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**SPECIAL
 DAIRY
 ISSUE**
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Lancaster Farming

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\$2 00 Per Year

Co. DHIA Shows Increasing Prod. Progress

by Victor Plastow
 Associate County Agent

With the largest number of cows ever on test, Lancaster County completed the highest milk and butterfat average than ever before. There were 16,615 cows on test with an average of 12,465 pounds milk and 490 pounds of fat. Over the past 25 years there were 15,000 more cows tested and an increase of over 3,000 pounds of milk per cow along with 120 pounds butterfat increase in average. The dairymen certainly should be congratulated for this fine improvement in production. I am sure this is attributed to artificial breeding, quality roughage, superior grain ration, better housing, and superior performance of herd management. Just during the past year our dairymen averaged \$50 more per cow above feed cost or for a 30 cow herd an increase of \$1500 per year income above feed cost.

Production today as compared to 10 years ago shows in the
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THE REIGNING DAIRY PRINCESS for Lancaster County is Anna Mae Donough, Manheim R1. She will be crowning the next princess to be selected July 10 at the Host L. F. Photo

What Is A Dairy Princess?

by Rhelda E. Royer
 Princess Pageant Chairman

What is a Dairy Princess? What does a Dairy Princess do? Would I ever be able to become a Dairy Princess? These are some of the questions running through the minds of many daughters of Dairy Farmers at

this time of the year. Since June is Dairy Month, it is most appropriate to select a Dairy Princess. This program is sponsored by dairy farmers and the dairy industry through the American Dairy Association.

A Dairy Princess represents
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Cow Families: Trademark Of Individual Breeders

"A good cow is where you find her," is an old saying that goes around consignment and dispersal sales. But it is one thing to find a good individual and another to have her good qualities carry on down to her daughters, granddaughters and great granddaughters.

And when you find a cow family that is breeding true to the good type and production characteristics you are looking for, you have a piece of merchandise worth many times the price of the individual.

Since artificial insemination and the large breeding organizations have made available the same top bulls to every breeder, the cow family has increased more and more as the trademark of the individual breeder.

So, with this in mind, Lancaster Farming, is herewith recognizing the following twenty

or more great cow families as a tribute to the dairymen who have developed them and in
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Holstein Men To Hold Co. B & W Show

by Mervin W. Landis, Secretary

The Lancaster County Holstein Association is the largest County Breed Association in the United States. It consists of nine directors on the board from which a President, Vice President, Secretary and Treasurer are elected.

Serving with the board is a State representative, a news reporter, a sales representative
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Are The New Imitation Milks Nutritious For Children?

by Boyd C. Gartley

Concerned mothers are asking the question, "Are the new imitation milk nutritious for children?" Dr. Phillip L. White answers the question in his column, "Let's Talk About Food". "Two different kinds of imitation milks have been added to the dairy cases in many markets in the last year or so. One variety is a filled milk, a product in which the milk fat of whole milk has been replaced by a vegetable oil."

"The other kind of imitation milk is a concocted product made to look and taste like milk but otherwise bears little resemblance to it."

Laboratory tests show that milk has 26 percent less saturated fats than do the filled milks. In addition, the consumer

should know that whole milk is higher in polyunsaturated fat. Laboratory tests reveal that 28.5 percent of the milk fat is the polyunsaturated type: Whereas, filled milk has an unsaturated fat content of only 2 percent; and imitation or artificial milk contains only 5 percent of the unsaturated type of fat.

The consumers are concerned about the total sugar in their diet. The total sugar in whole milk is 48 percent, filled milk has 53 percent; and imitation milk has 67 percent.

Dr. White described typical ingredients of the imitation and then added, "Unless one is sure that the nutritive value is equivalent to whole milk such products should not be depend-
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Farm Calendar

Tuesday, June 4

-4-6, Pa. Poultry Federation Annual Conference, Penn State U.

Wednesday, June 5

-5-6, 4-H Know Your Sewing Machine Meeting, Farm & Home Center.

-Pa. Poultry Federation Banquet, Penn State U.

Thursday, June 6

8 p.m.-Lancaster Co. Poultry Assn. meet, Farm & Home Center.

Sunday, June 9

2:00 p.m.-Farm & Home Center Open House, at the Farm & Home Center, 1383 Arcadia Rd.