

DID YOU KNOW...



THAT YOU SHOULD EAT PROTEIN DAILY BECAUSE IT IS NOT STORED BY THE BODY U.S. DAILY RECOMMENDED ALLOWANCE IS 45 GRAMS OF PROTEIN ACCORDING TO THE FOOD AND DRUG ADMINISTRATION. YOU CAN GET ONE-THIRD TO ONE-HALF OF THE DAY'S PROTEIN FOR 20¢ TO 50¢ OR MORE. TO HELP YOU SHOP WISELY, CHECK THE PRICES GIVEN BELOW (BASED ON 1/15/73, U.S.D.A.).

(ALL PRICES FOR 20-GRAM PORTIONS)

SIRLOIN STEAK FROZEN HADDOCK \$.50
PORK LOIN ROAST BOLOGNA
BONELESS RUMP BACON

CHICKEN SALAMI \$.40
CANNED SARDINES FROZEN OCEAN
LIVERWURST PEKCH FILLETS

CURED PORK PICNIC - HAMBUR- \$.30
GER - BEEF LIVER - CANNED
HAM - HAMBURGER w/soy -
SWISS CHEESE - LARGE EGGS -
WHOLE TURKEYS - YOGURT

WHOLE FLUID MILK \$.20
DRY BEANS - NONFAT
DRY MILK - PORK AND
BEANS - COTTAGE
CHEESE - TUNA -
SLICED AMERICAN
PROCESS CHEESE -
PEANUT BUTTER -

MILK AND DAIRY PRODUCTS,
MEAT, FISH AND CHICKEN ARE
CALLED COMPLETE PROTEINS
BECAUSE THEY CONTAIN
ESSENTIAL AMINO ACIDS;
CANNOT BE MANUFACTURED.

EXAMPLES OF 20
GRAM PORTIONS
(ALMOST 1/2 U.S. R.D.A.)

- MILK (2 CUPS)
- AM. PROCESS CHEESE (3 SLICES)
- MEAT, FISH, POULTRY (1/4 - 1/3 LB.)
- EGGS, LARGE
- CANNED BEAN SOUP (2 2/3 CUPS)
- PEANUT BUTTER (4-5 TBSP.)
- YOGURT, WHOLE MILK (3 CARTONS)
- DRY BEANS (1/4 LB.)

Milk Is A Wonder Food
From the Chicago Sun-Times. "How would you like something to provide you with the following services: helping to develop and maintain bones and teeth; regulating the heartbeat; building, maintaining and repairing body tissues, helping build

resistance to disease; keeping skin clear, soft and smooth; preventing infection; protecting against night blindness; maintaining normal vision, and helping the nervous system function properly. If so, then call upon milk. It contains almost every nutritional element needed in the human diet."



KEY TO PROFIT
AGRI-KING, Inc.
PERSONALIZED FEEDING PROGRAMS
FULTON, ILL.

From Field . . .
To Storage . . .
To Livestock . . .

Preserve Maximum Nutrient Content and Palatability
by using

"Silo-King" Silage Preservative:

DON'T WASTE A THING, YOUR CROPS
ARE TOO VALUABLE

- Hay or haylage value ranges from \$20.00 to \$80.00 per ton in feeding value: on a 10 percent dry matter basis.
 - Due to the ever increasing cost of feeding and maintaining livestock, your future may depend on your handling of roughage in the most profitable manner.
 - To prevent weather loss in making haylage, mow in the morning after the dew is off and chop that afternoon on a good drying day:
 - And to help prevent heating, vitamin loss, energy loss, protein loss, and silo-stink, apply "SILO-KING" silage preservative.
 - Another bonus from using "SILO-KING" is greater silo capacity. This is due to the higher moisture content that's possible to maintain by using "SILO-KING"
- For outstanding results, proven again and again in 23 states and Canada.
For higher feeding value and greater silo capacity.

ASK YOUR LOCAL DEALER TO SEE YOU
Write or Phone

GEORGE F. DELONG

STATE MANAGER P.O. BOX 683, LITITZ, PA. 17543

Call Collect: 717-626-0115

"SILO-KING" - Manufactured by Agri-King, Inc.
Fulton, Ill.

COW GO-ROUND "Step Right Up Bossy"

America's dairy farmers are enterprising business men. In order to increase milk production they have utilized scientific feeding and breeding processes. Cows have been patted and petted, and serenaded with whistling, singing and music to milk by.

Dairymen have structured milking parlors on all angles and levels. These range from manned operations with automatic milking machines to fully automated plants. One of the more interesting approaches to this everyday problem is the Cow Go-Round revolving platform.

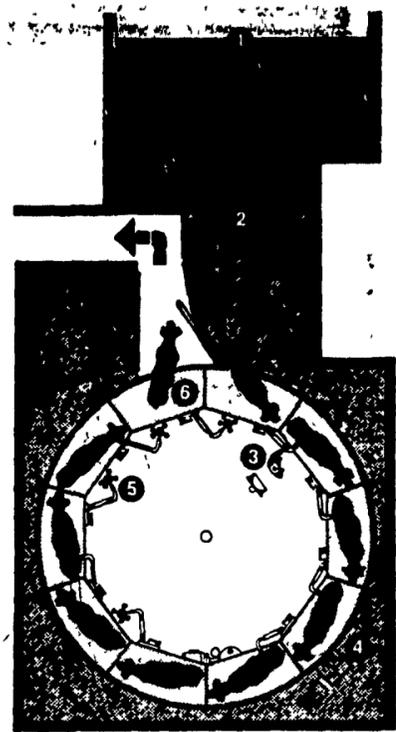
Dairymen users find that the milking process is usually completed in one revolution of five to seven minutes. However, the speed of the revolving platform can be adjusted.

The cows come into the barn via a wide aisle and are moved into prep stalls by an automatic crowd gate. Each of the stalls has automated front and rear gates. As the rear gate closes it activates a wash, soak and rinse cycle of 20 seconds each.

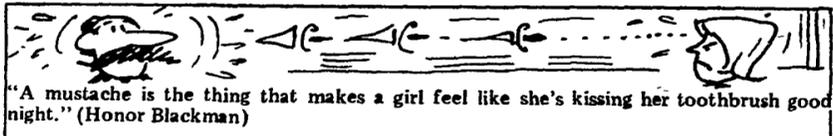
Then the front gate opens and the cow steps on the slowly moving platform and starts eating the grain in the milking stall. When the cow has been milked, the enclosure gate automatically opens allowing her to get off and return to the barn. Her vacated place is taken by the next cow in line.

If the cow is not through milking when the revolution is completed, the release gate remains closed and she goes around again. The average cow takes about three weeks to become accustomed to the go-round system.

If too many cows make too many trips, a research project may be needed to determine a cow's control over her milking rate. Some cows may go merrily around and around, especially if an additional grain ration is doled out to make each trip more productive.



As the automatic crowd gate (1) directs a cow into one of the three prep-stalls (2) a spray is activated which automatically washes, soaks, and rinses each cow's udder before she steps on the rotating platform. The operator, attaching milking unit (3), is able to observe each cow's health and general condition. The platform is driven by heavy-duty industrial type components (4) for maximum trouble-free operation. When the flow of milk slackens, a sensor activates the reflex arm (5) which automatically shuts off the vacuum, gently removes the milking unit from the udder, and raises the unit up out of the way. Then the cow steps off the platform (6) and another cow takes her place.



"A mustache is the thing that makes a girl feel like she's kissing her toothbrush good night." (Honor Blackman)



Rear view of Calf Stall

When you see the quality and the convenience features we've engineered and built into the new STARCRAFT Calf Stall along with its economical cost we believe you'll see why STARCRAFT is the leader in livestock equipment.

STARCRAFT Calf Stalls are made of prime quality structural steel tubing and tough angle iron. Flooring is of PVC plastic coated expanded metal and treated wood for strength, long life and calf comfort. And not only is the flooring included with every STARCRAFT stall but each stall is complete right down to the hay rack, feed buckets and nurser.

Order your STARCRAFT Calf Stalls today and give every one of your valuable calves a 100% chance to develop to its full potential.

Model	Code No.	Overall Height	Height from Floor	Overall Length	Width	Weight
CS-10	12 2022	46"	12"	61"	20"	100 lbs.
CS-10P	12 2023	46"	12"	61"	20"	140 lbs.

CS-10P End Panel required for each group of stalls.

WE SELL, SERVICE AND INSTALL



E. M. HERR EQUIPMENT, INC.

R.D.1, Willow Street 717-464-3321