

Keystone Livestock Expo cheduled for Nov. 8-13

Keystone International Livestock Exposition has changed its schedule so that the judging activity will now take place over the weekend. This year's expo - 17th annual - will open on Thursday, Nov. 8 and close Tuesday, Nov. 13.



Doctor in the Kitchen®

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

POLYUNSATURATED FATS

Week we talked about the food labeling regulations. are designed to help you, consumer, know more about you are buying in terms of nutrition. We also mention that FDA now permits fat and cholesterol labeling to people who are advised by physicians to "limit their intake of these substances." But stated explicitly that in per-such labeling, it was "not a position on the scientific surrounding the role of fat in heart disease."

Causes Not Known

are good reasons for this. ply do not yet know what ses of heart disease are. st we have are so-called ctors." For example, if ood cholesterol level is l-such above a supposed then you are in a group atistically will have more sease. But as an individ- a thing may not happen at all. People with low ols have heart attacks. with high cholesterol es never have a heart at- it is educated guess work

I want to make clear to is that unless your physician, who knows you ommands dietary changes of heart disease you ot decide to do it on your ause, say, of some maga- cle, or all the talk one

Why do I feel so strongly in favor of an adequate nutritionally balanced diet chosen from all the commonly-available foods? Because we do have a good diet in this country and years and years of benefits in terms of generally healthier people are the result.

When you tamper with a diet, you have to know what you are doing. For this reason, the Federal Trade Commission recently obtained a consent order against one margarine manufacturer ordering him to cease and desist from advertising that said or implied that polysaturated fats in the diet will prevent heart attacks.

No Evidence Of Lives Saved

Polyunsaturated fats will lower the level of cholesterol in your blood: we know that. But we have no real evidence that this in turn saves lives. In fact, at the VA Administration hospital in Los Angeles, where they put men on diets high in polyunsaturated fats, they found some decrease in heart deaths. But the diets didn't lessen total deaths. And the disheartening fact was that deaths from cancer increased. Frankly, I'll take heart disease.

And just recently, in the New England Journal of Medicine, the Los Angeles VA doctors announced that in re-examing their data they found the patients on the polyunsaturated fat diets were twice as likely to get gall stones. This illustrates the necessity for medical advice before making changes in your diet.

The Pennsylvania Livestock and Allied Industries Association, sponsors of the exposition, along with the Pa. Department of Agriculture and the Pa. Farm Products Show Commission, believe that the new dates will be more favorable to both the exhibitor and the general public.

Exhibitors - in this instance, livestock breeders and feeders - will be able to move on to the International Livestock Exposition in Chicago with a more realistic time span between the two shows. This should encourage the top breeders and exhibitors in the country to enter the Keystone Expo.

Admission to all events is free and a greater turnout of visitors is anticipated as judging in all species - including both market-ready animals and breeding stock - will be conducted all day Saturday and Sunday afternoon.

Opening day activity will be limited to the start of the two-day Pennsylvania State 4-H Horse Show and the closing day, Tuesday, will be restricted to the Appaloosa division - halter and performance classes.

Other weekend highlights include the selection of the grand champion steer at 3 p.m., Saturday; the Intercollegiate and 4-H Horse Judging Contest beginning at 8 a.m. Saturday morning and the Live Hog Evaluation Contest, Sunday afternoon at 1 o'clock.

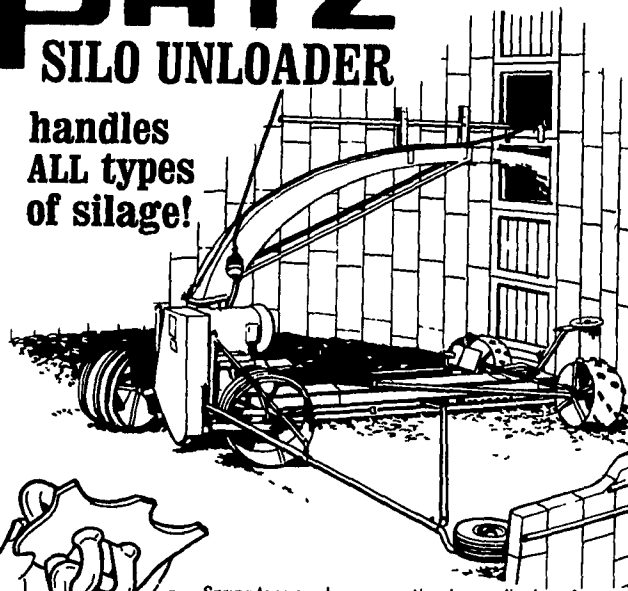
At least one national breed association will use the Keystone International Livestock Exposition as the occasion for its annual meeting. The American Hampshire Sheep Association will meet here for the election of officers. Their breed show is set for 1 p.m., Monday, to be followed immediately by a bred ewe sale.

Last year's swine shows were curtailed when entries were returned to Ohio and Indiana exhibitors following hog cholera outbreaks. Since that time Pennsylvania has successfully weathered positive hog cholera diagnosis on four separate farms. The Commonwealth is again "hog cholera-free" and swine may move freely through normal interstate and intrastate channels.

The directors of PLAIA have voted to open the Keystone International on the second Thursday in November in succeeding years. The dates of the 1974 show will be Nov. 14-19.

PATZ SILO UNLOADER

handles
ALL types
of silage!



Spring-tensioned power cutter trims all silage from silo walls - high capacity blower handles maximum silage volume easily - hardened steel claw type gathering chain delivers any silage ready to feed - optional tripod is available for lifting silo unloader when refilling silo

See your PATZ Dealer today

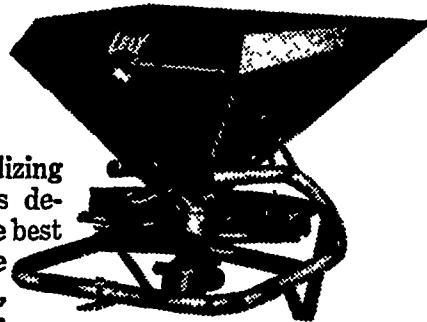
CALL 717-272-0871

MARVIN J. HORST

Dairy Equipment and Ammana Appliances
R.D. No. 1 (Iona) Lebanon, Pa.

Located on Route 897 between Schaefferstown and Lebanon, over 30 years in business at same place.

Don't compromise... fertilize with Lely!



The high cost of fertilizing today's modern farms demands that you use the best equipment to do the job. By not using a Lely, you're risking your fertilizer investment. The results you expect from your fertilizer can only be realized if spreading is done with a Lely Precision Broadcaster. Your spreader investment is a small percentage of your total fertilizer cost. You can't afford to compromise.

The Lely Precision Broadcaster is a versatile, all-purpose machine that has many uncommon features; it spreads fertilizer, seeds and granular material in a precise, predictable pattern. The exclusive Lely centrifugal force feed assures constant, even metering. It is so fast and efficient, it covers up to 40 acres per hour with swaths up to 50' wide. With this unequalled accuracy, the Lely saves fertilizer yet gives you better crops! The Lely is so exact, it can spread as little as 3 pounds of seed or as much as 1,500 pounds of fertilizer per acre.

SEVERAL MODELS AVAILABLE

ALLEN H. MATZ, INC.

505 E. Main St., New Holland
354-2214

you,
your money,
and
Aatrex



you can get a bigger return
with the top weed killer
corn. Ask us how.

L. L. ROHRER & BRO., INC.

Marketown, Pa.

Ph. 397-3539

SPRING SPECIALS — USED EQUIPMENT

DISC HARROWS

AC Snap-coupler wc 10 ft. 6"
Oliver wc 9 ft. 6"
Dunham pull type 9 ft.
J.D. KBA pull type 10½ ft.
J.D. AW wc 11 ft.
J.D. BWA wc 11 ft. 2"
J.D. BWA wc 12 ft. 6"
J.D. FWA wc 20½ ft.
Ford wc 14 ft

CULTIVATORS

4 & 6 row front and rear mtd.

ROLLER HARROW

J.D. F925 14 ft.

PLOWS

Oliver 3-14"
MF Catagory 2-14"
Other 2 & 3 bottoms

GRAIN DRILLS

2 Olivers
J.D. BA 21 x 7

FINISHING HARROW

J.D. BFA 12 ft. wc

TRACTORS

J.D. 60
J.D. A

OLIVER 88 w-hydraulic loader

ROTARY MOWERS

J.D. 507 7½ ft.
J.D. 727 14 ft.
Brillion 12 ft.

CORN PLANTERS

J.D. 494
J.D. 894A 8-row narrow
J.D. 1240 Plateless

CECILTON FARM and HOME SUPPLY

John Deere-Hesston-New Idea

Rte. 282 Cecilton, Md.

Phone 301-275-3601