

Meat Imports Banned From Foot-and-Mouth Infected Countries

An embargo has been placed on imports of livestock, as well as fresh, chilled and frozen meats from the British Channel Islands by the U. S. Department of Agriculture (USDA), as a result of a foot-and-mouth disease FMD outbreak on the Isle of Jersey.

Veterinarians of USDA's Animal and Plant Health Inspection Service (APHIS) were notified that a herd of ten cattle at Saint Ouen, on the Isle of Jersey, had been diagnosed as infected with FMD. Animal health authorities destroyed the animals and are investigating the source of infection and the extent of its spread.

APHIS officials have removed the Channel Islands from the list of countries approved for shipping livestock and a variety of animal products into the United States without special restrictions.

APHIS regulations bar

imports from FMD - infected countries of fresh, chilled or frozen meat products from ruminant animals and swine. Imports of cured, cooked or processed meats and certain materials for research are permitted under stringent control.

FMD is a virus disease that affects all cloven-footed animals - swine, sheep, goats, cattle and many types of wildlife. The disease generally increases the cost of livestock production in an infected area by 25 percent or more. It is not a danger to human health. However, the virus can be spread via humans on their clothes and shoes.

Countries on the approved list are Canada, Mexico, Panama, all Central American countries, most Caribbean islands (except Cuba, Curacao, Martinique and Guadeloupe) Australia, Fiji, Great Britain, Greenland, Iceland, Japan, New Zealand, Northern Ireland, Norway, Republic



Doctor in the Kitchen

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

NUTRITION A LA CARTE

• Calorie needs vary with activity. People who work at desks need less than those who work with their muscles. Thinking and sitting takes no more calories than just sitting. Most people can keep their weight down by just being careful and eating less or exercising more if they find them selves gaining. Be sure and keep your weight down.

• Modern methods of food preparation and distribution make it possible for us to buy almost any food anytime. Older people will remember when fresh foods out of season were expensive or simply not available. The variety of foods you can buy now reduces housework and improves nutrition. And the safety of our foods is closely guarded.

• Cheese is a gourmet delight and also a fine basic food providing excellent protein, vitamins, and minerals. It's a useful alternate for meats. Cheese is what we call a low residue food, one that is almost fully digested. It's not constipating. No single food is constipating, though your diet can be if there is insufficient roughage.

• Here are some tips known to good cooks. In general, cook high protein foods such as meat, poultry, eggs, and cheese at moderate or low temperatures. Use meat drippings and juices as flavorings for vegetables and other dishes. Cook vegetables tightly covered in a little water as possible, and only until tender.

• How do you eat sensibly when you eat out? It's not hard. Just follow the four food groups the same as anywhere else. Good restaurants know this and their meals provide foods from the meat group, the milk group, vegetables and fruits and whole wheat or enriched breads and cereals.

• Here's a typical fallacy that is not related to fact. The fallacy is that oysters, raw eggs, lean meat, and olives increase sexual potency. The fact is these foods, as well as all others, contribute to health and well being. But they don't have any special properties that increase sexual vigor.

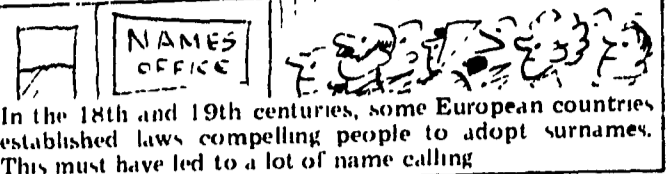
• Skipping breakfast is a bad habit, one that many Americans have slipped into. You will feel better if you have an adequate breakfast. You'll do better work. The mid morning fatigue that can go with skipping breakfast is completely unnecessary. Get up earlier. Breakfast is worth the effort.

of Ireland, Sweden, and the Trust Territory of the Pacific Islands.

Notice of this action is scheduled for publication in the Federal Register March 5.

Try A Classified Ad It Pays!

TRY A CLASSIFIED AD
PHONE 626-2191 or 394-3047



In the 18th and 19th centuries, some European countries established laws compelling people to adopt surnames. This must have led to a lot of name calling.

DAIRY CATTLE and MILK EQUIPMENT

& FARM EQUIPMENT and MODEL "A" TRUCK

TUESDAY, MARCH 26, 1974

at 11:30 A.M.

Located 2½ miles South of Colledgeville and 4 miles North of Phoenixville, on S. Mennonite Rd. between Rt. 29 and Rt. 113.

Dairy herd includes 24 Holstein cows & 1 Guernsey of which 5 are recently fresh and 5 are close springers. Remainder in various stages. Good producing herd. Health certificates furnished.

John Wood 330 gal. milk tank, Walker approved; Delaval No. 74 milker pump & 3 magnetic units; stainless strainers, buckets, double tubs.

J.D. "A" tractor, 1936; J.D. Cyclone "A" tractor w-M&W pistons; Gehl No. 72 flail chopper; A.C. front unloading forage wagon; M.D. No. 80 pto combine w-bin; N.I. No. 208 manure spreader; J.D. 8' fertilizer spreader; J.D. No. 55, 3 btm. trailer plow; 2 btm. trailer plow; M.F. 2 row rotary hoe; 2 sec. spring tooth harrow; 9' land roller; J.D. 7' mower; 1929 Model A Ford dump truck (running cond.); 5 h.p. Economy gas engine; fanning mill; grass seeder; 2 feed carts; iron hog troughs; milk cans; cast iron kettle; lard press; butcher bench; (10) 10' folding picnic tables; 20 ton ear corn; 300 bales hay; 200 bales straw. Note: Not many small items - be on time.

Terms - Cash

Refreshments Served

Auct. - Ralph W. Zettlemoyer

Appr. - Sherwood Zettlemoyer

Tele. - 215 285-4616

Sale For

ANDREW MACK JR.

LEA-VISTA REGISTERED HOLSTEIN DISPERSAL MILKING HERD

THURSDAY, MARCH 28, 1974

HOG SALE 10:00 A.M.

COW SALE 11:30 A.M.

Location: Travel 8 miles South of Hershey on Rt. 322, at Campbelltown, take Rt. 117 South 3 miles, along the Lawn Road; or Rt. 743 north of Elizabethtown to Rt. 341 toward Lawn, watch for arrows.



135 - HEAD - 135

CERTIFIED AND ACCREDITED Including 5 grades 30 day tests

D.H.I.A. Ave (1973) 144 cows, 14,049m 525f 3.7% Including 45 - 2 year olds. Not many cows over 5 years of age. Producing very well. 13 due April & May. 32 due June through Aug. Many bred for early fall and pregnancy checked.

31 dtrs. of Gracy R.A. Carnation Master (Son of Carnation Royal Master) Including

*Emma 2y 305d 17,330m 581f due April to N Alstar Pilot

*Carman 2y 4m 317d 15 022m 514f due Sale Time

*Penelope 2y 5m 305d 14,037m 488f Fresh

*Babe 2y 4m 305d 12,279m 436f (predicted)

21 dtrs. of Lea-Vista Ivanhoe Bruce

*Star 2y 8m 305d 17,175m 704f 4 1' Due May

*Agnes 2y 8m 332d 17,258m 747f 4 3' Due May

*Princess (Grade) 4y 305d 17 356m 679f 3 9% Predicted 20,000m Dam and grandam both 20,000 lb records

Service Sires Paclamar Double Triune, Paclamar Combination Fultonway Presidents Choice, Norlene Alstar Pilot, Vigor Criterion, Lea-Vista Lad Brian

Nearly all home raised, with Carnation, Ivanhoe and Reflection bloodlines throughout the herd. Having been accustomed to both free stalls and chain tie barns they will adapt to either set up. "You are welcomed to inspect this fine herd anytime."

Catalogs available upon request

HOG SALE

At 10:00 a.m. 80 Head Yorkshire Landrace Cross Bred and Open Gilts, including several sows, 75 Feeder Pigs. Credit available by prior arrangements.

Credit available by prior arrangements

Owners, Weidler Bros. R#2, Palmyra, Pa.

Aucts. & Pedigrees: Carl Diller 464-2233 J Everett Kreider 284-4517

Lunch by Leb. Co Farm Women #14

MR. & MRS. PETER SHULTS BIG OLD-FASHIONED AUCTION SATURDAY, MARCH 23, 1974

10:00 A.M. SHARP!

Sale to be held at the farm located 4 mi. S. of Wayland, New York right on U. S. Route 21. (Wayland-Hornell Road.)

As Mr. Shults is retiring we will sell the best kept line of farm equipment and farm related merchandise ever sold at public auction!

EQUIPMENT

A.C. "WD-45" Tractor, WFE., w-side mounted mower; A.C. "CA" Tractor, WFE., w-cultivators and bean pullers; A.C. "WD" Tractor, NFE., w-manure loader; A.C. 3 bottom 14" plows; Wiard 2 bottom 14" trl. plows; J.D. 3 bottom 16" trip, trl. plows; A.C. Basket type hay rake; A.C. No. 302 Baler, less than 5000 bales; A.C. 34' mobile type elevator; 2 rubber tired wagons w-hay racks; A.C. pull type combine w-bean attachment; New Idea No. 17 manure spreader, like new!; A.C. 2 row corn and bean planter; J.D. 12" lime sower; Innez bean windrower; 12' harrow; 9' harrow; Ontario 7 x 16 disc grain drill; 8' bush hog; New Idea hay conditioner; A.C. 14' vibra shank, new!; Vulcan 10' double cultipacker; 1946 Chevy, 1½ T. farm truck, A-1 cond.

1946 G.M.C. ¾ ton pickup, 4-speed, only 30,000 actual miles!; Weed sprayer; Mounted Buzz Saw; Messenger Crop Duster; Iron age 2 row potato planter; Boggs No. 3 potato grader w-picking table; 20' singer bag elevator w-2 h.p. motor; log boat; Surge 2-unit milker pump; Fanning Mill; Wagon box; Large quantity of wheat straw to be sold in 3 lots; quantity of hay; 1½ T. Bagged fertilizer; 60' x 6" endless belt.

ANTIQUES AND SPECIAL INTEREST:

Beautiful Horse drawn cutter w-doors and leaf springs; Spring Seat; Double Horse harnesses w-set of new bridles; Neck yolks; Whiffle trees; Old cast iron seat; Gas, coal and wood kitchen range; quantity of old milk cans; chopping box; large old feed box; cast iron scalding kettle; butter churn; Round oak stove; lg. quantity of seasoned lumber; 300 potato crates; air compressor; quantity of 100 lb. potato bags; 200' ext. cord; log chains; vice; anvil; screw jack; socket set; 44' wooden ext. ladder; Homelite chain saw; plus a large quantity of small tools and misc. items too numerous to itemize!!

MANAGER'S NOTE: Never before has farm equipment in such fine condition been sold at public sale! Everything is in the same shape it was when purchased new! One owner - one operator equipment! A small field day of its own! See you the 23rd!

Lunch Available!!

Terms Strictly Cash or Personal Check Subject to Proper I D

Owners:

Mr. & Mrs. Peter Shults

Sale Conducted by: Victor Pirrung & Son, Wayland, New York 716-728-2520

PUBLIC AUCTION OF VALUABLE FARM MACHINERY

LOCATION: Rt. 322 west toward Brickerville. Turn right onto Hopeland Rd. On Hopeland Road about 1 mile, sale will be held at the second farm on the right. Watch for sale arrows.

Saturday, March 30, 1974

12:30 P.M.

JOHN DEERE 3020 GAS

FORD 2000, LIKE NEW WITH 6' BLADE

John Deere 350 crawler, loader and scoop bucket; small John Deere crawler with blade.

JOHN DEERE HAMMERMILL MIXER NO. 400 LIKE NEW

Gehl recutter, Hi-throw, used 1 season; 2 Little Giant 30' hay elevator, 2 New Holland Flail choppers, like new; New Holland blower No. 26, like new.

2 NEW HOLLAND FORAGE WAGONS LIKE NEW

JOHN DEERE FORAGE WAGON WITH ROOF

John Deere 4-row cultivator; Triumph 6' High-way mower; New Idea hay rake; like new.

NEW HOLLAND 717 SUPER FIELD HARVESTOR CORN & GRASSHEAD -- NEW Irrigation pump, V8 engine on running gear 6" outlet. 3000 ft. 3" to 6" pipe.

1971 FORD NO. 500 DUMP TRUCK, with trailer hitch. Good condition.

AUCTIONEER'S NOTE: Most of the farm machinery listed has only been used one or two seasons. If in need of equipment, take advantage of this opportunity to purchase like new machinery. Most of the above equipment was purchased new in 1972 and 1973. There are no small items to sell. Sale to commence at 12:30 sharp.

Terms Cash Sale By:

MITCHELL RANCH (717) 949-2011

Randal Kline, Auct. (717) 626-4975

NOT RESPONSIBLE FOR ACCIDENTS DAY OF SALE