

Do You Know Your Dairy Products?

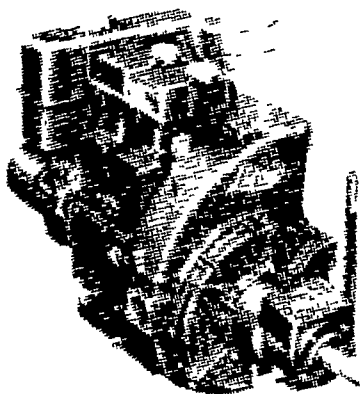
Of course you know what you're buying. And how to judge it, and how to use it, too. Or do you? Here's a quick test to check how much you really know about these familiar dairy products we all enjoy.

1. Match product and description:

- | | | |
|--------------------|--------------------------|---|
| a. skim milk | <input type="checkbox"/> | 1. pasteurized fluid milk with fat and water removed. |
| b. lowfat milk | <input type="checkbox"/> | 2. whole milk with most of the milk fat removed. |
| c. nonfat dry milk | <input type="checkbox"/> | 3. partly skimmed whole milk, with a bacterial culture added to make it semi-solid. |
| d. evaporated milk | <input type="checkbox"/> | 4. a homogenized product with about 60% less water than whole milk. |
| e. yogurt | <input type="checkbox"/> | 5. product with lowered milk fat content, added milk solids for a richer taste. |
2. When buying Cheddar cheese look for:
- | | | |
|--------------------------------|--------------------------|---|
| a. good color | <input type="checkbox"/> | 5. Cheddar cheese will keep in refrigerators: |
| b. the longest curing category | <input type="checkbox"/> | a. one week |
| c. the U.S. Grade AA shield | <input type="checkbox"/> | b. several weeks |
| | | c. a month or longer |
3. Butter is made from:
- | | | |
|------------------------|--------------------------|---|
| a. selected sour cream | <input type="checkbox"/> | 6. Process cheese is: |
| b. sweet cream | <input type="checkbox"/> | a. made from goat's milk |
| c. fresh milk | <input type="checkbox"/> | b. American-made Cheddar cheese |
| | | c. a mixture of fresh and aged natural cheese |
4. Dairy foods are good sources of:
- | | | |
|------------------|--------------------------|--------------------------------------|
| a. protein | <input type="checkbox"/> | 7. Adults should have: |
| b. vitamin A | <input type="checkbox"/> | a. two or more glasses of milk a day |
| c. ascorbic acid | <input type="checkbox"/> | b. less than two |
| d. calcium | <input type="checkbox"/> | c. three or more |
| | | d. four or more |

- ANSWERS
1. a-2; b-5; c-1; d-4; e-3.
2. c, always a mark of the highest quality.
3. a & b. U.S. Grade A butter is made from fresh sweet cream; U.S. Grade B butter, with its slightly acid flavor, is generally made from selected sour cream.
4. a, b & d. Fruits and vegetables are good sources of ascorbic acid.
5. b. Like most hard cheeses, Cheddar can be kept for several weeks in the coldest part of your refrigerator. Soft cheeses (like cream and cottage cheese) can be kept in the refrigerator from three to five days.
6. c. Process cheese melts easily when heated.
7. a. The USDA daily food guide recommends two or more glasses of whole, skimmed, low-fat, instant nonfat, or evaporated milk, or buttermilk. Some of this amount may be supplied by cheese or ice cream.

**DISTRIBUTOR FOR
LISTER DIESELS
SALES - PARTS - SERVICE**
We sell from 3 1-2 K. W. to 100 K. W.
Generator Sets.



Lister Diesels can be mounted on various pieces of equipment.

FREE ESTIMATES ON SET-UPS
Such as: Irrigation, Refrigeration,
Electric Generating Plants, etc.

Also Creamery Package Bulk Milk Tanks

C. B. HOOBER & SON

Intercourse, Penna.

Phone: 768-8231

GRANGE NEWS

(Continued from Page 21)

School, Trappe, Montgomery Co. Pa. June 21, 8 p.m. and present the program in conjunction with Chester-Delaware Co Pomona

The Junior Grange #343 presented the program with the theme "America Is Ours Keep Her Light Shining" Mrs. Jacob Fantom, Matron, told of their activities since they reorganized last fall. The program opened with the group singing "We Are The Grange Of The Future", directed by R. Clair Murphy with Miss Mary Lou Wesley accompanist.

The officers were introduced who are Master-Joyce Galbreath, Overseer-Mark Sawyer; Lecturer-Karen Overly, Steward-Peggy Galbreath; Assistant Steward-Eddie Campbell; Chaplain-Joey Metzler; Treasurer-Thomas Galbreath Jr.; Secretary-Ruby Overly; Gatekeeper-Joe Overly; Ceres-Polly Metzler; Pomona-Sandy Galbreath; Flora-Karen Holloway and Lady Assistant Steward-Edna Wood.

An exercise "A Tribute To Mother" was given by 12 of the children. A Tribute To Father was given by Brenda Giffing reading "Father's Day June 15."

Two groups put on square dance numbers. Five children gave a poem entitled "Husbands" David Hanks recited Calvin Coolidge's "What The Flag Represents" Group singing "America" An

original recitation "America and of June, July and August at 8 Liberty" by Joe Overly. Group singing "This Is My Country" Mrs. Jesse Wood will be in charge of an Antique Show at the and "God Bless America" The Junior Grange will meet next meeting of Fulton Grange the second and fourth Mondays #66 June 23.

FLORY'S FEED

FOR PROFIT

Quality feeds since 1853

- Special — 40% Mobile Mix
- 32% No Urea Concentrate
- Milk Replacer
- Fitting Ration
- Calf Grower
- Hog Concentrate
- Poultry Feeds
- Dog Meal — Dog Chunks
- Rabbit Pellets

A. Mellinger & Son

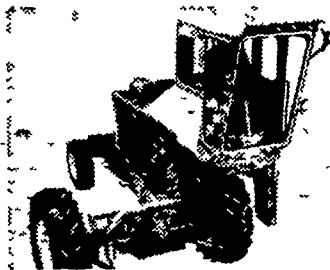
Coal — Lumber — Feed

Akron, Pa.

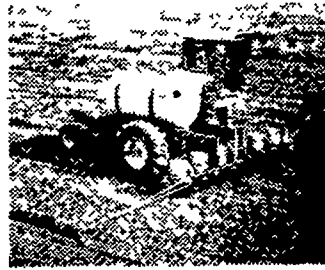
859-1666

THERE'S NO STOPPING **UNI-SYSTEM**

Buy and build Uni-System as you go! You may want to start now with a Uni-Power Unit and the brand new Tool Carrier for planting up to eight rows at a time . . . then add other units as you need them. Uni-System includes . . .



Choice of 3 Power Units



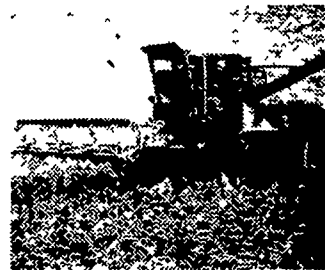
Uni-Tool Carrier



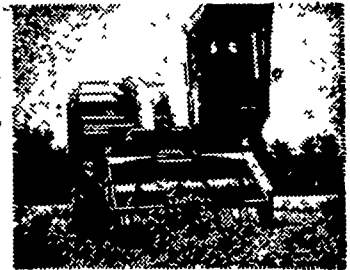
Uni-Picker



Uni-Sheller



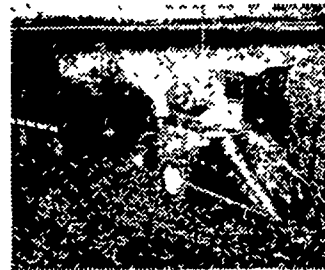
Uni-Combine (grain)



Uni-Forage Harvester



Uni-Rotary Snow Plow



Uni-Forage Harv. (row crops)



Uni-Combine (corn)

See us for complete details about Uni-System . . . the system that saves you money.



Roy H. Buch, Inc.
Ephrata, R. D. #2

Graybill Machines, Inc.
Lititz, R. D. 2

Longenecker Farm Supply
Rheems

A. L. Herr & Bro.
Quarryville

Kinzer Equip. Co.
Kinzer

Landis Bros., Inc.
Lancaster