



Doctor in the Kitchen®

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

NUTRITION A LA CARTE

• Your baby's nutrition is terribly important. The number of cells and the size of cells in the body are specifically affected by nutrition in early life. Follow your doctor's instructions closely in feeding your baby. And keep in mind that good nutrition is also important during every age of your life.

• For best performance, athletes should drink more water than their thirst demands, and as frequently as possible during a game. Why? Because athletes start to perform poorly when they have lost only 2 percent of their body weight from sweating. This is easy to do in just the first half of a football game.

• There is no diet, or food, that either causes or cures arthritis. There simply is no valid scientific evidence to back such claims. The best approach for someone with arthritis is to keep his weight down and eat foods chosen from the four food groups — milk, meat, vegetables and fruits, breads and cereals.

• Cereal foods are great extenders. Used with more costly protein foods, they help make more servings — like spaghetti and meat balls, for example. Oatmeal can be used in meat loaf. Dry

milk makes the loaf larger, too. Bread crumbs or ready-to-eat cereal make good casserole toppings.

• Leftovers are fine food, a convenience, and they help out on the food budget. You should know, though, that even under refrigeration, cooked vegetables, for example, do lose some of their vitamin C. Then, re-heating takes an additional toll. So plan as wisely as you can, and avoid having leftover cooked vegetables if you can.

• Research adds to our knowledge of how it is that nutrition contributes to mental development. At Butlerville, Indiana, doctors say that undernutrition during the pre-weaning period in rats causes an irreversible deficit in brain weight and in total brain protein and lipid values.

• What do you think of when you think of food? It's taste? Studies show that people also relate food to fun, hunger, and words like "sweet", "figure", "diet", and "celebrate". As a doctor I also think of food as being essential to your growth, your health, and your happiness. Mothers should be proud of the job they do when they fix family meals.



AMERICAN ARMIES HAVE USED A CASH BONUS TO ENCOURAGE ENLISTMENTS SINCE COLONIAL DAYS. DURING THE REVOLUTIONARY WAR, THE CONTINENTAL ARMY PAID A BONUS OF \$6.67 TO ENLISTEES WHO BROUGHT THEIR OWN RIFLES. \$4.00 TO THOSE WHO DIDN'T.



TODAY'S ARMY IS USING THE BONUS A LITTLE DIFFERENTLY-- TO ATTRACT YOUNG PEOPLE WITH HIGH SCHOOL DIPLOMAS, OR EQUIVALENT. GRADS WHO ENLIST FOR FOUR YEARS IN ARMOR, ARTILLERY OR INFANTRY ARE PAID AN EXTRA \$2,500!

Help Us Serve You

Don't assume we know about your farm organization's meeting. To get your meeting on our Farm Calendar, it's safer to assume we don't know.

Remind us by calling 394-3047 or 626-2191 or by writing to Lancaster Farming, 22 E. Main St., Lititz, Pa. 17543. You'll be helping us to serve you better.

P.S. — If you're not sure you told us already, we don't mind hearing from you again.

NEW

Diversey BARN WHITE

- Does not rub or flake off
- Is really white
- Cleans off windows and stalls easily

For Interior Farm Buildings

Rent our high pressure spraying rig to clean your stables before applying barn white. Excellent for removing dirt, cob webs and old whitewash build up. Can be used to clean stables with painted surfaces.

APPLIED BY RICHARD R. FORRY

Spraying

2020 Horseshoe Rd. Ph. 717-397-0035
Lancaster Penna.

If an apple falls to the ground in 1 second from 16 feet, how long will it take from 64 feet? Ans: 2 seconds.

The only low-priced chain saw with high-priced features

REMINGTON Mighty Mite Bantam CHAIN SAW

\$99.95

- Automatic trigger oiling
- Low-tone muffler
- 6½ lbs. plus bar and chain

Wait no more. Here's the chain saw that prunes, trims, cuts through 20 inch logs and costs just \$99.95. Powerful 2 1/2 cubic inch engine. Easy to start, easy to handle. Exclusive 2 year warranty. Come in and see it today.

REMINGTON CHAIN SAW GEHMAN BROS.

1 Mile No. of Terre Hill on Rt. 897
East Earl RD1 Phone 215-445-6272

Four fine new John Deere features helped name Generation II "The Sound-Idea Tractors"

Sound-Gard Body . . . total-control headquarters . . . Quad-Range Transmission . . . Perma-Clutch — these four new and exclusive features are available on the new John Deere Generation II Tractors. Together, they helped to properly and accurately name these models "The Sound-Idea Tractors." Sound-Gard Body introduces a totally-controlled working environment, the quietest working environment on a tractor (83 decibels), plus excellent rollover protection. Total-control headquarters spots you comfortably in a central position of command over tractor, implement, and job quality. Quad-Range provides 16 job-matched speeds, 6 reverses, a built-in Hi-Lo shift, and a host of other features that set it apart from competition. Perma-Clutch, a virtually lifetime, hydraulically-controlled clutch adds one of the soundest ideas of all to tractor reliability. Get the full details from your John Deere dealer, and you'll realize these new tractors are well named.

LANDIS BROS. INC.
Lancaster 393-3900

M. S. YEARSLEY & SONS
West Chester 696-2990

ADAMSTOWN EQUIPMENT INC.
Mohnton, RD2, Pa 19540
(near Adamstown)
Phone (215) 484-4391

A. B. C. GROFF, INC.
New Holland 354-4191

SHOTZBERGER'S
Elm 665-2141

WENGER IMPLEMENT, INC.
The Buck 284-4141