

An Editorial:

Milk: The Best Buy For Your Food Dollar

When food prices move from the grocery ads up front to the headlines, you know they are the focus of nationwide concern. And it's not enough to say that high prices are merely a reflection of higher salaries. For the mass of buyers on low or fixed incomes, that rationale doesn't apply. Help is needed.

Meat purchases lap up the lion's share of most food budgets. Even such standbys as hamburger and chicken are moving up the price spiral. It's becoming essential for shoppers at every income level to find economical substitutes for the meat of the meal.

Milk and milk products offer low-cost protein for the diet. Milk as a beverage and as an ingredient, and all the products made with milk such as cheese and ice cream, offer low cost alternatives.

Today's shopper is getting used to figuring cost-per-ounce or finding ounce labeling at the store. Milk isn't sold by the pound, but at approximately 30c per quart it is a bargain by any standard. But beyond that, consider protein per serving. One glass of milk gives 9 grams of protein. Two glasses contribute almost as much protein as a serving of meat!

In addition to the protein, milk provides calcium which the body must have for healthy growth and maintenance. Calcium can't be stored in the body, but must be supplied daily. Vitamins A and D are among the other nutrients supplied by milk.

Milk represents another big saving in that it involves no waste. Bones, skin and peels from other food all cost money, every bit of milk is useable.

The way to adjust to the higher cost of food is to adjust our way of eating. Less dependence upon high priced items, and more imaginative use of alternative foods, particularly among proteins, will go a long way toward holding food costs down.

Don't Neglect Swine Breeding Herds

The productivity of a breeding herd is the often-forgotten-but-all important factor in the economical production of swine, according to Dr. Marv Wastell, Swine Research Specialist for the Feeds Division of Central Soya.

According to Dr. Wastell, there can be "no production without reproduction" and the very best starter feeds or finishing feeds are of no value unless there is a young pig to feed.

How to increase breeding herd productivity?

Management--including proper nutrition--plays the important role in establishing maximum sow productivity. The need for a sound feeding program is especially critical during ovulation and pregnancy. Here's why:

Overweight gilts or sows are likely to have problems throughout the pig production cycle. Fat sows and gilts tend to produce smaller pigs, crush more of them and have a shorter productive life in the herd. They also eat more.

Breeding animals in poor condition are more susceptible to all disease conditions. They have increased infertility problems and give birth to a larger number of runty pigs.

Sound sow nutrition is also critical at farrowing time. Adequate colostrum is vital to the future welfare of the newborn pigs. Baby pigs lacking antibodies at birth cannot synthesize these antibodies in effective quantities for several weeks. Disease resistance during the suckling period is therefore entirely dependent on the antibodies received through the sow's colostrum milk. The best nutrition is needed to insure that these young pigs will have plenty of colostrum.

Proper nutrition of breeding animals involves providing the correct levels of energy, amino acids (protein), minerals and vitamins during each stage of reproduction. Even non-pregnant sows and non-working boars require certain levels of nutrients just to maintain healthy bodies.

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