

Warren Hurst

Hurst Named Controller at L.M. Sheaffer

Lancaster, Pa - Donald Horn, Egg Division manager of the Pennfield Corporation, here, announced the appointment of Warren Hurst as division controller of the L M Sheaffer Company, Ephrata The Sheaffer firm is the Egg Producing and Processing Division of Pennfield

Mr Hurst, a Lancaster native, graduated from Franklin and Marshall College with a degree in accounting



"Seems like every time history repeats itself, the price doubles."-William R. Lewis, The Lynden (Wash.) Tribune.

BABCOCK **Was and Still** is No.



1st Place Winner

Pennsylvania Random Sample Egg Laying Test 25c more income over closest competitor.

For more detailed figures contact



BABCOCK FARMS, INC.

Telephone (717)626-8257 Telephone (717) 626-8561

Yogurts Nutritive Value Explained

The nutritive value of yogurt is the same as the milk from which it is made, points out June Wilke, Chester County Extension home economist.

Yogurt is usually lowfat, indicating it contains between one and two percent fat. Therefore, it contains fewer calories and less vitamin A than does whole milk. Nonfat dry milk is usually added to yogurt to boost the solids. This increases the protein content and raises the calorie level. Calorie levels of yogurt vary widely. Plain yogurt is low in calories—eight ounces contain from 120 to 135 calories.

Complete Dispersal EQUIPMENT, DAIRY AND HORSEPOWER

Location: North of the Fairmount and Tayloria Road, 4 miles South of Kirkwood, 10 miles Southeast of Quarryville, Little Britain Township.

FRIDAY, JANUARY 26, 1973

9:00 A.M.

61 head of Holstein grade dairy cattle. 37 milk cows, 6 fresh in last 8 weeks

balance in all stages of lactation. 4 bred heifers, 1 close, 9 heifers breeding age 11 heifers under 1 year of age health charts sale day

Equipment

Allis Chalmers D19 diesel 75 belt horsepower, Case 18 in. threshing machine, Papec 19 in. silage cutter with pipe and parts, Lancaster 6 way spreader, 1 flex elbow, Heavy Int. motor drive cornbinder with loader, Int. ground driven with carrier, John Deere 14T baler, J.D. 5 ft. mower, 2 J.D. 7 ft. mowers, 1 motor driven, 1 ground driven, J.D. side rake, J.D. disc harrow, J.D. spring harrow, J.D. grain binder, (1 for parts), Oliver 14 in. Radex plow, Oliver #84 left riding plow, 106 Wizard walking plow.

Lister 12 horse diesel

2 New Idea horse manure spreaders, New Idea 32 ft. elevator (real good), Oliver 16 disc grain drill, Eazy-Flo fertilizer spreader, gravity bin on wagon, 1 Grove wagon with 16 ft. flatbeds, 2 wooden gears with tlatbeds, Cultipacker, 4 Int. 2 horse cultivators, spike harrow, hay tedder, New Idea tobacco planter, 2 presses, shears, spears, Case complanter, dump rake, spring wagon, spray boom, bob sled, 6 ft. scraper blade on wheels, 2 2-wheel carts, 900 gal. water tank, Papec hammermill, feed mixer.

Teams

1 pair Mollie mules, smooth mouth large black and white nose. 1 pr. Mollie mules coal black smooth mouth, 1 pr. mules 9 yrs. old, 2 white 8 yr. old horses, 1 roan horse 9 yrs. old, 1 sorrel mare 9 yrs. old.

9 sets of heavy work harness, 2 brickment work harness, 1 yankee harness, (bridles, checklines, collars, saddles good shape).

Single, double and triple trees, 5 & 7 horse hitches, 2-4 horse hitch steel.

1 18-can Haverly milk cooler with compressor (like new), 1 10-can Haverly cooler, Conde #600 milker with 4 units, Stainless steel double wash tubs. strainer (SS), 30 gal. glass lined hot water heater. 45 milk cans, SS milk separator, Coleman kerosene barn lantern.

2 Silage carts, 1 feed cart, 1 large ensilage cart with webb, Frigidaire compressor, air clippers with tank on wheels, concrete mixer, 2 wheel barrows wood and steel, 100 ft. 7 in. nylon belt, 2 other belts, 12 volt fencer with steel stakes, anvil, 18 in. chain saw, 1 acetelene torch on cart, 2 clover seed sowers, 1 seed cleaner, 2 horse scoop, 50 gal. drums, 200 ft. litter carrier track with switch, shovels, pick, brushes, forks, welding table, vise, shop tools of all kinds, iron rack and iron, I flexible shaft, drill press and bits, other articles not mentioned.

Household Goods

Coleman cooler, Roper gas stove, extension table with 1 board, chest of drawers, benches, plank bottom chairs, dated qt. jars, old books, old bed spread, rope bed, old cradle, book case, 1 old wooden ironing board, 1 3- and 1 4-gallon crocks, 15 sets of shutters, old lights and shades, 4 milk cans.

Terms by

STEPHEN K. SMOKER KREIDER & DILLER, AUCTS.

Lunch by the Homemakers, lots of goodies.

Most people prefer fruitflavored yogurt, says Miss Wilke. The fruit and sugar add many calories. The same cup of yogurt with fruit added has almost twice the amount of calories or 225 to 260 calories as compared to the 120 and 135 calories found in plain yogurt.

Yogurt, like all dairy products,

is a good source of calcium, riboflavin and protein, reminds Miss Wilke. However, it is not a complete food. Foods supplying iron, copper, vitamin C and protein should also be eaten with yogurt. Fruits, vegetables, and meat or cereal provide these other nutrients

pogurt. Fruits, vegetables, and meat or cereal provide these of the policy of the policy of the policy. Yogurt. [Rike all dairy products, when the policy of 8 ton wagon with Parker 300 bu. bin; J.D. H.D. wagon with hoist & factory bed & sides; tobacco planter; 2-20 ft. rubber tire trailer for hauling crates; 8000 new and used 5/8 baskets; portable irrigating pump with V-8 Chrysler motor (1400 gal. per min. capacity); 1100 ft. of tico alum 5 in. pipe; 60 pc. of wade-rain alum 6 in. pipe; lots of 5 & 6 in. stations & valves; 6 & 8 in 20 ft. suction pipes; sprinklers of all sizes & cap.; lg. vile of 6 in. galvanized pipe; 15 #80 sprinklers & many others.

Trucks, Tools, & Shop Equipment

1958 Ford truck with 14 ft. grain & cattle body & 14 ton hoist; 1949 GMC with 16 ft. grain & cattle bed & 14 ton hoist; (both trucks have new motors), 8 ft long cattle racks for Chevy or GMC pickup; 2 1967 Chevy ½ ton pickup trucks; Int. K-7 truck; Forney electric welder; lg. drill press on stand with 2 HP motor; wall mount drill press; grindstones; bench grinders; lg. vises; anvil; forge; portable air compressor; table saws; Sears cut-off saw; pipe threaders; paint spraying outfit with portable motor & air compressor; jacks of all sizes; hand tools; parts bins; grease guns; creeper; metal frames for trucks for hauling & straw over cab; work benches & tables.

Ear Corn

Approx. 2500 bu. of ear corn to be sold by the ton. Terms: Cash or approved check

> Mr. & Mrs. Quentin McCleary Stewartstown, Pa. R.D.#2 Ph. 993-2704

Robert L. Sechrist, auctioneer Ph. 382-4379 John Hope Anderson, clerk

Not responsible for accidents

Refreshment rights reserved