



## Doctor in the Kitchen®

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

### Back To School

So summer is just about over, the kids are back in school, and while we don't like to admit it, it's possible that some children are eating better than they did at home.

If this is so, it is for one of two reasons: Either the child's family cannot afford sufficient food, or ignorance-nutritional ignorance—is depriving that family of adequate meals. Such ignorance can and does exist at all economic levels—so it's not always just a matter of money.

### The Value of School Lunch

But is your child in a school that serves school lunch you have a lot going for you. And in recent years great effort has been made to extend the school lunch program to schools that do not have facilities for preparing lunches. Even breakfast programs have been put in operation.

More and more schools are

being served. Airline-style, pre-prepared meals are brought in. And school feeding programs increasingly provide that children receive meals without discrimination when they cannot afford to pay for them.

A bonus on school breakfast and school lunch programs is that besides giving the child a healthful meal, the programs are a practical demonstration for

the pupil of the foods that make up a good meal.

When this experience is coupled with modern nutrition education in the classroom there is promise that we are raising a generation of Americans who will know how to eat more wisely than their parents.

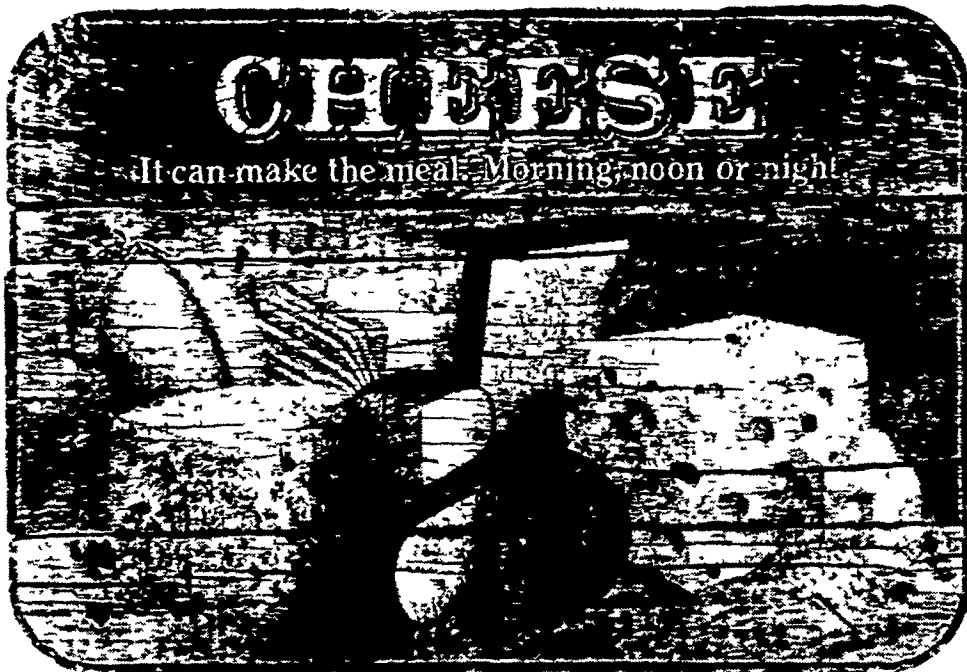
Nutrition is increasingly being taught in the schools in a manner to excite real interest and create motivation. It used to be a sort of dull subject, full of "this-is-good-for-you" stuff. Not today. Nutrition is now taught in special units of study that are fun, relevant, and that lead to including nutrition in the teaching of mathematics, geography, social studies and particularly in helping children

arrive at values that will guide them throughout their lives.

### Taking Lunch To School

If you or your children prefer, for one reason or another, that they take their lunch to school, it isn't difficult to give them a balanced meal. The four-food-group formula will do it. A sandwich or two can easily provide your child with meat, cheese, or, say, egg salad and that will give him the meat and breads and cereals groups.

To help complete the meal, give your child some kind of fruit, and-or celery or carrot sticks, or vegetable soup in a thermos. If your girls want to get fancy, make a small salad and put it in a plastic container. Then have your children buy milk at school.



"Fall for Cheese" is the selling theme of the autumn promotion of the American Dairy Association. Cheese, promoted as the anytime meal-maker, will be featured in more than 18,000 stores throughout the

country. "Cheese Magic", the 4-color 16-page fall recipe booklet, may be purchased for 25 cents each from the American Dairy Association, 6300 North River Road, Rosemont, Illinois 60018.

### Routine Dryer Care

Routine care for efficient operation of a dryer requires the cleaning of the lint screen after each load. Build-up of lint on the screen cuts down on the air flow through the dryer and lengthens drying time.

To remove spots from starched or tinted articles, from the dryer drum, wipe with a cloth moistened in a dilute solution of chlorine bleach and wipe with one moistened in plain water.

If the dryer is used to dry unlaundered clothing such as children's snow pants between outings, wipe the drum with a sudsy sponge or cloth and wipe with a clean one to remove any dirt before clean laundry is put into the machine. Wipe door and opening occasionally.

## Nutrena C.L.S. Dairymen, check this new way to use urea



New, patented Nutrena Controlled Release CLS controls the release rate of protein-building nitrogen in the rumen. That makes urea more useable. It also means an extra margin of safety from urea toxicity—important in free-choice feeding. Patented Nutrena Controlled Release CLS mix, top dress, or feed free choice in lick feeders.

**SWATARA CREEK MILLS**

RD1, MYERSTOWN, PA  
PHONE (717) 933-4111  
CALL COLLECT

**ELMER SHREINER**

A GOOD FEED MILL  
RD 1 New Providence, Pa  
Phone 717-786-2500

## When Power Fails depend on PINCOR Electric Plants



16 KW 25 KW 50 KW

- Rated for continuous duty - 12 KW to 50 KW
- Tractor driven and automatic engine driven
- High motor starting capacities
- Slow speed 1800 RPM operation
- Heavy duty construction
- Cool running triple chain drive transmission
- Rainproof construction
- Meets NEMA codes
- Completely wired control box
- Trailer and 3-point hitch options

**HAVERSTICK BROS.**

2111 Stone Mill Rd. • Lancaster, Pa.  
Phone (717) 392-5722

## THE NEW HIGH YIELDING WHEAT

# ABE

A new variety released from Purdue's Internationally Famous Wheat Breeding Team.

- Good Disease and Hessian fly resistance
- Stands well and a very good yielder

Growers report up to 68 bushels per acre. Order while the supply lasts.

**BARLEY BARSOY PENNRAD**

**REIST SEED CO.**

Mount Joy, Pa.

Since 1925

717-653-4121



If you could see the amino acids in a hog ration

**...YOU'D FEED PURINA**

Baby Pig Chow® is amino acid balanced to furnish the nutritional requirements at this critical age.

The beads represent the amino acids that are so essential to a baby pig. You can't see the amino acids in a ration, but if you could, it would be very apparent how much variance there is in amino acid balance between different brands of feed. The shortage of any essential amino acid can greatly reduce performance.

The baby pig requires an amino acid balance totally different than it will when it is older. As the sow's milk supply begins to dwindle, the baby pig's nutritional requirement is increasing rapidly. The fact that the small pig's tiny stomach can only hold a small amount of feed further complicates the situation.

Intensive research at the Purina Research farm determined the baby pig's amino acid requirements. The information gathered from the research has been used to formulate Baby Pig Chow with its special fortification and amino acid balance.

Baby Pig Chow even smells and tastes like sows' milk to entice the pig to eat. Open a bag of Baby Pig Chow in your farrowing house and place the open end near one of the pens. Let the pigs show you how much they like it.

**Wenger's Feed Mill Inc.**

Ph: 367-1195  
Rheems

**James High & Sons**

Ph: 354-0301  
Gordonville

**John B. Kurtz**

Ph: 354-9251  
R D 3, Ephrata

**West Willow Farmers Assn., Inc.**

Ph: 464-3431  
West Willow

**John J. Hess, II, Inc.**

Ph. 442-4632  
Paradise

**Ira B. Landis**

Ph: 665-3248  
Box 276, Manheim RD3

**O. Kenneth McCracken & Son**

2 New Charlotte St., Manheim  
Ph. 717-665-2186

**PURINA HOG CHOWS**