

Zeranol Said to Give Better Beef Profits

The animal growth-promotant known as zeranol can make a profit of at least 5 dollars for every dollar invested in stimulating weight gains of beef cattle, an animal scientist from

Penn State stated this week during Northeastern meetings of the Society of Animal Science at Kingston, R.I.

Dr. Lowell L. Wilson of Penn State said experiments with zeranol increased weight gains of beef heifers by at least 7 per cent, and steers by at least 9 per cent, compared to untreated animals. Zeranol and other growth-promoting chemicals were tested as implants under the skin of the animal's ear.

Approved by the Food and Drug Administration, zeranol gives weight gains similar to DES (diethylstilbestrol), a growth-promotant no longer permitted by the FDA, Dr.

Wilson pointed out. Zeranol is marketed under the trade name of Ral-Gro.

Earlier Penn State trials have indicated that zeranol has no harmful effect on carcass meatiness or carcass quality. The studies, past and present, are carried out within the Agricultural Experiment Station of the College of Agriculture.

The zeranol implants were used on 60 heifers and 276 steers in feedlot tests. The implant dosage was 36 milligrams for each animal. The feedlot trials were underway for 112 days. Implanting with a combination of zeranol and other implants was no better than zeranol alone.

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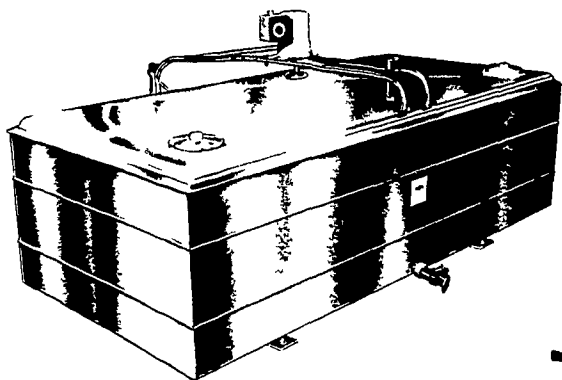
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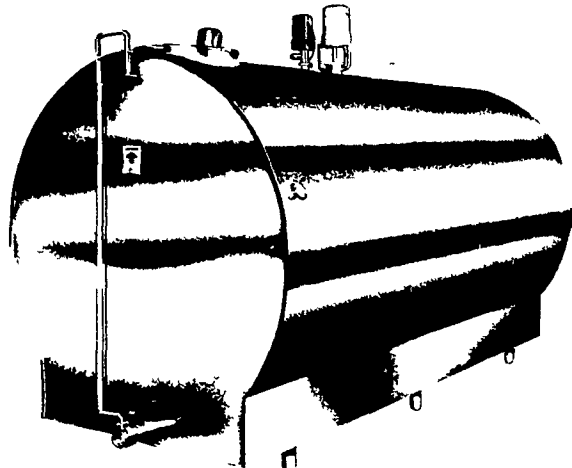


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NUTRITION A LA CARTE

• People ask me about cholesterol and I tell them research has a long way to go before we will have answers. The question of whether the foods we eat have anything to do with heart disease has not been settled. Meantime, drastic changes in your diet should not be made without medical advice.

• Medical research has shown that the great majority of babies in excellent or good condition at birth are babies of mothers whose diets were excellent or good. The mothers, too, enjoyed better health and had fewer complications in pregnancy. This is why mothers-to-be should know and practice good nutrition.

• Is there an overweight or obese teenager in your house? At Harvard they found that such youngsters gain weight not because they eat more than their thinner schoolmates, but because they exercise less. They were physically inactive 90% of the time and often ate less food.

• Phosphorus in your diet — and milk is a good source — is needed in every living cell. It's involved in chemical interactions with protein, fats, and carbohydrates in giving the body energy

and essential materials for growth and repair. Phosphorus is available in many foods, especially those rich in protein or calcium.

• For dental health eat a balanced diet and choose snacks that won't stick to your teeth. Good snacks include milk, fresh fruits, crisp celery or carrot sticks, lettuce or cabbage. Also, unsweetened ready-to-eat cereal. You can make a delightful snack by dipping celery ends into softened cream cheese dip.

• A little safety along with good meals for your family is a good idea. The kitchen can be one of the most dangerous places in the house if we aren't careful. Keep hot things out of the reach of children. Also poisons, sharp utensils, electric appliances, and especially hot grease and cooking oils.

• Anemia is a frequent problem among women of childbearing age and teen-age girls. It is caused by inadequate iron reserves in the body and not enough iron in the diet. Good food sources of iron include whole grain and enriched cereal products, eggs, meat and poultry, apricots, prunes, and raisins.

Swim Near Boat

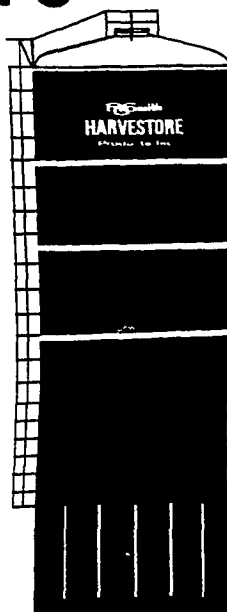
It is a good habit to stay near your boat while swimming. This is because a glare on water or choppy conditions make it difficult for people operating other boats to see swimmers, reminds the Cooperative Extension Service Farm and Home Safety Committee of The Pennsylvania State University.

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