



DRESSED CAPON EXHIBIT WINNERS, Stanley Miller, Lititz R3 (left) won grand champion honors at the 4-H dressed capon roundup held Tuesday at the Elks Club in Lancaster. Reserve grand champion exhibit was shown by Michael Peifer, Manheim R1. L. F. Photo

● **Stanley Miller**
(Continued from Page 1)

son of Mr. and Mrs. Mervin Peifer, Manheim R1. Mike had the grand champion exhibit a year ago.

In record book scores, Peifer was first with 77.6 points out of a possible 80 points. Marilyn Smucker, Ephrata R2 was second with 77.1 points and Linda Porter, Washington Boro R1 was third with 76.3 points.

Keimit Berth, Penn State Poultry Specialist, was the judge and Arnold Lueck and Jay Irwin from the Extension office were in charge.

The Lancaster Kiwanis Club members purchased the exhibits at the current market price.

Giving Up Eggs Won't Prevent Heart Attack

A person can give up eggs and other foods suspected of being high in cholesterol and still suffer a heart attack. There seems to be no one way to avoid a heart attack, said Dr. Irvine H. Page in an interview appearing in the October issue of *Today's Health*.

Dr. Page, director emeritus of the research division of the Cleveland Clinic Foundation, recently recovered from a heart attack. The eminent cardiologist gave up eggs and whole milk several years ago and prior to his heart attack had a cholesterol level of 175, compared to an average cholesterol level in Cleveland of 223. He had also been a non-smoker for many years.

Why then did he have a heart attack? Dr. Page blames it on being a "deadline-meeter" — on tension.

Dr. L. A. Wilhelm, president of the Poultry and Egg National Board, thinks the *Today's Health* article should be encouraging to egg men, who remember the National Diet-Heart Survey. The 1,500 volunteers participating in the survey substituted polyunsaturated acids for saturated fatty acids and cholesterol-containing foods. The conclusion reached was that a person's food pattern does have a relation to his blood cholesterol level. Results of the survey were somewhat confused by the fact that many of the test subjects also stopped smoking, Dr. Wilhelm said.

Egg Carton Inserts With PENB Recipes Being Used

Egg carton inserts are enjoying a surge of popularity in West Virginia with egg distributors, who like free promotional material, and with consumers, who like the insert recipes that inspire them with new ways to use eggs.

The West Virginia Department of Agriculture, which printed the 3"x5" inserts using egg recipes and food photos supplied by the Poultry and Egg National Board, has been distributing approximately 70,000 a month.

These have been "very popular among those who use them," John C. Thorne, Chief of the Department's Poultry Development Section reported to Charles J. Meler, Vice President of PENB.

West Virginia Commissioner of Agriculture Gus R. Douglass has his own favorite among the six egg recipes that were used for the inserts. PENB's soufflé recipe is called Commissioner Douglass' Special. Other recipes used for the in-

serts are West Virginia Savory Ham and Eggs, Fluffy Scrambled Eggs, Egg 'N Bacon Green Salad, Egg Crown Salad and Eggs-Tremely Good Dip.

Shelia Sandy, Home Economist of the West Virginia Department of Agriculture, takes popular egg recipes and edits them to fit the mini-size two- or four-page pamphlets.

The inserts also contain egg buying and storage tips and remind consumers "Next time — take home an Extra Dozen."

Animal Behavior Important

Animal behavior is becoming an important discipline in poultry science, say extension poultry specialists at Penn State. To keep high quality poultry products on the market at 2 to 10 times lower than the relative price in other countries of the world we must keep birds in a controlled environment and be able to control their behavior.

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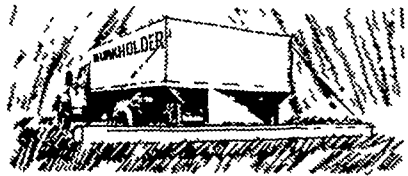
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