

# ORGANIC LIVING

By  
**Robert Rodale**

## Make 1975 Your Year of Security

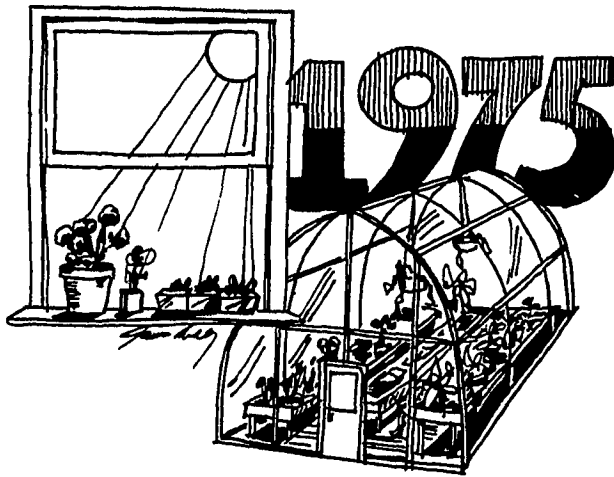
Happy New Year!!!!

Made any resolutions yet? Instead of the usual promises that you make - and promptly break - why don't you resolve to make this New Year something special - something really special. Why not make 1975 the year you develop a new measure of independence, the year you become more truly secure.

Independence is not as far out a goal as you might at first think. Inflation is here and now. Many families find themselves living from paycheck to paycheck. Anything that can help insulate someone to any degree from the effects of a declining economy can be of help.

The key element in reaching a degree of self-sufficiency is obvious: Make use of what you have to the fullest.

Let's start out with the apartment dweller. In the summertime, put your windows to work, providing



sunlight for window boxes loaded with vegetables and herbs. Anything you grow won't have to be purchased.

If your apartment has a spare room in it, put it to use also. Make a mini-greenhouse in it. Inexpensive indoor growing kits, complete with the proper lights and instructions, are readily available. And after your first indoor harvest, you'll begin paying off the investment and reaping added health benefits from eating fresh vegetables.

Of course, there is no reason at all why suburban or rural families can't have greenhouses. There's one to fit almost every budget from expensive metal-and-glass construction to those made from clear plastic nailed over a simple frame and built from scrap lumber for next to nothing. A greenhouse can be a money-maker, a secondary income source. Consider the possibility of raising fresh, organic vegetables for sale to your friends and neighbors. Fresh lettuce, tomatoes and a whole variety of other fresh vegetables taste awfully good in the dead of winter when the ground outside is frozen solid. Within no time at all, you'll recoup the modest investment and be ahead of the game.

The fact that everyone with any land at all should have a garden goes without saying. Land is our most precious resource and not to make good use of it is pure folly.

Even if you already have a garden, you can make better use of it. Why not extend the gardening season by growing your vegetables under a plastic cloth as the cold weather sets in? As long as it is clear, the plastic acts as a greenhouse, capturing heat from the fall sun and hoarding moisture from the covered ground. A plastic cover over a garden can extend the growing season by several weeks.

There are a number of other ways that you can increase your independence from the fickle whims of the economy. Consider what's been happening. For years, people have been raising chickens, ducks and geese. Anyone with the room should be encouraged to do the same.

A flock of chickens nesting in your garage might be another cushion to pad your family against the effects of the declining dollar.

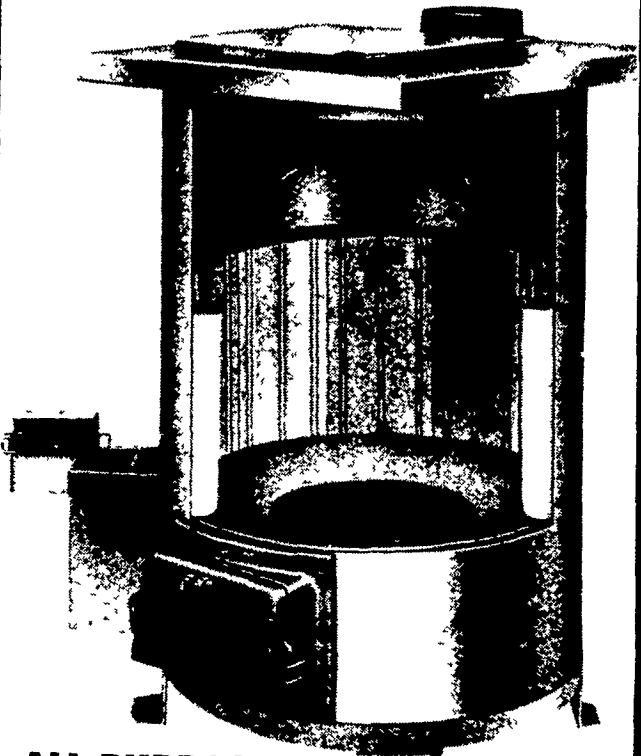
Consider what a small flock - say one rooster and ten hens - could provide for a small family seeking security. How does three dozen eggs a week sound? Use what you need, then sell the rest to your neighbors. Chances are that you'll earn enough to buy that next bag of feed. Of course, if you have a large garden, it can go a long way toward reducing chicken feed costs.

Inflation, coupled with a lack of mortgage money, has also cut into the peculiarly American habit of moving every couple of years. People are now staying in one place. Instead of buying a better home, families now consider repairing and remodeling the homes they have. Companies that manufacture power tools are working around the clock to fill backlogged orders.

A home is one of the best hedges against inflation, or so the experts tell us. And when that home is put into better condition, the increase in value more than makes up for the time, effort and money that went into these repairs.

There are signs, although they are subtle, that people are beginning to assert themselves. For example, ac-

## CUT HEATING COSTS WITH A COMBINATION WOOD or COAL HEATER



### ALL-PURPOSE HEATER

Ideal for garages - utility rooms - work shops - cabins - small homes - cottages (one to two rooms).

Thermostatically controlled. Will burn a full 24 hours with a simmer flame.

Use as emergency heater. Insure against damage from freezing (burst water pipes, etc.).

**PRICED RIGHT**  
EASY TO INSTALL  
CHOICE OF TWO MODELS

## PAUL S. HIESTAND

CALL OR WRITE  
R.D.1, Marietta, Pa. Phone (717) 426-3286  
DEALERS WANTED

### AUTHORIZED DEALERS

H. L. Philips, Glen Moore, PA - (215) 458-5774  
John P. Becker, Mt Joy, PA - 684-7427  
G. Anthony Terreman, 1916 Park Plaza, Lancaster, PA - 569-1883  
Philip C. Witmer, Reinholds, PA - (215) 484-4203  
Morgantown Fence Co., Morgantown, PA - (215) 286-5065  
Ronald Puntillo, Mohnton, PA - (215) 856-7308  
Ivan Burkholder, Danville, PA - 437-2212  
Clyde Vogel, 949 N 9th St. Reading - (215) 373-7079  
Jules Meliodon, 1176 N Middletown Media - (215) 459-2305  
Aaron S. Groff & Son, RD3, Ephrata, PA Hinkletown - 354-0744  
Daniel S. Stoltzfus, Naryon, PA 17555  
M. W. Weaver & Son, Leola, PA - 653-2321  
Clair Swartz Salvage Yard, Bloomsburg, PA - 458-5109  
Sollenberger Farm Supply, Centerport, PA - (215) 926-2722  
Paul Teeter, New Enterprise, PA - (814) 766-3332  
Norman Zimmerman, RD2, Myerstown - 866-4695  
Robert G. Seip, Alburtis, PA 18011 - (215) 845-2077  
Amos B. Martin, RD3, Ephrata, PA (215) 445-6885  
Dale Weed, RD2, Moravia, NY 13118 - (315) 497-0783  
Hockenberry Electric of Hunterdon, RD1, Ringoes, NJ 08551 - (201) 782-5950

The Golden Basket, 266 East Paletown Rd., Quakertown, PA - (215) 536-1048

Vernon H. Sites, R D 4, Green Castle, PA - 597-3089  
Leacock Coleman Center, R D 1, Box 110, Ronks, PA 17572

Black Bear Store, Peach Bottom R D 2 - 548-3134

Park H. Wiker & Son, Holtwood, PA

James Landis, Hamburg RD#1 - (215) 562-8347

F & M Construction Co., Summerville, PA - (215) 234-4831

Nelson R. Brenneman, Spring Grove, PA - (717) 215-3076

Wilbur D. Graybill, Mifflintown, PA - (717) 436-2574

According to Professor James Toothman, a Penn State University agriculture economist, last year there was a decrease in food store sales. Professor Toothman attributed a part of this to the consumer's desire to get his food elsewhere than from the supermarket.

As a result of this, the individual who has 20 acres "can make a five-figure income if he or she is able to sell direct," says Professor Toothman. "Here in Pennsylvania, growers can sell something from mid-April to mid-October - from radishes to apples and cider, for example."

You can choose any of these alternatives to the present way of doing things, and when 1976 rolls around, you'll be able to wish everybody a Happy Secure Year.

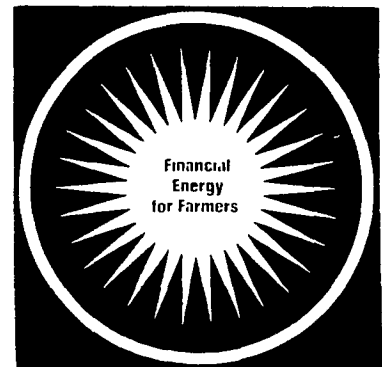
(Editor's Note: The opinions appearing in "Organic Living" are those of its author, Robert Rodale, an independent columnist. Rodale's comments do not necessarily reflect the thinking of the Lancaster Farming editor or anyone else on the Lancaster Farming staff.)

Use the Farm Calendar  
To Publicize Your Meetings.

## Dutch School Natural Foods

LARGEST SELECTION OF  
**NATURAL FOODS AND VITAMINS**  
IN CENTRAL PENNA.

RT. 222, AKRON, PENNA.  
PH. 859-2339



## FARMERS AgCREDIT

9 East Main Street Lititz PA 171 626-4721



GARDEN — FARM — INDUSTRIAL  
EQUIPMENT — PARTS — SERVICE



**BINKLEY & HURST BROS.**  
PHONE (717) 626-4705  
RD4, LITITZ, PA. 17543

Forget

The Real Meaning  
of CHRISTMAS.

"FOR UNTO YOU IS BORN THIS  
DAY IN THE CITY OF DAVID A  
SVAIOR, WHICH IS CHRIST THE  
LORD."

LUKE 2:11

## BINKLEY & HURST BROS.

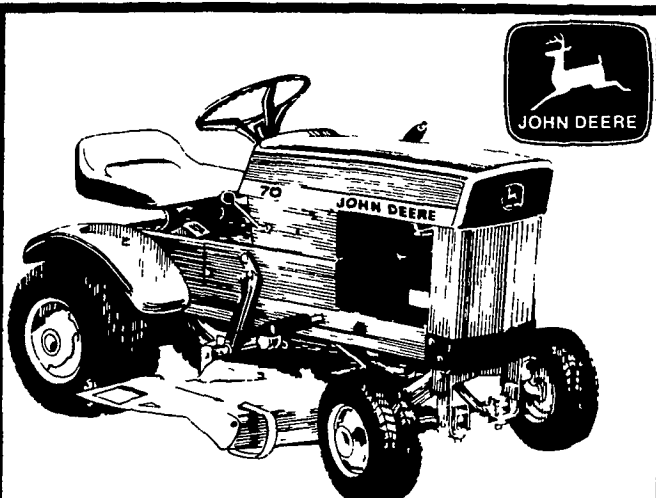
ASPHALT PAVING — EXCAVATING  
GRADING

INSTALLATION OF SEPTIC TANKS  
AND DRAINFIELDS

FOR FREE ESTIMATES CALL 626-4705



Lititz RD4  
Rothsville Station Road



If You're Not In A Position To Buy,

**ASK US ABOUT OUR  
RENTAL PROGRAM.**

WE HAVE ALL TYPES OF  
RENTAL EQUIPMENT.

nothing  
runs  
like a  
Deere™

**COLLINS  
MOTORS**

RD1, ELIZABETHTOWN, PA.  
Phone 717-367-1856 or 717-367-2856 after 5 P.M.