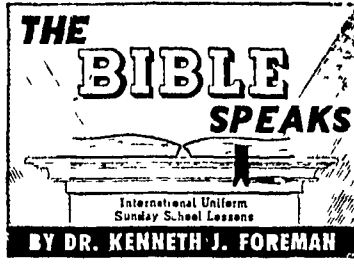
It has been estimated that Americans spend nearly a billion dollars annually for dubious kinds of food supplements, concentrates, pills and frills said to do all and cure all for everybody.

There can be little doubt of the need for a continuing program of nutrition education at all levels of the American population when such highly-respected opinion leaders as the Astronauts are placed in the position of giving the food faddists a ready made platform from which to hawk their wares

The job can not be done cheaply or quickly, nor can it be done permanently, but it can be done. It must be done, and it is up to us, the farmers, to do it.

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

Beware Fake Cures — Former Postmaster General Day says: "The peddling of fake medical cures is the most prominent fraudulent activity conducted through the United States mails today. This huge 'industry' is so prevalent and so widespread that it taxes the manpower of the postal inspection service to the utmost in trying to bring the perpetrators to justice."



Ups and Downs

Lesson for July 5, 1964

Background Scripture: Genesis 46:1 through 47:12; Exodus 1.
Devotional Reading: Psalm 37:1-11.

WHAT HAPPENS to you isn't usually so important as what you learn from what happens to you. That is why, sometimes, a simple backwoodsman has a wiser philosophy of life than some men with a much wider experience.



Wisdom is not confined to people who can afford to go anywhere and see anything. We shall follow this clue in the next three months while these lessons follow the

Dr. Foreman history of an ancient people, ancestors of the modern Jews. We shall not try to do as the historian does, lay this out like a textbook in history. If we did that, we should hardly begin our first chapter by the time we reach the end of the column. For we should first have to answer the question: When did these things happen? Who was the Pharaoh of Egypt at that time? Nobody knows for certain. All we know is, it was a long time ago. You can look it up in dictionaries of the Bible if you like. But what we shall be doing is only to offer hints on what we can learn from the story; and you can read the story for yourself in the Bible. Maybe the story suggests other meanings to you. If so, we shan't quarrel about it!

Life's ups and downs

What is the most disturbing thing about life? As you go on growing older and older, one of the most distressing features of life is that it won't stay put. Just when it seems to be fixed to suit you, something happens that turns your life upside down and inside out.

Blessings in disguise

Those Hebrews, as they had to

gun to call themselves, went into Egypt as free men, welcomed and cared for by his Royal Highness the Pharaoh. In a few years (as history's years go) those happy Hebrews' descendants had become slaves, their lives made bitter by brutal slave-drivers, and living on the edge of starvation. They were in actual danger of extinction. No Egyptian would intermarry with them, and the Pharaoh made a determined effort to destroy all the boy babies. For how long a time the Hebrew people had been shut off, as they were, from all the outside world, we do not know. But we do know this was a blessing in disguise. Unable to live a free life, they developed in slavery a sense of kinship that was much stronger than it might have been if each clan had gone off to live by itself in Egypt or elsewhere. No doubt also their sense of their need of God was stronger, at least in some of them, than it might have been if they had suffered no misfortunes. The disorganized tribesmen who had come into Egypt so happily, now were less happy, but more closely knit.

Shade and shine

There's another thing: life's ups and downs aren't just that. When you are climbing a mountain you may be slipping a good deal too. Perhaps it would be better to speak of life's shade and shine. No shade is absolutely black; no brightness on this earth is as bright as brightness can possibly be—say on the sun; otherwise we should all go blind. So the experiences we call "bad" may have good concealed in them, and the experiences in life we call good may not be wholly good as we look back on them. If the Hebrews hadn't gone into Egypt, they might have starved; but they might not have become slaves, either. When they became slaves, it's a safe guess that not one of them thought it was a good thing; yet as has been just suggested, some good came out of it. In fact, if they hadn't led such a wretched existence as slaves, who know whether they would have been willing to leave Egypt at all? God sometimes makes things so uncomfortable for us that we are willing to make changes we would be too lazy to make without being prodded!

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Beefless Argentine

Reports coming into this country from around the world would seem to indicate that much of the earth's population needs beef.

Italy is in such short supply of beef that prices are nearly twice as high as here. About the same can be said for France and England. Now comes the report that the biggest beefeaters of all are suffering through beef-less days.

Argentina lays claim to the beef eating championship of the world averaging about a pound a day per person, but a recent law requires them to eat chicken, lamb, pork, fish or other meat on Mondays and Tuesdays until beef prices come down or production goes up.

For half a century, beef raised on the Pampas has been Argentina's chief source of income. Now the government is rationing it to its citizens in an effort to maintain supplies for export.

With the oversupplies of domestic beef in this country, cattle raisers in the U.S. would like to have just a little bit of the problem facing Argentina.

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

SUPERMARKETS VARY IN ITEMS STOCKED

You won't find the widest variety of foods at supermarkets in the richest part of a city, says the U.S. Department of Agriculture. In a recent survey, Department marketing specialists found the biggest stock of items in supermarkets in lower income neighborhoods. The reason is that budget-conscious homemakers need the widest selection of foods to make their budgets stretch. Supermarket managers are aware of this and see that they get what they need.

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Now Is The Time . . .

BY MAX SMITH



MAX SMITH

To Prevent Drowning

Farm Pond owners are urged to have some safety equipment handy during the swimming season. Life-saving equipment such as rafts, inflated inner tubes, rope, plank, wooden ladders, and boards should be at the side of the pond in case of emergency. Any one of these items may save a life. Swimmers are reminded not to swim alone, and not to go into the water when over-heated.

To Plan For Extra Pasture

Many dairy and livestock producers are concerned about the slow growth of their regular pastures. There is little that can be done to revive them without sufficient rainfall or irrigation. The sowing of temporary pasture crops such as winter rye or winter wheat during late August or September will provide late grazing this fall and early grazing next spring. These crops will stretch the pasture season and reduce the need for as much hay or silage.

To Control Grazing

Heid owners that are soon turning out on sudan grass or one of the hybrid sorghums should limit the grazing area each day in order to utilize a greater amount of the forage. If the herd is permitted to cover the entire area, it is quite possible they will trample as much as they consume. Following grazing, the stubble should be clipped 3 to 4 inches high in order to get quicker, more uniform new growth. Delay grazing the sudan grass until it has reached 16 to 18 inches tall, and permit the mixture of

sorghum hybrids to reach to 30 inches before pasturing. Utilize Wheat as a Feed Grain Under present conditions might be advisable for many farmers to use some of the wheat as a livestock and poultry feed. Nearly all types of livestock can make use of limited amounts of ground cracked wheat. Digestive trouble such as scouring or bloat may occur when too great amounts are used. This wheat varies from 20 to 30% of the grain mixture; other grains and proteins should be used to make up the balance of the mixture.