



Doctor in the Kitchen®

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

How Do Husbands Eat?

Has it been long since you asked your husband what he had to eat? Either at a local restaurant, or out of town? It's true, you know, that many men in business get almost as much of their

nourishment away from home as at the family table.

We all worry about our children - whether they get enough to eat. We may not worry enough about just what foods our children are consuming. But do wives,

unless their husbands are on reducing diets, know what their spouses eat when they eat out?

As a doctor I suspect we don't know a great deal about what individual men eat. And if you ask them, a lot of men may not remember from day to day what they had either. But observing people in restaurants suggests there may be a lot of meat, potatoes and martini meals. And coffee, of course.

This is not, if true, as it should be.

Enough Calories

I have the feeling that most men will get enough calories, whatever they do. So we probably don't have to worry about whether your husband gets enough for energy. The real concern has to be for his not getting too many calories. But at the same time, he must get the nutrition he needs.

Malnutrition, whether by way of gaining too much weight or creating nutrient deficiencies over the long term, is a very subtle thing. It is almost a secret thing. An illness can be triggered by undernourishment. But in looking back, even an illness may not reveal that poor eating habits were a contributing factor.

So we have to approach nutrition on a positive note. If faithfully practiced, sound eating habits will reward you by helping you achieve maximum health. If, regardless, disease does strike, good nutrition will have you in stronger shape to overcome the illness.

Nag Your Husband

Thus good nutrition has a lot going for it. It wouldn't all be that bad if you nagged your husband about it once in

Conservation Cooperators Signed Up

Several new cooperators have signed up with the Lancaster County Conservation District, it was announced at a recent board meeting of the district directors. The landowners listed below have agreed to implement soil-saving conservation plans on their land. The landowners, the townships in which their properties lie, and the number of acres in cooperative agreement are:

Henry L. Young, Little Britain, 173 acres; Allen H. Brubaker, Ephrata, 76; J. Clair Hilsher, West Donegal, 75; Marlin and Laverne Irwin, Eden, 245.

David C. Eckman, Martic, 29; Henry E. & Martha Garber, W. Donegal, 64; John J. Snyder, Earl, 84; Landis K. Marian H. Sangrey, West Hempfield,

a while. Ask him what he had at that restaurant last night. And if he didn't have portions from the four food groups, explain to him how relatively easy it is to order adequate foods from a menu.

Certainly, there is great variety in the meat-fish-poultry-eggs group of foods. You just can't miss, in any decent restaurant. And there is no reason for you to eat portions overloaded with calories. Leave some on the plate if necessary.

Vegetables and fruits (some of each) are very important and easily included in the meal. So are breads and cereals. And something from the milk group.

112; Ruhl's Grove, Penn. 8. Hershey, East Hempfield, Frank H. Peiffer, Martic, 88; Paul Z. Nolt, 62; Joseph 65; Isaac N. Miller, East Weaver, Salisbury, 52; Hempfield, 44; Elvin R. James W. Risser, Penn, 101.

HARRY RUDNICK & SONS, INC.

Livestock Sales Every Tuesday
Galena, Md. Phones 648-5100 & 648-5179

In Addition to our Regular Sale
TUESDAY, OCTOBER 15, at 7:00 P.M.

48 HOLSTEIN & GY. DAIRY COWS 48

This herd consists of 38 Holstein cows, some Guernsey, some fresh cows, some springers, other in full flow of milk. 2 open Holstein heifers, 6 houg Hol. bulls. T.B. and Bangs accredited, retested for sale.

4500 bales mixed hay, 1100 bales of straw.
Milk Equip: 4 Surge units, milk buckets & strainers, S.S. wash vat, 50 gal. elec. water heater, vacuum pump & line, 300 gal. Zero tank atmospheric (at farm).
Consigned by Merritt T. Bramble, Sr., of Cecilton, Md.

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Dairy Cow Show and Sale

FRIDAY, OCT. 18

JUDGING AT 10:00 a.m.
SALE AT 12:30 p.m.

\$400⁰⁰ in Cash Awards

4 CLASSES

- HOLSTEIN
- GUERNSEY
- MIXED BREED
- DRY COW

the Green Dragon



1 mi. N. of Ephrata on N. State Street

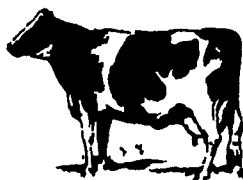
PUBLIC SALE

Milking Herd Dispersal
and Farm Equipment.

SATURDAY, OCT. 12, 1974

Situated in Penn Twp., Lancaster Co. Pa. Along Auction Road. 1½ mile West of Manheim Auto Auction and Route 72.

75 - Head Grade Holstein Cows - 75



Herd consists of forty five fresh cows, balance in various stages of production. A producing herd with over one million pounds in 1973 Pregnancy checked — health charts

FARM EQUIPMENT

Ford 4000 diesel tractor A-1, Ford 9-N Tractor, Sauder loader with scoop and fork. Sauder snow blade. Ford 311 four row corn planter with fertilizer and insecticide attachment John Deere No. 6 harvester with row crop Ford three pt seven foot mower, John Deere six foot rotary cutter New Holland 33 crop chopper New Holland 516 manure spreader, Smoker 24 foot elevator Laval 26 foot elevator, Ford 3-14" 3 pt plow John Deere six foot 3 pt disk harrow, two section three pt rotary hoe, Ford three pt cultivator

12,000 watt Wind Power generator Century 250 amp welder, with battery charger, ½ h p air compressor, wood frame elevator, window frames, Steward animal clipper, tow chains, and other items

SPECIAL MENTION

1965 GMC truck with Stauffer custom grinder-mixer with molasses blender and GM 145 h p diesel powered unit 1965 Cadillac Fleetwood 4 door hardtop 1954 Dodge five ton dump truck A-1 1961 Ford Econoline panel truck Single axle tilt bed trailer, 10 ply rubber John Deere 112 lawn and garden tractor with mower Equipment in A-1 condition

Sale to Commence at 11:00 A.M.
Cows Selling Under Cover 12:30 P.M.
Conditions by

Henry E. Kreider

Owner

Aucts Buffenmeyer and Wolgemuth
Clerks Sanger and Erb
Refreshments by Gus Deraco.

81 HOLSTEINS AT AUCTION

GREENSIDE FARM MILKING HERD and BRED HEIFER DISPERSAL
PARKTON, MD.

OCTOBER 23, 1974 11 A.M.

Mr. and Mrs. Donald Ensor, Owners Phone: 301-357-8509

The farm is located on Mt. Carmel Road [Rt. 137] 4 miles West of Rt. 83 at Hereford, 28 miles South of York and 23 miles North of Baltimore.

SELLING 81 HEAD - 4 BULLS - 58 P.B. COWS AND SPRINGING HEIFERS - 19 GRADE COWS

The Ensor family has developed a top herd of high producing cows. The 1973 herd average was 16,093 milk and 570 fat on 66 cows. The present rolling herd average is 15370-589 with a 3.8 test. The herd was classified in 1973 with 1 EX, 6VG, 13GP and 11G. There are over 30 head freshening in Sept., Oct., and Nov.

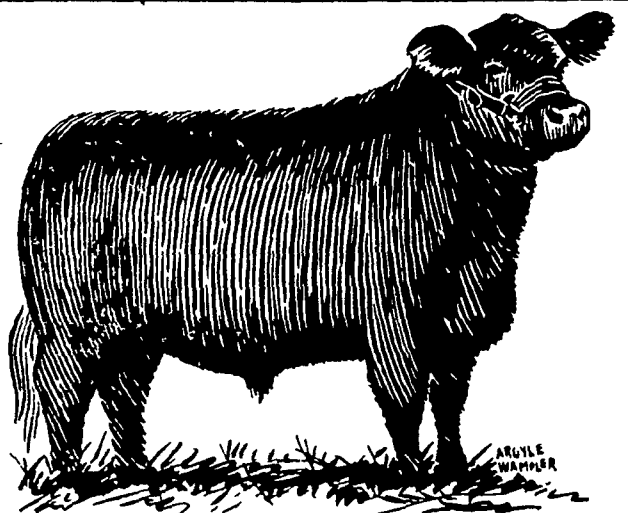
In the sale will be 5 "ASTRONAUT'S", 10 by ARLINDA SENATOR CURTISS, a daughter of OSBORNDALE IVANHOE, 6 by PA CLAMAR IVANHOE BLACK EAGLE, an "ARLINDA'S CHIEF" daughter and a "MARQUIS" daughter.

Plan to attend this sale. An outstanding lot of young cows and bred heifers due this fall.

FOR CATALOGUES WRITE

A. DOTY REMSBURG
Jefferson, Md. 21755
Phone: 301-473-8214

JOHN B. MERRYMAN
Sparks, Md. 21152
Phone: 301-771-4624



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