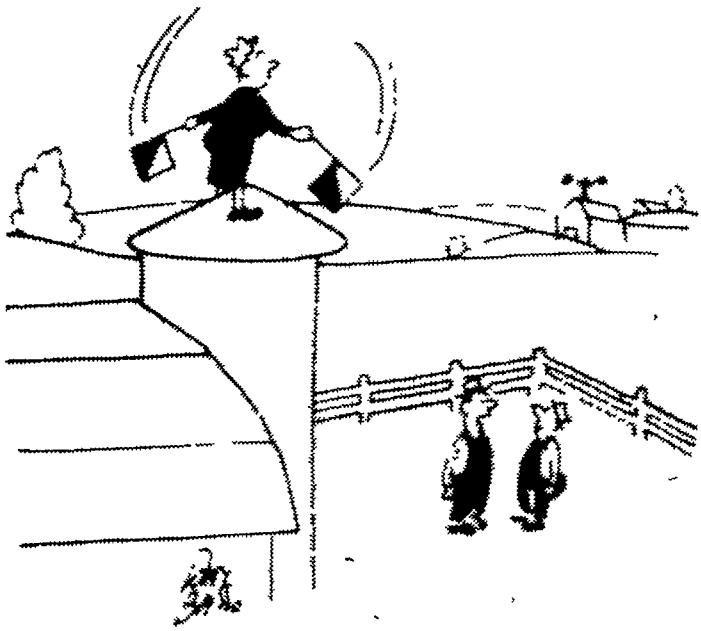


Around The Chicken Coop



"Looks like Ma has another one of those private messages she'd rather not discuss on the party line."

Nelson Martin Cow Tops DHIA For November

A Registered Holstein cow owned by Nelson E. Martin, Ephrata R1, completed the highest 305 day lactation according to the monthly Red Rose DHIA news letter. Maggie produced 25,220 lbs of milk, 904 lbs of butterfat with a 3.5% test. Second high lactation was completed by a Holstein cow owned

by Lloyd Wolf, Quarryville R2. Sylvia produced 20,096 lbs of milk, 866 lbs of butterfat with a 4.3% test in 305 days.

The Wolf herd also had the highest monthly butterfat average. This herd of 40 2 Registered and Grade Holstein cows averaged 1,495 lbs of milk, 66 lbs of butterfat with a 4.4% test. The herd of Red Rose Research Center, 226 Pitney Road, Lancaster, placed second. This herd of 23.3 Registered Holstein cows averaged 1,538 lbs. of milk, 64 lbs. of butterfat with a 4.2% test.

Fat For One OK For Others

All kinds of devices and gimmicks are available for keeping track of your weight. But the best indicator is still an honest look at yourself in a full-length mirror, suggests Louise W. Hamilton, extension foods and nutrition specialist of The Pennsylvania State University.

From a look in a full-length mirror, you should be able to

tell if your weight is about right or if you've gained a few pounds.

Height-weight charts give you only a rough idea of how much you should weigh. Excess weight for one person may be just right for another even if the height is the same. Height alone cannot determine how much you should weigh. You must also consider body size and muscular development.

Men gain weight differently than women, Miss Hamilton points out. Men have a tendency

The largest cells ever produced on earth are extinct. They were the yolks of dinosaur eggs, some of which were probably as large as a man's head. The largest cell now living is the ostrich egg yolk—nearly the size of a baseball.

to add weight during their mid-twenties and continue to gain until middle age. Women tend to add weight at a fairly steady rate after 25 but have peak periods of gain during pregnancy and menopause.

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