

Over The Back Fence

By Max Smith
Lancaster County Farm Agent

We often get the question concerning the presence of green moss growing in the lawn and what can be done about it. When moss is present, something is wrong because moss seldom invades a dense, vigorously growing lawn. Moss infestation is usually associated with low fertility, poor drainage, high acidity, improper watering, too much shade, soil compaction, or a combination of any of these factors. Lack of fertility, poor drainage, and too much shade are the most common causes of moss. The growth of moss may be stopped by spraying the area with copper sulphate and then through a complete soil test follow good management practices as recommended. Heavily shaded areas will seldom grow healthy grass, with these conditions the trees may be thinned or trimmed or the area planted to some ground cover.

Pennsylvania Forage Progress Days are scheduled to be held at Hershey Farms August 27, 28, 29. This three day event will be very worthwhile for all farmers and their wives. A special ladies program is scheduled for the 28th and 29th. The latest in forage equipment will be displayed and demonstrated. Variety plots of many kinds of grasses and other forage crops will be ready for inspection. A special brochure giving details of this big event is available from our Extension Office. We urge local farmers and agribusiness concerns to include one or more days of this activity on their schedule.

I'd like to repeat the suggestion that wheat is a good feed for livestock and especially for hogs. It is about equal to corn in value on a per pound basis. For best results about 50% of the corn in the ration may be substituted with wheat in swine rations. With cattle we suggest that only 25 to 30 percent of the grain ration be in the form of wheat. Larger amounts than

Tough Competition In Hoing Contest

Dust, dirt and weeds flew at the University of Delaware's Georgetown Agricultural Substation recently as entrants in the Farm and Home Field Day hoing contest fought, laughed and hoed across the finish line in record time.

Competition was fast and furious in the women's division, but Mrs. Mildred Williams, Seaford, who had been running a close second, put on a burst of blinding speed and pulled out a narrow, hard won victory.

Sixteen year-old Bob Smith, a Lewes 4-H'er, opened an early lead in the men's division but was forced to waid off a last minute surge of competitors. But Smith's opening lead held and the youngster hoed across the finish line ahead of all comers.

Young Eddie Wisk, a Georgetown 4-H'er, finished first in the youngsters division. Wisk used his hoe with the touch of an artist, deftly clearing the weed choked row ahead of several competitors.

In the open division Lewis Swartzentruber, Greenwood, snatched a narrow victory in a hard fought contest. Swartzentruber laughingly commented that the victory represented a high point in his hoing career.

Golden hoes were presented to winners in each division by contest chairman Frank E. Boys, extension entomologist at the

University of Delaware mentioned may cause some digestive disorders. Local farmers owning wheat may want to feed the grain rather than sell it; others with livestock buying most of their feed might want to include some wheat in their purchases.

Fall is one of the times of the year that farmers may establish contour strips on their slopes and hillsides in order to prevent soil and water erosion. As the fields are being prepared for the planting of winter grain, alternate strips of grain may be established on the contour and then next spring the remaining strips planted to a row crop such as corn or tobacco. The use of strips will help reduce the amount of soil and water losses and increase crop yields.

Livestock producers who are having problems of good fly control this year with residual sprays might want to use another insecticide at this time.

Noted Home Economist Speaks On School Lunch

LAS VEGAS, Nevada — What is the grammar school student's favorite class? Science . . . English . . . Recess?

"Why not lunch?" says Ruth Hogan, noted authority on the School Lunch Program and specialist in the school lunch service for the National Live Stock and Meat Board. "All too many school children are passing up nutrition in favor of candy and carbonated beverages. Our job in food service is to lure them into the school lunchroom with delicious, nutritious noon-time meals."

A speaker at the national convention of the American School Food Service Association, Las Vegas, August 9, 1968, Miss Hogan stressed the tremendous job to be done in the school lunchroom and the fact that "nutrition should be considered as education."

In the classroom, teachers educate the student's mind," says Ruth Hogan. "It is our job to educate their tastes and eating habits."

The modern school lunch

program encompasses a great many new techniques and new types of equipment, according to Miss Hogan. "With these changes in equipment and techniques, we, too, must change some of our thinking about school lunch. Meat is the main food around which we plan the school menu. We do not start a menu with dessert or salad . . . we start our menus with meat . . . prepared well and served attractively."

"Meat must receive proper care and cookery to be served at its best", continues Miss Hogan. "To do this, school lunchroom personnel must learn correct, up-to-date facts about meat and meat preparation. They also should be aware of the teen-ager's requirements in regard to protein, vitamins, minerals and fats."

"And speaking of fat," she adds, "like other nutrients more of it is required by teenagers than by adults because these are such active, growing years. I would say that in most instances fat should not be re-

moved from the meat before cookery for school lunches because it adds to the flavor of the meat. Sometimes it replaces those extra energy calories the youngsters need which they may not be getting at home. Of course, calorie needs vary with the individual and the youngster with a weight problem should be advised to remove the fat himself. It should not be removed for him. He should also be advised to cut down on other fats and high caloric sweets and starches which contain few nutrients."

FFA PICNIC AND SOFTBALL PLAY-OFF HELD

The New Holland FFA Softball team was victorious over the Ephrata team at the county final play-off held at Solanco High School along with the local FFA picnic.

Five schools were represented at the annual picnic and chicken barbecue was served. About 50 boys attended.

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