



A MOVING BILLBOARD to publicize the continued battle against stream pollution may be seen on local streets and high-

ways. The truck will be out to the county festivals and fairs this fall for the Conestoga Valley Association.

Nickel Silver

Nickel silver, an alloy of nickel, copper and zinc, which for decades has been used primarily

as a base for silver-plated tableware, is now used extensively in contacts for electronic equipment.

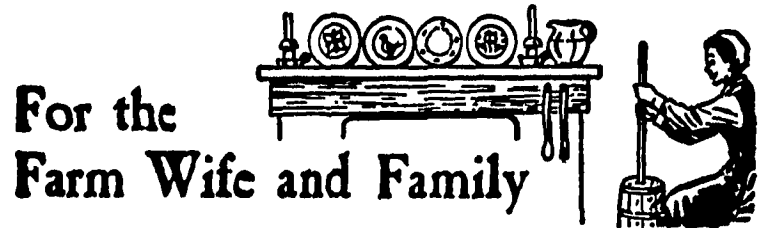
County Has No Fish Killed By Pollution

Lancaster County came through the entire year of 1967 without loss of a single fish due to pollution, according to a report given to a recent meeting of the directors of the Conestoga Valley Association. The county has the following streams: Chickies Creek, Mill Creek, Hammer Creek, Coaclico Creek, Conawingo Creek, West Branch Octoraro, Pequea Creek, Conestoga Creek and the Conestoga River.

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For the Farm Wife and Family

Ladies, Have You Heard?...

By Doris Thomas, Extension Home Economist

Step Up Kitchen Efficiency

You can cut down on the amount of time you spend in the kitchen without shortchanging your family nutritionwise.

Try combining meal planning with making out your shopping list.

Feature well-balanced quickie breakfasts and lunches by using a variety of frozen fruits, juices, and vegetables, quick-cooking foods, such as eggs and soups, and ready-to-eat cheeses and meats.

Consider planned overs to get a head start on dinner preparation.

Plan to use your refrigerator to store partially prepared foods.

Streamline some of your favorite recipes so you can prepare them quickly.



THOMAS

Food Colors Approved by USDA

You can be sure the food colorings you use in icings, salads, and desserts are harmless because the Federal Food, Drug, and Cosmetic Act regulates products used as coloring agents in food.

Each U.S. Certified color has been tested and listed as harmless and suitable for use.

The Color Additive Amendments were passed in 1960.

The law also regulates the way processors use color.

No food manufacturer can try to deceive or mislead you by covering up poor quality or blemishes with color.

Tips on Selecting Cheese

You need to consider three important factors when buying cheese.

How will you use the cheese in your daily meal plan?

What is the cost of the cheese compared with prices of other cheese you could use in the same way?

What type cheese does your family prefer?

Cheddar cheese is the most common variety — ranging from cream to orange in color and flavors from mild to sharp.

Pasteurized process cheese is a blend of one or more types of

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NIAGARA SPRAY MATERIALS



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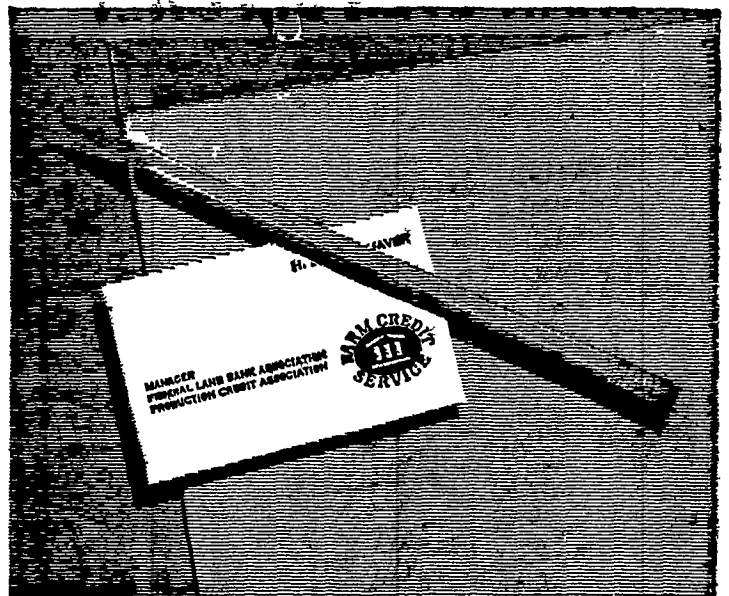
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Two important things when borrowing money

You need a sharp pencil plus the specialized financial advice of Farm Credit to determine how your financial needs can best be served. Farm production must be maintained, even increased if possible. Providing the financing to insure this is Farm Credit's job. Farm Credit loans are available now for any sound farm need. And, at realistic rates. Farm Credit interest is based on the unpaid balance of the loan. That saves you money.



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