



See and hear about the results your neighbors had with Krizer Hybrid-Corn. For cornof quality and good yields of dry corn at picking time stop at the Carlton Seed Company booth #561 at the Pennsylvania State Farm Show and order your Krizer seed corn for 1968 from EUGENE G. HOOVER, Lititz R3, Pa.



195 bushel capacities — in

Medical Folklore Usually Wrong While much of medical folk- • Scales from scarlet fever and

While much of medical folklore is now obsolete and largely forgotten, there are still many completely erroneous beliefs about their health held by sizeable numbers of people in our socalled age of enlightenment.

TODAY'S HEALTH GUIDE, the American Medical Association's manual of health information for the American family, points out that grandma is not always wrong in her concepts of health. But she often is wrong.

The book lists some of the common misconceptions about health—

• Eating between meals is always harmful (untrue).

• Bad breath means disease (not so).

• Milk should not be taken at the same time as sour fruits (not so).

• Proteins and carbohydrates should not be eaten at the same meal (incorrect).

Daily bowel movements are necessary for health (untrue).
Pain in the back must indi-

cate kidney disease (incorrect). • Pain in the abdomen means

• A laxative is good for abdominal pain (it is sometimes dangerous).

• Food kept in an open tin can is necessarily poisonous (not if properly refrigerated).



measles spread the disease (nose

and throat secretions actually do).

• Pimples and boils indicate bad blood (they are due to infections).

• Boric acid strengthens the eyes (it does not). • Fried and highly seasoned

foods are harmful (not in moderation).

• A cold can be broken up or cured (it cannot).

• You feed a cold and starve a fever (no).

• Eye muscle exercises will eliminate the need for glasses (a dangerous fallacy).

• Vegetarianism is good for health (it simply makes good nutrition more difficult). 10/30/67



Proper Egg Size.

Farmer's Forage Workshop To Be Held In Feb.

Your attention is called to a Forage Workshop, the first of its kind to be held in Pennsylvania, scheduled for consecutive Tuesdays an February 1968 at the Cocoa Inn, Hershey. The dates are February 6, 13, 20 and 27.

The course has been designed to provide in-depth training for progressive forage and livestock farmers and farm managers; seed, feed, fertillizer, pesticide and machinery dealers. It should also be of interest to others in gaining a better understanding of forage crops and their role in Pennsylvania livestock agriculture, according to Arnold G. Lueck, Associate Agricultural Agent

All phases of forage farming will be considered from planning the forage program through utilization for maximum profits with each one-half day session devoted to a particular area of work.

As part of the workshop each participant will receive a forage livestock h and book including materials covered at the sessuons. To cover this and all other expenses a fee of \$10 will be collected from each person attending the workshop. This should be included with the application.

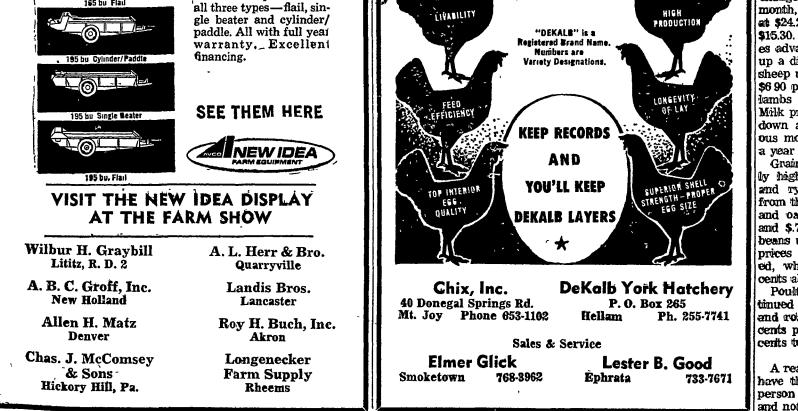
Enrollment and registration will be lamited to 60 persons; therefore, interested persons are urged to apply early.

It is suggested that you give serious consideration, and, if interested make an application to the Lancaster County Extension Office for a program and an entry blank.

State Farm Price Level Up Slightly

Slight increases in the prices received for many products more than offset a drop in prices received for dairy products, pushing the December index of prices received by farmers up two points (one percent), according to the Pennsylvania Crop Reporting Service. The leading gainers were poultry and eggs (up 8 percent) and vegetables (up 5 percent).

The index of prices received for livestock and livestock products rose 4 points, as increasing poultry prices more than offset declining milk prices. The index of prices received for meat animals was unchanged as declining milk cow prices offset nising prices for several other items. Steers and heifers and slaughter cow prices were unchanged from the previous month, with steers and heifers at \$24.20 and slaughter cows at \$15.30. Other meat animal prices advanced slightly, with hogs up a dime to \$18.40, calves and sheep up 20 cents to \$32.00 and \$6 90 per cwt. respectively, and lambs up 40 cents to \$21.80. Milk prace, at 6.00 per cwt., was down a nickel from the prevaous month, but 25 cents above a year ago. Grain prices averaged slightly higher, with corn, at \$1.12 and rye, at \$108, unchanged from the previous month, wheat and oats up a penny to \$1.28 and \$.79 respectively, and soybeans up 8 cents to \$2.38. Hav prices (all) remained unchanged, while alfalfa hay was 50 cents above the previous month. Poultry and egg prices continued to recover, with broilers and reasters up a penny to 15 cents per pound and eggs up 3 cents to 37 cents per dozen.



A real test of will power is to have the same ailment some person is describing to you... and not mention it.