

Dairy Assn. Supports U.S. Fitness Goal

The future of the nation depends on the physical fitness of its citizens.

The importance of physical fitness for young and old alike led to the creation of the President's Council on Physical Fitness.

To support the aims of the Council in promoting physical fitness through proper diet and exercise is a goal of the American Dairy Association.

Developing a physically fit nation is an important national goal, and a well-balanced diet, including milk and other dairy foods, plays a key role in any sound fitness program.

Milk for Vitality
Physically active people can consume more milk and other

County Bankers To Agr. Credit Conference

Five Lancaster County bankers will attend the first Agricultural Credit Conference of the Pennsylvania Bankers Association Committee on Agriculture at the Hol-

iday Inn motel in State College June 7-8.

Scheduled to attend are: George M. Lewis and Rodney E. Miller, The Conestoga National Bank of Lancaster; Stanley Musselman, Lancaster County Farmers National Bank, Lancaster; Carl W. Barto, The First National Bank of Landisville, Pa.; and Harry B. Shearer, Manheim National Bank.

Speakers from The Pennsylvania State University College of Agriculture and banking industry will discuss topics ranging from the problems of modern agriculture to electronic farm record keeping.

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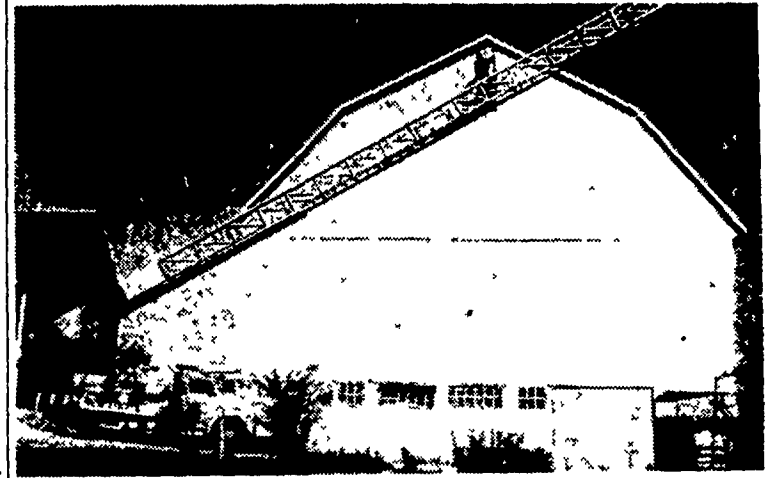
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THIN SWEET PEAS

Sweet peas planted in March can be thinned to 8 inches apart. Be sure to train young growths on a trellis or arbor. Use small strips of cloth in tying the stems to reduce injury.

Keeps Weight Down
Weight control through increasing the person's energy expenditure, rather than cutting down foods as the sole means of reducing weight, may be the more logical approach to weight control.



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- **New efficiency.** Battery-saving alternator standard... new dry-type air cleaner keeps abrasives out of engine better.
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*Special equipment

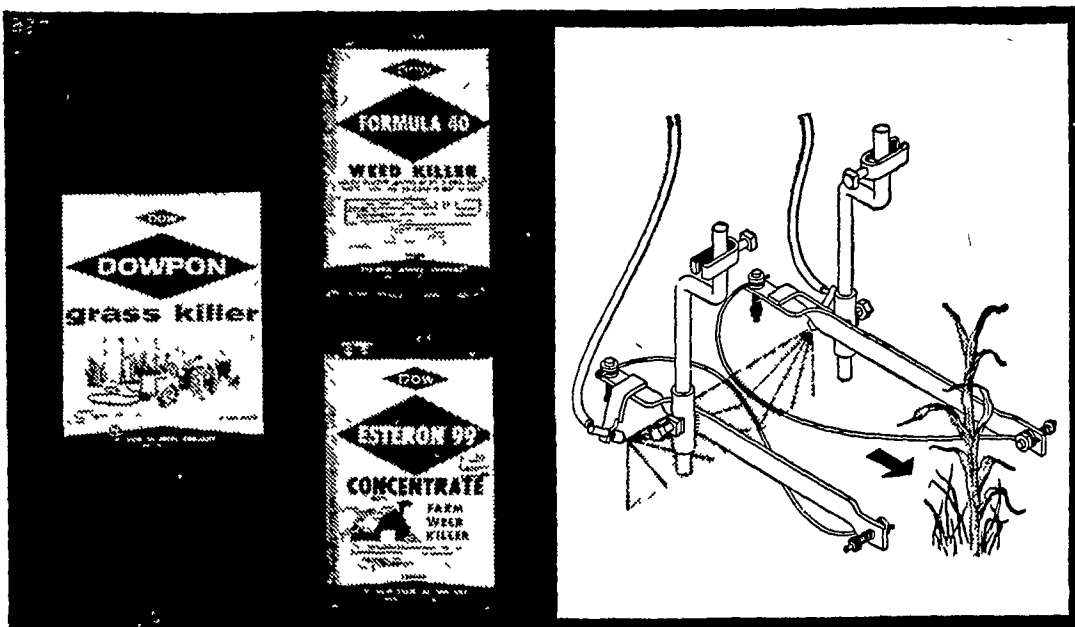


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