

Stretching the Meat Dollar

You can substitute dry beans, peas and lentils and peanuts or peanut butter for some of the meat in your diet. Combine animal protein and vegetable protein in the same meal.

High quality protein for building and repairing body tissues is available from animal sources. Meat, fish, poultry, eggs and milk all have the essential amino acids. Amino acids are the building blocks of various kinds of protein tissues. Eight of them are called "essential" because they are not synthesized by the human body. They may only be gotten directly from food that contains them. If they are not all available to the body at the same time, the body cannot use the protein efficiently.

Incomplete proteins lack one or more of the essential amino acids. Dry beans, peas, lentils, peanuts and soybeans are incomplete protein sources. Be sure to include some complete



The Old Timer
"Anybody who thinks it's hard to move mountains never reads geography examination papers."

protein in the same meal with them to make them more "efficient" as body tissue builders.

Examples are: peanut butter sandwich with glass of milk; baked beans with frankfurters; bean, lentil or split pea soup with ham chunks; chili con carne - using kidney beans and hamburger.



Doctor in the Kitchen®

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

NUTRITION A LA CARTE

- Scientists are now discovering that poor nutrition in the first three years of life prevents full mental development, and that this can't be corrected by good nutrition later in life. The tragedy of this is apparent in that it's estimated some two-thirds of the world's children — 300 million youngsters — are undernourished

and have some degree of growth retardation.

- Be money-wise and nutrition-wise when you shop. Dried peas and beans, or cheese, or peanut butter can be inexpensive alternates for meat in some of your meals. And less tender cuts of meat usually cost less but contain as much food value as higher-priced cuts. Prepared properly, stews, meat loaf, and pot roasts are delicious.

- Did you know the tip of your tongue tells you when something is sweet. The back of your tongue spots things that are bitter. There are four primary tastes - sweet, sour, bitter, and salt. Others include metallic, alkaline or soapy, and astringent. Without these tastes life would be dull indeed.

- Oxygen is the first thing needed to support life. But water is second. Your body is composed of about two-thirds water. All foods contain some water, some more than others. But you must also drink water to make up for all the water your body loses through excretion, sweat, and just the exhaling of your breath.

- What is meant by the words "nutrient density?" Nutrient density is the proportion of important nutrients in a food to the caloric value of that food. For example, meat and milk are foods that give you larger quantities of essential nutrients along with calories.

- Boys and girls need to have repeated experience with desirable food practices over an extended period of time if good food habit formation is to result. School lunch and breakfast programs provide this day-by-day experience throughout the school year by providing nutritionally sound meals that children will eat.

- When your husband travels he may find it hard to avoid heavy meals. Entertaining customers takes its toll. If he does eat too much when entertaining he should then take it easy on other meals. A light lunch the day after a heavy dinner. Walking instead of taking a taxi also helps.

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PUBLIC SALE

OF FARM EQUIPMENT

MONDAY, MARCH 19, 1973 10:00 A.M.

At M.M. Weaver & Sons Farm Equipment Store located 4 miles west of New Holland, 8 miles east of Lancaster on Route 23 turn north on Groffdale Road one mile on right.

TRACTORS

Massey-Ferguson 1150 Diesel; 1130 Diesel; 178 Diesel; 175 Diesel; 165 Diesel; 165 Gas; 65 Diesel; 135 Diesel with Loader, 35 Gas; 50 Gas with loader; Farmall "M" with V8 Ford Engine, Farmall 340 with Power Steering; Case 930

Comfort King, Ford 961 Diesel, Ford 8N; John Deere 420 Crawler with Loader; plus about 30 more consigned by Farmers & Dealers.

COMBINES

Massey-Ferguson 510 Diesel with Quick-attach Grain and corn head; MF410 Diesel with 12 ft Grain Head; MF 300 Gas; John Deere 237 Corn Picker for 3010; IH 2MH Corn Picker for 450; Massey-Ferguson 92 with 12 ft. Grain Head;

HAY AND HARVESTING EQUIPMENT

Massey-Ferguson 12 Baler with Engine; New Holland 275 Baler with thrower; New Holland 68 with P.T.O. thrower; Farmhand Rake; IH50 Forage Harvester with 2 Row Corn Head; Gehl FB85 table Blower; MF 24 Forage Wagon; Gravity Boxes; IH 3 pt. Mower; Farmhand Corn Blurr; New Holland 36 Chopper; Brady Stalk Chopper; Long 4 Row Stalk Chopper; Hay Crimper; M-F Cut Conditioner.

PLOWS & TILLAGE TOOLS

Oliver 3-16 Cushion trip; John Deere 3, 4, and 5-16 Spring trip 3 point Plows; M-F 4-16 Spring trip semi-mtd. Plow; Case 4-16 Spring trip Semi Mtd. Plow John Deere 3-14 two-way Plow; Brady Chisel Plow; M-F 6 Row rear mtd. Cultivator, Lilliston 4 Row Rolling Cultivator; Kawnee 12 ft, 14 ft, and 18 ft Disc, John Deere 13 ft. transport Disc; A C. transport Disc; MF 13 ft 3 pt Disc; New 10 ft. Dunham Cultimulcher; John Deere 3 Section spring tooth Harrow; New Rear Mtd. Cultivator

MISC EQUIPMENT

New Holland 675 tandem axle 275 Bu. Manure spreader; Farmhand Grinder Mixer; Zimmerman 20 Grinder Mixer with Blower, John Deere 2B Sheller with Bagger and Blower; Large Grain Crimper; John Deere and Oliver (Ground) Drive Manure Spreaders; Brady Liquid Spreader, Oliver 4 Row Corn Planter model 540; New Scraper Blade, MF 340 Ski Whiz; New Rear tractor tires 11.2x24; 14.9x24; 12.4x26; 14.9x26; 14.9x28; 18.4x34; 13.6x38; 14.9x38; 18.4x38 Consigned by Goodyear tire Distributor; six surge milker units, 12 ft Electric Badger manure pump

This is only a partial list. We expect an additional 20 tractors and a lot of used Equipment will be consigned by Farmers and Dealers

Sale begins at 10:00 A.M. with small items, 10:30 A.M. Farm Machinery in field, 2:30 P.M. Tractors.

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