

**PUT want ads
TO WORK FOR YOU**

NEW



**Diversey
BARN WHITE**

For Interior Farm Buildings

- Does not rub or flake off
- Is really white
- Cleans off windows and stalls easily

Spraying APPLIED BY **RICHARD R. FORRY**

2020 Horseshoe Rd. Ph. 717-397-0035
Lancaster Penna.

Rocket Expert Is Now Protector of Deer Herd

A former submarine and rocket nuclear design engineer, Charles Romesburg, switched careers from mechanical to industrial engineering.

He became involved with a deer herd management project, financed by the National Rifle Association, which uses computerized techniques. He hopes that this study will lead to further applications of his quantitative method with fish and game, water resources, forests, rangeland, national parks, wilderness areas, or almost any other kind of ecosystem.

In the deer management project, Mr. Romesburg concentrated on one county in Pennsylvania. He studied rates of reproduction and food availability, winter mortality, harvest rate, crop damage, and the beneficial cash flow into the economy. From this model he projected a management plan over a 15-year span to make maximum use of the deer resource for society.

**Try A Classified Ad
It Pays!**



**Doctor
in the Kitchen®**

by Laurence M. Hursh, M.D.
Consultant, National Dairy Council

WE ALL NEED CALCIUM

Readers of this column will recognize the following quotation I've used it before but it bears repeating because of its eloquence and importance "A body well nourished with calcium and other nutrients can be expected to have good bone growth and development, a well-functioning nervous system, a high level of vigor and positive health at every age, and a longer period of the prime of life"

The promise of that statement is something everyone should seek to realize The words are those of Drs Millicent L Hathaway and Ruth M Leverton, who originally wrote them for a U S Department of Agriculture Yearbook more than a decade ago But the message is even more meaningful today as we learn that malnutrition exists in America at all economic levels, not just from poverty but from ignorance or lack of motivation as well

susceptible to fracture The only prevention I know of is for people to get enough calcium throughout their lives. The best source (in fact, nutritionists find it almost impossible to plan adequate calcium in one's meals without it) is milk.

And recent research, reported by scientists with the Metabolism Branch of the National Cancer Institute - one of our National Institutes of Health in Bethesda, Maryland - indicates that we benefit most by not only drinking milk in adequate amounts, but by drinking it more frequently during each day

Greater Frequency

Drs Arthur N Kales and James M Phang report that "calcium in a single dose would be absorbed with less efficiency than calcium given in smaller, more frequent feedings" They conclude "that not only the magnitude of calcium intake but also the dose regimen can affect calcium metabolism"

The Specific Needs

Young people need sufficient amounts of calcium all through their growth years if they are to realize their full physical potential. Then once they are adults calcium is needed to keep both bone and tissue in top shape The body, including the skeletal structures, constantly loses calcium and needs new supplies from the foods we eat And finally, when we are older, the disease called osteoporosis can set in, perhaps as a result of years of not getting enough calcium in our diets If this happens - and it is common in America - the bones of older people become "thinned" and

Calcium helps the blood to clot Normal blood clotting is an essential life-preserving process Calcium helps muscles, including the heart, and nerves to work Calcium also regulates the use of other minerals in the body And it is essential in the action of certain enzymes and the control of passage of fluids through cell walls In combination with phosphorus, calcium gives rigidity and hardness to teeth and bones Milk and milk products are the source of three-fourths of the calcium and a great deal of the phosphorus in our food supply

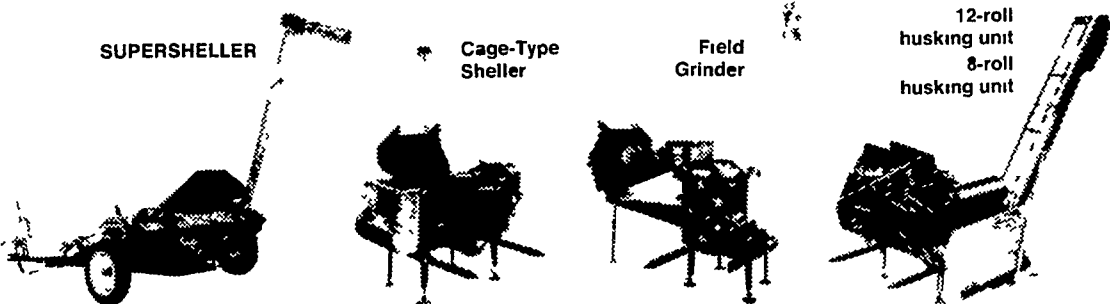
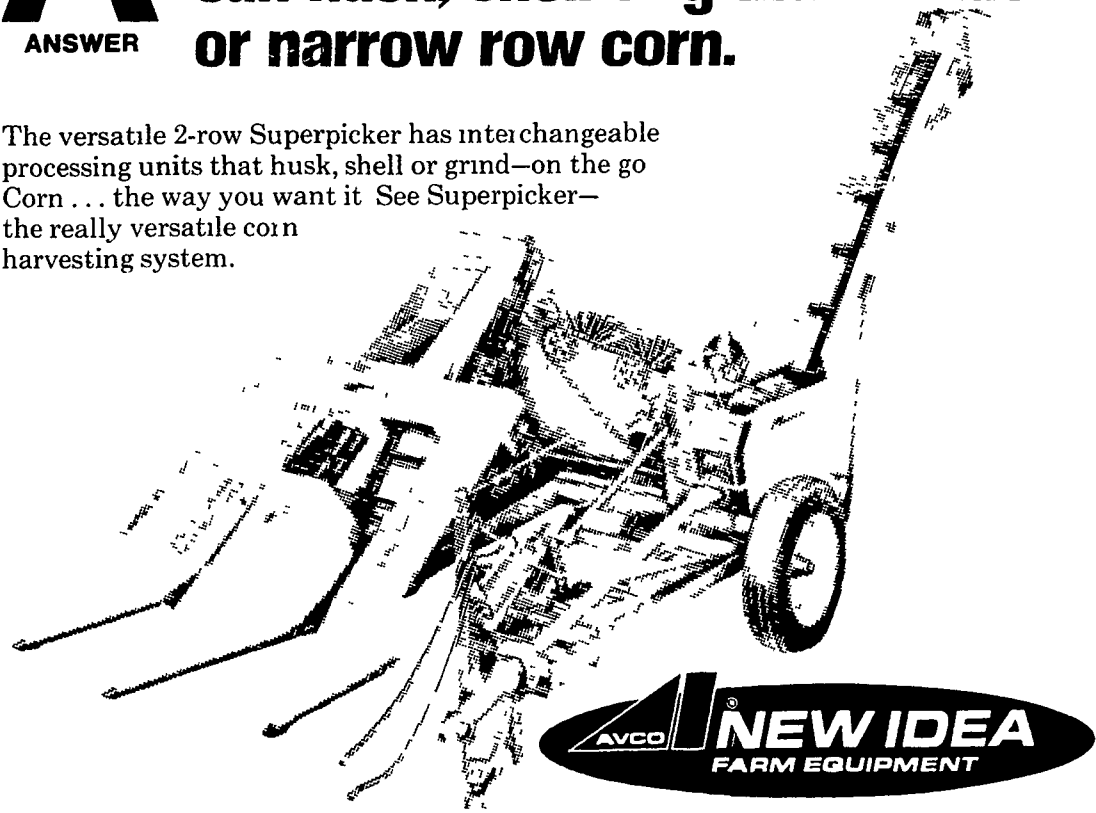
Q Will pull-type Superpicker let me bring my corn in any way I like?

QUESTION

A Yes, with 2-row Superpicker you can husk, shell or grind in wide or narrow row corn.

ANSWER

The versatile 2-row Superpicker has interchangeable processing units that husk, shell or grind—on the go Corn . . . the way you want it See Superpicker—the really versatile corn harvesting system.



There's a good idea behind every New Idea!

A. L. HERR & BRO.
Quarryville

N. G. HERSHEY & SON
Manheim

CHAS. J. McCOMSEY & SONS
Hickory Hill, Pa.

KINZER EQUIP. CO.
Kinzer

ROY H. BUCH, INC.
Ephrata, R.D. #2

STOLTZFUS FARM SERVICE
Cochranville, Pa.

LANDIS BROS., INC.
Lancaster

LONGENECKER FARM SUPPLY
Rheems

Help Us Serve You

If your organization didn't make our farm calendar this week, it's not because we don't like you or your organization.

We may have missed it in the rush. Or maybe you forgot to tell us.

Either way, we'd like to extend our farm community service to you.

To get on the Farm Calendar, remind us by calling 394-3047 or 626-2191 or by writing to Lancaster Farming, 22 E. Main St., Lititz, Pa. 17543. And help us serve you better.

HALES HUNTER CO.

FEED LETTER

WET DAIRY FEED!

No we're not talking about the flood. We're talking about the moisture normally found in any dairy feed.

Some feeds run as high as 65 percent water (silage), and some as low as 10 percent water (hay).

Grain mixes fall some where in between unless the manufacturer goes to the trouble of taking the moisture out of the mix. Pioneer sets as its maximum 11 percent.

Using 15 percent moisture corn, a home made feed may end up containing as much as 14 percent water. Every hundred pounds of this feed may have 3 pounds more water than 100 pounds of Pioneer. If a dairy cow uses one pound of dry matter to make 3 pounds of milk there could be 9 more pounds of milk in a bag of Pioneer than in a hundred pounds of the home made feed, couldn't it?

KIND OF MAKES A BODY WONDER, DON'T IT?



ELMER M. SHREINER

Trading as Good's Feed Mill
Specializing in DAIRY & HOG FEEDS
New Providence, Pa.
Phone 786-2500