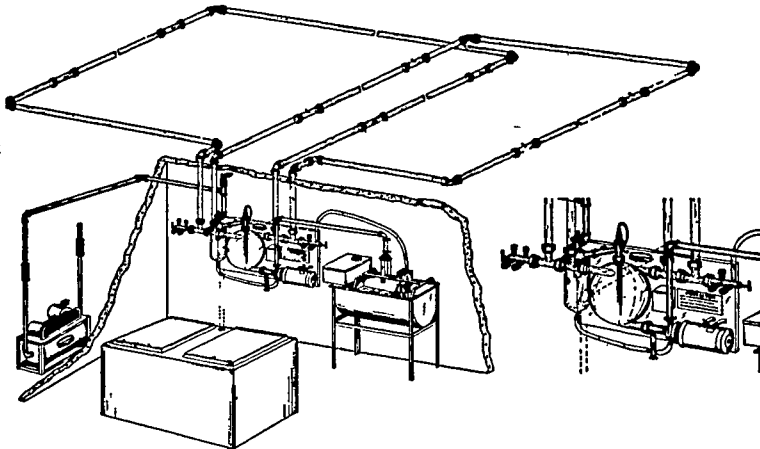


# AGWAY

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For An Average  
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2. Save carrying 292 tons of milk a year.
3. Save 200 hours per year on an average herd.
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5. Increase your milk production.



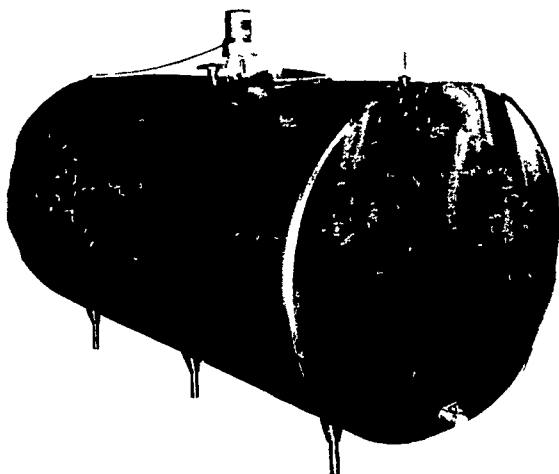
### WHY BUY A STA-RITE PIPELINE?

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2. The only milkhouse control unit that is assembled at our modern new factory on a stainless steel panel. Pretested for trouble free operation, self-draining with patented washing features.
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SERVE MILK INSTEAD OF COLAS. USE LEFTOVERS WISELY COOK INEXPENSIVELY "FROM SCRATCH." ON MEAT DAYS SHOP FOR ADVERTISED SPECIALS RESULT: GOOD FOOD, A HEALTHY FAMILY AND AN IN-TACT BUDGET.



### Fact And Fancy Of Diet Recommendations

At a recent meeting of the American Dairy Science Association, Dr. Campbell Moses, Medical Director of the American Heart Association, discussed the facts and fancy of diet recommendations. He has advocated reducing the intake of saturated fatty acids for a number of years. To animal and dairy interests this meant reduced consumption of meat and milk.

Dr. Moses emphasized three diet changes to reduce susceptibility to hardening of the arteries. They include: adjusting calorie intake to maintain proper weight, a decrease in saturated fatty acids, and a reduction in the intake of cholesterol. He recommends that one-third of the average diet be made up of one-third saturated, one-third

monounsaturated, and one-third polyunsaturated fatty acids. The average cholesterol intake is now 600 mg. daily. He recommends only half that amount or 300 mg.

He stressed that milk is not harmful, as it contains less than four percent fat, one-half of which is unsaturated.

Dr. Moses concluded by stressing that normal weight should be maintained and known risk factors should be avoided. Following this advice will reduce susceptibility to hardening of the arteries and heart trouble.

xxx  
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