

Farm Bureau Policy

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federal milk marketing orders.

TOBACCO — Pending the development of a program that will better serve the interests of producers, support a tobacco program which provides that growers shall keep supply in line with demand in return for price supports.

PEANUTS — Recommend that the American Farm

Bureau Federation work with peanut growers in all peanut producing states to develop amendments to the peanut support program to reduce its cost, provide opportunities for growers to produce for export, and assure a fair price to peanut farmers.

COTTON — Recommend that the preliminary loan rate announced by the

Department of Agriculture for any crop of cotton be the minimum for that crop year.

SOYBEANS — Oppose acreage controls or marketing quotas on soybeans.

RICE — Favor continuation of the present rice program.

SUGAR — Support sugar legislation based on the principles of the expiring Sugar Act, but with the deletion of the conditional payment, excise tax, and wage determination provisions. In the absence of new legislation, some type of program is needed to protect the interests of domestic producers.

LIVESTOCK — Oppose the imposition of production quotas on livestock.



Doctor in the Kitchen®

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

Nutrition A La Carte

Food habits begin to form almost as soon as a child is born. Desirable attitudes and habits developed in early and elementary school years will benefit boys and girls during adolescence and later as adults. So start training your children early to life-time good eating habits.

Riboflavin (which used to be called Vitamin B2) aids the utilization of oxygen. It also helps keep our vision clear and prevents scaly skin around the nose and mouth and cracking at the corners of our mouths. Foods that give you riboflavin include dairy products, meats, fish, poultry, and eggs.

How old is man's knowledge of nutrition? As early as 1900 B.C., Egyptians

concluded that diet might be involved in night blindness. To correct the problem, Egyptian doctors recommended raw liver, which we now know is rich in Vitamin A. Other good sources include dairy products, egg yolk, dark green and deep yellow vegetables, also deep yellow fruits.

Studies show that many obese people don't eat any more than people who are not overweight. But the overweight people are less active physically. It's the balance between the food energy you consume and the activity energy you put out that matters. If you eat too much or exercise too little for the amount you eat, you'll be overweight.

Nutrition really means the teamwork of various

nutrients. For instance, Vitamin D in milk helps build calcium and phosphorus into bones. Iron combines with protein to make hemoglobin, a component of red blood cells. For total nutrition, no one food can do the job. That's why we urge foods from all four food groups for best eating.

How far back in history is butter mentioned? Well, butter dates back as far as recorded history and undoubtedly beyond. There's a Biblical reference in Genesis, Chapter 18, the 8th verse, about Abraham providing butter as part of a meal. It seems that all through the ages, people have loved butter and regarded it as one of the great delicacies.

Here's another New Year's resolution you might consider: Promise yourself you'll read the labels on the food you buy. You'll be more knowledgeable about the food, its weight in terms of price, and its nourishment. There's no point in your being ignorant, or careless, when it's a matter of where your food dollar is going.

GAP AUCTION

FRIDAY EVENING, JAN. 3, 1975
6:00 P.M.

Located Off Route 41 - Lancaster Ave. Opposite Turkey Hill Minit Market - Cross RR Bridge.

ANTIQUES SOLD AT EVERY AUCTION

Inspection Friday from 9:00 a.m. until sale time
CONSIGNMENTS ON MONDAYS OTHER DAYS BY APPOINTMENT
FROM 8:00 A.M. TO 7:00 P.M. Call us for pick-up service

IRA STOLTZFUS & SON, Auctioneers
442-4936 or 442-8254
CONDUCTORS ALL TYPES PUBLIC SALES

EVERY WEDNESDAY IS

COWS
COWS

DAIRY DAY

AT NEW HOLLAND SALES STABLES, INC.
New Holland, Pa.

If you need 1 cow or a truck load, we have from 100 to 200 cows to sell every week at your price. Mostly fresh and close springing Holsteins.

Cows from local farmers and our regular shippers including Marvin Eshleman, Glenn Fite, Gordon Fritz, Blaine Hoffer, Dale Hostetter, Bill Lang, H. D. Matz, and Jerry Miller.

COWS
COWS

SALE STARTS 12:30 SHARP

MUNCY CHIEF HYBRIDS

Muncy, PA.

Have a good supply of high quality seed corn. High germination - reasonable prices.

SEE US AT BOOTH 562-563 PA. FARM SHOW

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I am interested in a dealership.
 I am interested in being a salesman
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For area _____

Sale Reports

Sechrist Livestock
York County
December 23, 1974

Cattle 109: Steers, High choice and prime 39.25-40.50; good to choice 38.00-39.00; standard to good 36.50-37.50; Holsteins 32.00-36.25.

Heifers: High choice and prime 36.00-37.50; good to choice 34.50-35.75 Holsteins 25.00-32.00.

Feeder Steers good to choice 28.00-34.50; bulls good to choice commercial 32.00-33.25; standard to good 30.00-31.50; utility to standard 20.00-26.75.

Cows: high yielding commercial 20.00-23.50; 1-2 200-215 lbs. 42.00-43.50 and cutters 18.75-19.85; canners 18.00-18.50; shells 10-17.

Calves 129: choice to prime 58.00-62.00; good to choice 50.00-56.50 and utility to good 35.00-44.50. Farm calves 90-110 lbs. 25-33 and culls 15-22.

Hogs 219: US 1-2 42.50-43.75; 1-3 41.00-42.25; cows 250-375 lbs. 29.00-35.50; 400-500 lbs. 26.00-28.75; boars 20.00-24.50.

Private treaty hogs select 1-2 200-215 lbs. 42.00-43.50 and 1-3 40.00-41.75.

EVERY FRIDAY

STOCKER and FEEDER AUCTION SALE

NEXT SALE JANUARY 3, 1975
Starting Time 12:00 Noon

Penna. Largest Weekly Sale of Cattle
All Grades, Breeds, Weights

LANCASTER STOCKYARDS, INC.
PHONE 717-394-2611

WORK HORSE & MULE SALE

WED., JANUARY 8, 1975

PAUL Z. MARTIN'S
2 MILES EAST OF INTERCOURSE, PA.,
ALONG ROUTE 340.

2 Loads of Kentucky Draft Horses & Mules,
Single & Pairs
Assorted Colors, Weights and Sizes
Also Local Horses, and a few Drivers.

TACK & EQUIPMENT - 11:00 A.M. HORSES - 12:30 P.M.
NEW HARNESS HARDWARE AT 11:00 A.M.

I will try to get them as good as possible

PAUL Z. MARTIN
BLUE BALL, PENNA. 17506
Residence - 717-354-6671
Business - 717-768-8108

MARTIN AUCTIONEERS

HAY, STRAW & CORN SALE EVERY WEDNESDAY AT 12 NOON
FARM EQUIPMENT SALE, WEDNESDAY, JANUARY 29, 1975
9:30 A.M.

Notice Change of Sale Date January 8, 1975

PUBLIC SALE

Monday, December 30, 1974
9:30 a.m.
Farm Machinery Grain
Livestock Antiques

LOCATED ON THE FARM AT ROUTE #1, JONESTOWN, LEBANON COUNTY, PENNA. TURN NORTH OFF ROUTE #22 APPROXIMATELY 1/4 MILE WEST OF TRAINER'S RESTAURANT. FARM IS LOCATED NORTHEAST OF JONESTOWN

WD 45 Allis-Chalmers
International BN Tractor

WD Allis-Chalmers

New Holland 66 PTO Baler; 14 Disc Ontario Drill; International 4 Row Corn Planter; McCurdy Gravity Bin On Running Gear; 3 Flatbed Wagons; Oliver Trailer Mower; New Idea 12A Manure Spreader; Cultipacker; Land Roller; John Deere 3 Section Harrow; John Deere Disc Harrow; New Idea 1 Row Corn Picker; 2 Bottom Trailer Plow; Lavelle Elevator; 2 Row Corn Planter And Cultivator For BN Tractor; Allis-Chalmers 3 Bottom Plow; Riding Cultivator; Mayrath 4' Auger And New Idea Wheel Rake.

12 Head Feeder Cattle, 500 To 800 Pounds. 19 Feeder Hogs, 60 To 100 Pounds.

Shovels; Brooms; Hoes; Rubber Tired Wheelbarrow; Garden Hose; Electric Pour In Hot Water Heater; Milker Units; Sledge Hammer; Ropes; Hudson Hand Sprayer; Two 8 Hole Hog Feeders; 4 Hole Hog Feeder; 300 Gallon Gas Tank On Stand; Wooden Posts; Tire Chains; Cow Chains; Scythes; Belts; Chicken Crates; Wire; Iron Hog Troughs; Stepladder; 28' Wooden Extension Ladder And Scrap Iron.

5 Tons Straw - 40 Tons Mixed Hay - 40 Tons Ear Corn - 600 Bushels Wheat - 200 Bushels Oats.

All Are Estimated Weights Or Measurements

Bachman Wooden Box Wagon; Wooden Wheelbarrow; 6 Milk Cans; Beam Scale; Wedges; Ice Tongs; Hinges; Buck Saw; Old Harness And Hames; Wooden Grain Cleaner; Snitzel Bunk; Wooden Wheels; Single And Doubletrees; Hand Cultivators; Spring Wagon Seat; Bag Carts; Benches; Platform Scale; Wooden Rake; Old Hay Fork; Wooden Pulleys; 2 And 3 Tine Forks; 2 Hole Corn Sheller; Sheave Elevator; Wooden Wagon Jack And Many Other Old Farm Items.

Majestic Coal Range; Flour Chest; Wood Chest; Round Oak Extension Table; Wooden Baskets; Secretary Desk; 2 Blanket Chests; Oak Beds And Dressers; Empire Chest Of Drawers, Saddler's Bench; Baby Carriage; 4 Prong Wooden Fork; Dough Tray; Small Iron Kettle; 4 Piece China Bathroom Set, Copper Kettle, Iron Kettles, Butcher Spoons And Forks; Extension Table With Boards; Butter Churn; Apple Peeler, Cherry Seeder; Lard Cans; Candle Mold; Gun Powder Keg; Picture Frames, Mirror; Meat Bench; Sausage Stuffer; Scrapers, Crocks And Crock Jugs; Old Bottles; Lanterns; Dinner Bell; Wooden Bucket; Millstone; Kenmore Electric Range; Kenmore Automatic Washer; Coal Heatrola, Coldspot Chest Freezer; Refrigerator; Upholstered Chairs And Sofa; Dishes And Many Other Items Too Numerous To Be Mentioned.

SALE TIME: 9:30 A.M.
SALE ORDER. Small Barn Items, Machinery, Grain, Livestock, Antiques And Household Goods

Conditions By
WARREN B. WENGER

Harry H Bachman, Auctioneer
Lunch By The Lickdale Church.