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**P. L. ROHRER & BRO., INC.**

Smoketown, Pa.

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## How Large Is A Serving?

Meat, poultry, and fish are usually the most expensive items in a meal. They are important purchases for their protein and for B-vitamins and minerals. Eggs, dry legumes, peanut butter, and cheeses contain some of the same nutrients and may be used in place of meats. Choosing inexpensive meats or meat alternates is especially important to shoppers during a period of high meat prices.

The nutritive value of equal amounts of different kinds of lean cooked meat are about the same. To get the best buy, compare the cost of equal amounts of cooked lean meat.

To provide 20 grams of protein, or 1-3 daily requirement for 20-year-old man, serve:

1 cup or more cooked dry beans; nine - 10 slices of bacon; 4½ tablespoons peanut butter; six slices of bologna.

3 ounces cheese; five fish sticks; 2-3 cup cottage cheese; four frankfurters; two - three ounces cooked lean meat (beef, pork, lamb, veal, chicken, turkey or fish).

Remember to include some source of animal protein in the meal so your body will have all the essential aminoacids available for building and repairing body tissues.

### FOR HANDLING GRAIN THE EASY WAY

We suggest you check our Bargain Prices on 6" x 32' Auger Elevators (PTO Drive)

A. L. Herr & Bro.  
Quarryville, Pa.  
Phone 786-3521

## Grain Storage Costs Going Up In '73-74

The average cost to store a bushel of grain in commercial elevators, which remained relatively unchanged between 1970-71 and 1971-72, is expected to jump in the 1973-74 season.

Higher costs of major inputs, along with some reduction in storage volume, may result in a 15-percent increase from the 1971-72 level of 14.9 cents per bushel.

Combined costs of handling and storing grain at country elevators is estimated at 22.1 cents per bushel, up 2.9 cents from 1971-72. This includes the cost of storage for one year plus the cost of receiving by truck and shipping by rail.

At inland terminals, the total 1973-74 cost of receiving and shipping by rail plus one year storage is estimated to average 21.1 cents per bushel, an increase of 13 percent (2.5 cents) over 1971-72.

For port terminals, the cost of receiving by rail, one year storage, and shipping by water, is placed at 27.2 cents per bushel in 1973-74 - about 11 percent (2.6 cents) more than in 1971-72.

The 1973-74 average occupancy

level in commercial elevators is estimated at 54.7 percent compared with 55.3 percent in 1971-72.

These projections are based on elevator cost data collected from 175 elevators in 1972.

As a person grows older, the pupils of his eyes become smaller and the crystalline lenses inside the eyes become less clear. The result is that older people need more light for reading and driving than do young people, according to the Vision Conservation Institute.

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Aristotle was among the first to recognize the condition known today as presbyopia - the gradual loss of the eye's focusing ability - with the advancing of age, the Vision Conservation Institute says.

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A person's ability to make his two eyes work together must be learned. In fact, a child usually does not begin to stabilize the visual patterns he receives until somewhere around the age of ten, reports the Vision Conservation Institute.

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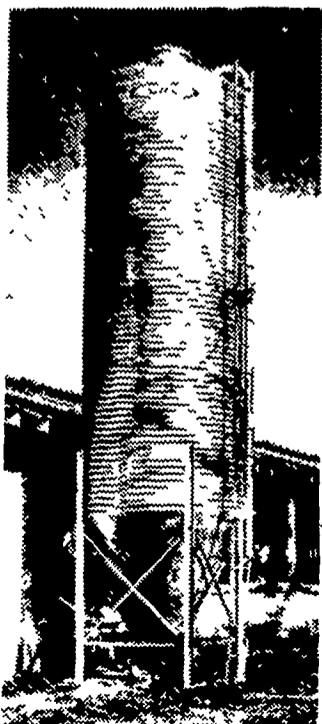
# SAVE - SAVE - SAVE!!!

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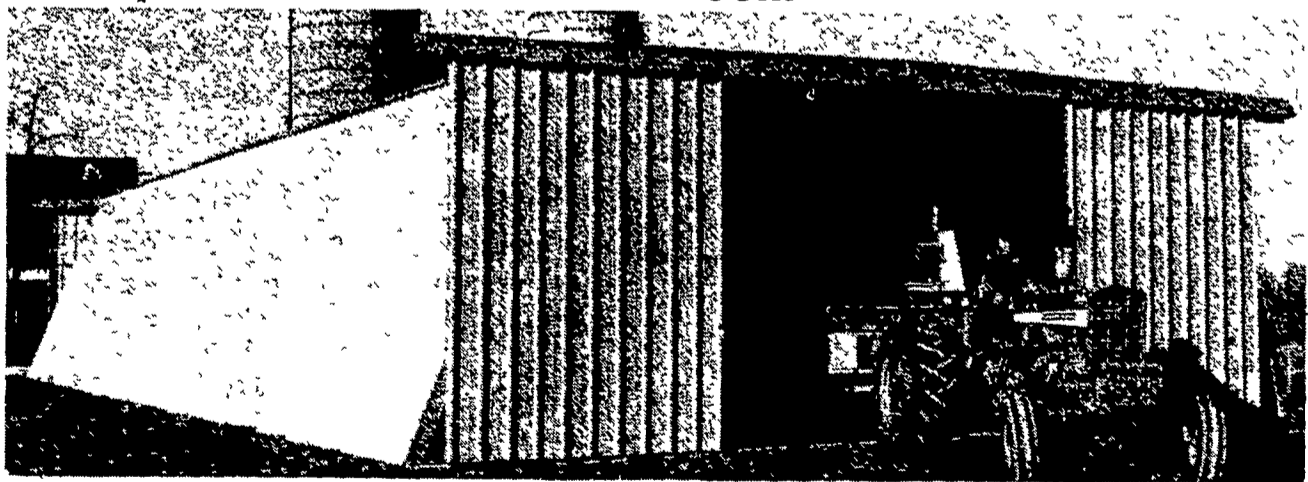


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