

## Pa. Holstein Association Sets Institute

A trio of prominent dairy leaders will be speakers for the 1968 Breeder Institute program the week of January 29, according to William C. Nichol, secretary of the sponsoring Pennsylvania Holstein Association. Those appearing will be Lawrence E. Caldwell, Turner, Maine; Donald Collins, Perry, New York and Glen Lake, North Branch, Michigan.

Lawrence E. Caldwell, Lecal Farm, Turner, Maine, just recently was elected president of the New England Holstein Association. His herd consists of 150 Registered Holsteins, 60 of which are milking age. Mr. Caldwell is a director of the Lewis and Auburn Milk Producers Assn.; a past president and secretary of the New England Milk Producers Assn., and at present is serving as president of the Pine Tree State Holstein Assn. Caldwell has served a number of times as a delegate to the National Holstein Convention. In 1962, he was the Maine winner of the state's Green Pastures award.

Donald Collins, Collins Crest Farm, Perry, New York, has gained national recognition for having won 15 All-American and Junior All-American honors since 1955. The present herd includes 6 excellents, 19 very goods and 12 good plus Collins Crest bred Holsteins. The latest production average was 17,869 lbs. of milk and 646 lbs. of butterfat.

Mr. Collins has served as director and president of his local Holstein club, and director of the New York Holstein-Friesian Assn. and the State Dairy Herd Improvement Assn. He is on the National Holstein Assn.'s official judges list and has judged shows in Pennsylvania.

Glen Lake has been chief spokesman for dairy farmers in Michigan and throughout the United States for more than a decade. He has been president of the Michigan Milk Producers Assn. since 1955. He was an architect and leader in developing the Great Lakes Milk Marketing Federation, and its president since organization in 1960.

Lake has served as president of the National Milk Producers Federation, a nationwide organization of dairy cooperatives representing more than a half million individual members, since 1960.

He is a recognized leader in the development of new marketing and bargaining concepts and techniques, and his efforts on behalf of dairy farmers have unquestionably increased the incomes of Michigan dairy farmers and their counterparts throughout the nation. Mr. Lake is an active supporter of 4-H and other programs for agricultural youth, and has been cited for outstanding contributions in this area.

In partnership with a broth-

## Military To Use More Dairy Products

Plans that will result in an increased use of butter, cheese, and nonfat dry milk by military personnel have been announced by the Department of Defense and the Department of Agriculture.

According to reports received by the Agricultural Stabilization and Conservation County office, USDA has made available from the Commodity Credit Corporation's surplus stocks 30 million pounds of butter, 5 million pounds of cheese, and 300,000 pounds of nonfat dry milk for military use, to commence in early 1968.

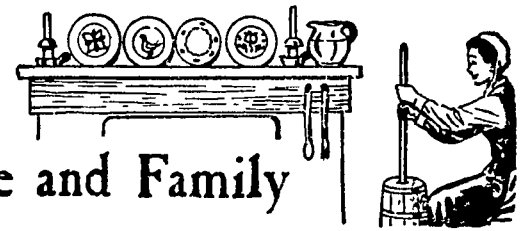
The products were acquired by CCC in supporting prices to dairy farmers for milk and butterfat. They are being donated to the Department of Defense for its increased use, as provided by enabling legislation.

Dairy products will continue to be donated by CCC for school lunch and needy family use, USDA said.

er, Claire, he operates the farm at North Branch, which has been in his family for four generations. The 547-acre farming operation includes a milking herd of over 100 cows and is recognized widely as a model of efficient operation.

All dairymen, regardless of breed interest, 4-H and FFA members and leaders, are urged to attend any one of the eight meetings. The 1967 institute saw 1937 in attendance, the largest attendance in the institutes seven year history.

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## For the Farm Wife and Family

### Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist

#### Please Be Careful

When you take down your Christmas decorations, use a sturdy stepladder or stepstool. When you untrim the tree, check the lights, cords, and plugs so they'll be in working order next Christmas.

Don't get overtired. Stop at intervals for a few moment's rest and eat at proper times. Don't burn wrappings in the fireplace! Gather them when you unwrap presents and either burn them in an incinerator, or take them outside for refuse collectors.

#### Buying Guides For Services

When you buy repair services on television sets, autos, appliances, and equipment. Look for repair shops with reputations

for reliable service, well-trained technicians, and reasonable prices.

Know essential facts about products—manufacturer's name, model number, date of purchase, dealer's name.

Look at warranties issued at the time of purchase to see if repairs or parts are covered.

Check service shop's guarantees on parts and labor.

Ask for written estimates on cost of repairs and parts and for an itemized bill after servicing.

Return to the original seller when possible.

Keep a list of repairs and services to be done in your home so several things can be done at one time. It is less costly for you if a repairman makes one trip rather than several.



THOMAS

#### Colorful Foods

Resist the temptation to add "bottled" color to foods. Instead, try to retain natural color in food by skilful cooking and combining less colorful foods with those that have high color.

Never overcook foods . . . you will dull their taste and color.

To preserve color in soups, skim while heating and cook uncovered.

Boiled meats, if light, maintain better color if skimmed.

If dark, their color will be improved by browning, greasing during roasting or broiling, or glazing.

Before pan-frying or grilling fish or other light meats, dust with paprika.

You can combine light and dark salad greens for a more interesting salad.

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