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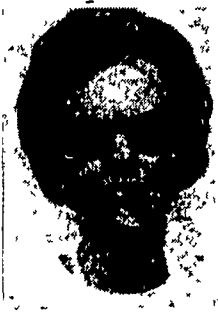
1 lb. box .....	1.35
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**Ladies, Have You Heard?**

By Doris Thomas,  
 Extension Home Economist



Doris Thomas

**About Apples For Good Eating?**

Everyone knows that apples are tart, crisp, juicy, and delicious, especially now while they are being harvested and are tree-fresh. But do you know all the nutritional value it is possible to glean from apples?

First of all, apples contain small, but beneficial amounts of Vitamins A, C, Thiamine and Riboflavin, calcium, phosphorus and iron. Apples also contain pectin and cellulose. These substances help stimulate and maintain normal intestinal activity. In recent years, several studies have shown that pectin can help reduce cholesterol in the blood stream. Versatile pectin is also an aid for clear, healthy skin.

If you are in a reducing diet, remember that a medium sized apple contains about 70 calories. Sweet apples are blessed with levulose, a sugar quickly turned into energy.

And as a toothbrush, apples work wonders. Yes, apples clean teeth - two ways. First, there is a positive cleaning action as the crisp, juicy fruit is chewed. Then, the tart juice and aromatic flavor stimulate the natural flow of alkaline saliva which aids in

the teeth-cleaning job and also helps in the digestion of foods containing fats and proteins. An apple after meals is a delightful and healthy way to good eating and clean teeth.

When you buy apples, look for those that are firm and crisp and have a fresh appearance. Store fresh apples in the refrigerator to retain crispness. Use ripe apples within a week or two, firmer apples will keep longer. Common varieties for eating out of hand include Delicious, Golden Delicious, Jonathan, McIntosh, Stayman and Winesap. Tart varieties, used for making pies and applesauce, include Gravenstein, Grimes Golden, Jonathan and Yellow Newtown (or Albemarle Pippin).

Enjoy apples boiled, baked, fried, broiled, and of course fresh for good health and good eating!

**Wicker and Rattan Gain Easy Care**

**Popularity**

Wicker and rattan have always been at home in a garden, but lately the garden-look has been as popular indoors as out. Before storing this furniture or moving it to indoor rooms for the cooler months be sure you have cleaned it thoroughly.

The key to washing natural wicker or rattan is to hose it down or place it in the bathtub and give it a warm shower. If it needs

more than a shower, use soap or detergent suds and a cloth to wash it.

Painted wicker is treated the same way except that cold water should be run on it and the object should not be soaked for a long period.

It is easy to varnish or spray paint wicker or rattan furniture but make sure it is completely dry before beginning. New pillows will perk it up too, as long as they are just as washable as the chairs and sofas themselves are.

**LOVING CARE FOR PETS**

Because you love your pets, make sure they are comfortable every day. Brush the coat of a long-haired animal regularly and give him a weekly bath. See that the pillow of your pet's bed is clean by tossing it in the washer at least every two weeks. Finally, keep playthings in sight and make sure that feeding is done on time and his dish washed afterwards. A wagging tail is well worth the effort!




**\* FARM ANIMAL EQUIPMENT AUCTION SALE**

**FREE!**

Your sale can be listed in our Sales Register without charge. Just mail details to Lancaster Farming, P. O. Box 266, Lititz, Pa 17543

**HERE'S DAIRY NUTRITION AT ITS BEST!**




**Red Rose DAIRY BOOSTER PELLETS**  
 with Methionine-Analog

**DOES YOUR HERD NEED SUPPLEMENTAL METHIONINE?**

Most high producing cows need more methionine than their normal diet provides. Red Rose Dairy Booster Pellets with Methionine-Analog provides this needed methionine.

**BOOSTER PELLETS** is a new feed formulated to be used as a "top dress" feed (about 2½ lbs. per cow per day—in two feedings—for an intake of 25 grams of M-Analog). Or, Dairy Booster Pellets can be used in mixes with home grains. These pellets (17 per cent protein) are very palatable, easily fed and can be used in milking parlors, bunk feeding, and bulk feeding.

Trial feed Red Rose Dairy Booster Pellets with Methionine-Analog to your dairy herd and you'll see an improvement in milk production. Try them . . . and you'll always feed them.



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