

## Milk Is Nutritional Food

Since nutrition has become a household word in America, the consumer should be told about milk's nutrients, according to Dr. E. W. Speckmann, Director of Nutrition Research at the National Dairy Council. He told participants in the Dairy

Farmers' Seminar meeting on February 28 that the value of milk is greater than the sum of its parts.

Consumers must make daily decisions about food, and are becoming more conscious about economic and nutritional con-

siderations. Dr. Speckmann cited the fact that while dairy foods (excluding butter) provided only 12 percent of the calories consumed in 1973, they provided 76 percent of the calcium, 42 percent of the riboflavin, 37 percent of the

phosphorus, 23 percent of the protein, as well as high amounts of other important nutrients. Milk supplies the majority of vitamin D in the American diet.

At the same time, however, consumers have many misconceptions about milk. Thirty-three percent of homemakers surveyed by USDA, for example, thought that whole milk was 50

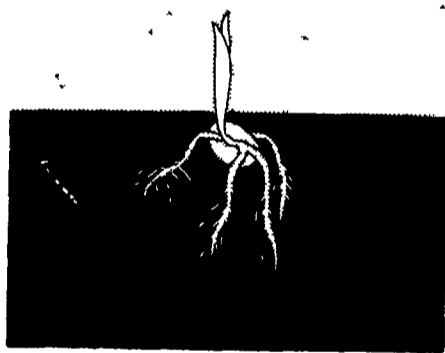
percent or more fat, and 80 percent of those tested thought milk has at least 10 percent fat.

The NDC scientist felt that milk's position in competitive market rests with its nutritional value. He suggested that all educational and advertising programs should be based on

viewing milk as a food rather than as a beverage. Dairy foods hold up nutritionally under the closest scrutiny.

Going a step farther, Dr. Speckmann added that nature's own method of combining milk's nutrients has not been equalled by any imitation product. The protein, fat, lactose, vitamins and minerals all work together in milk to provide an economical, convenient, high-quality, and nutritious food package that no single food can beat.

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## Farm Price Index Up

The February 15 Index of Prices Received by Pennsylvania Farmers was up 3 percent from mid-January according to the Crop Reporting Service.

Higher prices for milk cows, calves, sheep, lambs, slaughter cows, potatoes and feed grains more than offset lower prices for hogs and poultry. The index was 33 percent above a year ago.

Nationally, the Index of Prices Received by Farmers increased 2 percent. Contributing most to the increase since mid-January were higher prices for potatoes, wheat, corn, dry beans and lettuce. Partially offsetting were lower prices for cattle, hogs, and eggs.

## Fire Damages Agway Mill

Denver and Stevens firemen responded to a roof fire at the Agway Feed Mill on Lime Road between Denver and Stevens at 2:40 a.m. Monday.

Stevens Fire Chief Robert H. Heil said the alarm was turned in by a Reading Railroad crew on a train which passed by just after the fire broke out.

Firemen estimated damage at between \$800 and \$1,000. No machinery was damaged.

Firemen traced the cause to an electrical wire that was propped up against the building.

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