

From Where We Stand . . .

Diet-Heart Disease Controversy Still Rages

It has been said that, by over-eating, the average American adult adds several pounds to his already-overweight bulk between Thanksgiving and New Year's. This is rather a dampening thought at this gala time of the year; but of course, we can now put off worrying about it until after the first of the year.

Diet has continued to be a controversial subject since it was spotlighted by the American Heart Association statement last June. At that time the Heart Assn recommended a significantly reduced intake of the so-called saturated fats (derived primarily from animal fats), and suggested substituting polyunsaturated fats (primarily vegetable fats) wherever possible.

Milk, meat and eggs, once believed to be the basics of an adequate diet, have been the foods most maligned. This has been largely because of the big bug-a-boo they have in common — Cholesterol.

Dr F A Kummerow, an authority on dietary fats, wrote recently in *Food and Nutrition News* that "to state that one should eat significantly less saturated fat, or cholesterol, could lead to serious deficiencies in protein, iron and B-complex vitamins.

"The unknown factor in such a recommendation rests on whether the term 'significantly less' represents a drastic or a slight decrease in consumption of the basic meat-milk-egg foods."

Kummerow says that if a growing child is drastically deprived of these essential protein, mineral, and vitamin supplements he will suffer from malnutrition. Substitute proteins cannot meet total needs, he said.

So the debate rages on, and its outcome could be of great economic importance to the farmers who produce the meat, milk and eggs. But the heart researchers are not in total agreement themselves on this question of animal fats. Tons of data have been analyzed, and certain tentative conclusions have been drawn, but thousands of tons more data will have to be reviewed before we have the clear-cut answer to

this problem. The American Dairy Assn. newsletter, "Tips", suggests the role of diet will become a very hot national issue in 1966.

Of course there is no parallel(?), but let us reflect upon the fate of the greatest vegetable eaters of all time — the dinosaur. As a species, they never made it beyond prehistoric times, while a fellow old-timer, the meat-eating saber-toothed tiger, has survived in a modified form to this day. In fact, tigers have become so plentiful that practically everyone carries one somewhere about his car these days — it may be in the tank, in the tires, or the car itself may even be in the tiger. Wherever, the fact remains that tigers are very much "In". Perhaps there's still some dim hope for the survival of us human, meat-eaters.

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And Speaking Of Meat . . .

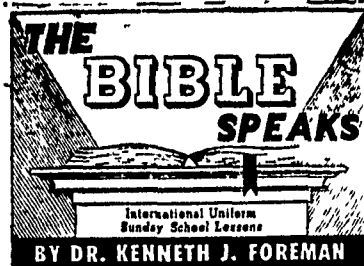
Can you imagine any self-respecting tiger confusing Hot Dogs with steak?

Recently one of the nation's largest meat packers, Armour & Company, was ordered by the USDA's Packers and Stockyards Division to stop referring to the lowly hot dog in steak-like terms.

According to P&S, Armour had advertised nationally to the effect that its franks were "as nourishing as steaks". The ads inferred, P&S said, that the company's frankfurters contained the same grade, type, or quality beef normally found in pot roast, chuck, round, flank and minute steaks.

And as nourishing as the high-priced meat! Just as butter will always be the standard of comparison for "spreads", so will steak be the standard by which all meats are measured. With the higher prices attached to some of the "better things of life" these days, it is not unnatural that an imaginative manufacturer will try to upgrade his product by associating it, at least in the consumer's mind, with the real McCoy.

Let us hope that butter and steak will always be the standards by which would-be substitute products are measured, and equally as important, that there will always be folks around who know and appreciate the difference.



Public Service Lesson for December 26, 1965

Background Scripture: Nehemiah 1:1 through 6:3, 12:27 through 13:31
Devotional Reading: Psalm 91:9-16.

GOVERNOR NEHEMIAH is one of the few persons in the Bible about whom nothing is said to his discredit. One reason for this may be that the information we have about him comes from the Governor himself, and a retiring public official is not a man to go around talking about his mistakes or misdeeds if any. But whatever blemishes a sneering critic might have found in this man, they would be slight in comparison with his services to his city of Jerusalem.



For Nehemiah was a true public servant in the finest sense of that word. On this Sunday after Christmas it is appropriate to think about a man who saw no visions (except as we all may see them) and wrought no miracles, but one whose religion was expressed in the most commonplace "secular" activities. Building, organizing, planning (he was perhaps the first city planner known to us) governing — these were his tasks and in these was bound up his religion.

What he brought to job

Seeds of success or failure are already sown by the time a public official takes his office. What he does or fails to do will depend more on the kind of man he is than on any other factor. This Nehemiah was appointed by an emperor not as a personal whim, not because his Majesty Artaxerxes happened to like him, but because he had what it was going to take, and the emperor, a good judge of men, could see this Nehemiah had personal charm, political know-how (for the position of cup bearer was a high political post), quick and accurate judgment, the ability to lead and direct men, imagination and initiative; but above all, a commitment to the work he

had to do. His aim was not so much to please Artaxerxes as to please God. His work was his service to God.

Portrait of an executive

The modern theory of executives is that they do not need to be technical experts in any field. The good executive is a man who gets things done, who can reconcile warring factions, who can "build a team" out of the material he has, who can inspire all his subordinates with something of his own enthusiasm and dedication to the job. Nehemiah could qualify on all these points.

Living example

People not only admired the Governor, they imitated him. He was an example of honesty, for one thing. He took pride in not living on "graft," and in contributing to the building fund out of his own private means, and he did not allow extravagance in the running of his official residence. He set an example of courage not only in being prepared to fight off invading raiders, but of personal courage in the face of attempts at assassination. He set an example of optimism. He might well have turned around and gone back home to Persia when for the first time he realized the extent of his problem; but he stayed on the job he had accepted. Above all, he set an example in his religious life and faith. He did not spend much time in prayer, he did not have the time, probably. His prayers were short and pointed, hardly more than a sentence long. But he meant every one of the few words he said. He felt sure of being where God wanted him to be. This gave him confidence of success. He had a confidence in himself, to be sure; he did not think God would rebuild Jerusalem by any kind of miracle. Trust God and do your best, might have been his motto. He did not think prayer was a substitute for hard work and careful planning, but on the other hand no prayer let him out of work. For the dull days of late December, such a religion wears well.

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Go To The Church Sunday

Now Is The Time . . .

By Max Smith, Lancaster County Agent

To Beware of Weed Roses

Multiflora rose is the most recent addition to the list of roses that sometimes are weeds. For the last twenty years many conservationists have gone for this plant as a living fence and as good cover for wildlife, however, it can also be a pest to a neighbor whose pasture, orchard, or woodlot is becoming polluted with this wild rose. Control is possible in cultivated fields but not so easy in other areas, the herbicides that will kill wild roses may injure most other plants or trees. We'd investigate all angles quite thoroughly before planting this potential pest.



SMITH

To Handle Tobacco Crop Carefully . . .

It's very difficult to recommend how each tobacco crop should be stripped because of the many methods of selling the crop. However, it is important to use minimum amounts of water in order to moisten the crop before stripping rather than to get it water-soaked to the point it is objectionable to most buyers. Also it is advisable to separate injured and inferior leaves, all buyers will appreciate this effort and have a right to expect it. When the crop is to be sold on the grade basis, then the farmers should handle the crop to satisfy the grader and the buyer.

To Battle Rodents . . .

As I write this article, our first snowfall of the winter is strongly forecast; this will mean that rats and mice will be coming to the buildings for protection. We hope that every farmer and property owner in the country has tried to keep them out of the buildings and eliminate all nesting places, this is the place to begin the eradication program; secondly, we'd suggest poison bait stations in order to eliminate every rodent that comes around. Don't put up with them; get rid of them!

TO WISH EVERYONE A VERY HAPPY HOLIDAY SEASON AND A PROSPEROUS NEW YEAR.

Investment Credit

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Investment credit provides apply just as much to farming as to any other type of business.

Since investment credit is a comparatively new provision of the tax laws many farmers have overlooked its benefits. McAllister explains these benefits by the illustration of one farmer who owes \$650 income tax and a second farmer who owes a similar amount of tax but who purchased a new tractor in 1965 for \$5,000. He determines that the tractor will be useful for eight years. He

figures the investment credit is \$350 — seven percent of the purchase price. Investment credit can be substituted for tax dollars on a dollar-for-dollar basis. Therefore the tax due by the second farmer is only \$300 — the amount obtained by subtracting his investment credit from the tax he owes. McAllister offers a few general rules:

1 — Credit can be taken for purchases of depreciable machinery and equipment and certain real property such as fences, storage facilities, orchards, vineyard and asparagus plantings.

2 — Investment credit can be taken on the purchase of new or used equipment. It must have a life of at least four years — and a life of at least eight years to get the full seven percent credit.

3 — Investment credit can be taken only once and in the year the item purchased was available for use.

4 — Investment credit cannot be claimed on livestock or buildings and cannot be used to decrease the farmer's self employment tax.

Some farmers may find it advantageous to make a last minute purchase in 1965 of machinery they will need in 1966. McAllister notes in this way the 1965 tax obligation can be reduced. If they elect to do this they must buy, pay for the item

and take delivery before the end of the year. If the farmer waits and makes the purchase in 1966 he will get the same benefits to apply against 1966 income tax. Whether to buy now or later is determined by many factors of which investment is only one. However, it does illustrate how tax planning is an important consideration in financial and management decision of the farm business. McAllister points out

Turkey Test

(Continued from Page 1)

Following that, another series of tests will be made to determine the percentage of change in cooking.

Last year the de-boning work was done only with toms and there was no study of cooking.

RESULTS 1965 TEST

Results of this year's meat production test were virtually the same as last year. Average weights of toms at 25 weeks were 28.2 pounds for white varieties and 29.3 pounds for broadbreasted bronze Hens at 22 weeks averaged 15.8 pounds for whites and 17.0 pounds for bronze.

Dressed yields were 83.0 per cent of live weight for white toms, 84.8 percent for toms, 81.0 per cent for white hens, and 82.4 percent for bronze toms.

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Offices:

22 E Main St. Lititz, Pa 17543

Phone - Lancaster

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Lititz 626 2191

Don Timmons, Editor

Robert G Campbell, Advertising Director

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