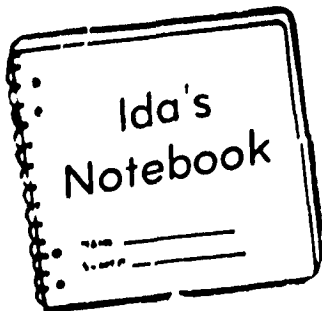


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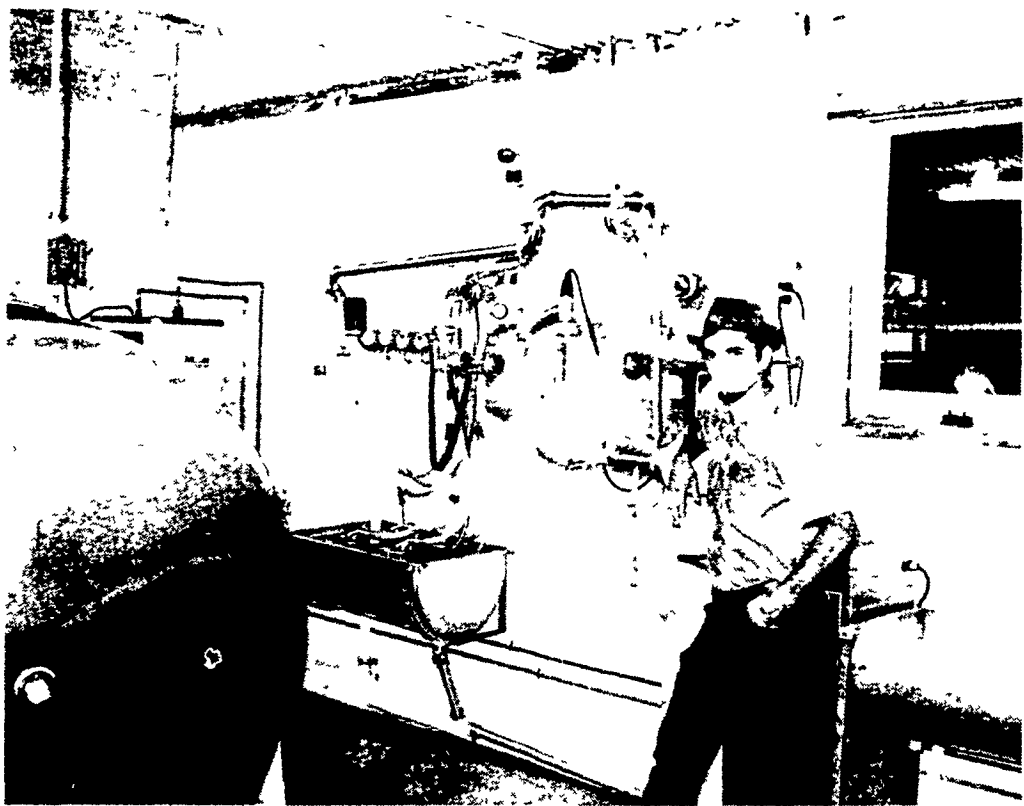
Early in the morning my front yard has visitors. There are several grey squirrels that dig up the grass to find last year's walnuts. Then they scamper

away down into the meadow with them. There are also two ducks that live in the front yard and no amount of chasing will keep them away. The one has a second nest under the front porch as she somehow lost her first nine ducklings in one day on the water. The flowers are in full bloom and stand in a regal manner surrounded by green, green grass - tiger lilies, golden glow, roses and dahlias in abundance. Thank goodness it will be another clear hot day just right for haymaking. My new kitchen and I are getting along just fine. It is a pleasure to freeze vegetables with a counter between the sink and stove. Previously they were on different sides of the room and I dropped water across the floor. The garbage disposal is a real time saver and so convenient. I've been asked what we feed to our pigs now. We never did feed them anything but bought feed and when butchered we only get a little lard from 225 lb. pig. At one time the pig pen was just behind the house and depending on the direction of the wind the smell was atrocious. Now they are farther back in the field and as Phillip carries water to them he counts the weeks until show time for his 4-H animals and tries to talk Cindy into doing her share of the work.

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**Doctor
in the Kitchen®**

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

**Care of Foods
in Summer**

When it's hot, it's a special chore to be the family purchasing agent. Mothers and housewives arrive home with the groceries. It's easy to feel bedraggled. Even with an air conditioned car - and there are less now with the energy and gasoline problems - one can arrive at home frantically eager for a place to flop - and for a tall, cool drink.

Well, do reward yourself. But be careful. Don't let that food sit around too long. Food manufacturers and food retailers have worked hard and well to keep your food in good shape up to the time of your buying it. Now it's up to you - and being hot and tired may tempt you to let things go.

For Example - milk: its delicate flavor should never be subjected to unnecessary warmth. Only when actually in use should milk be out of the refrigerator. So get it in there quickly when you arrive home, especially if you've had any delay between the store and your kitchen.

Meat and fish, too, must have this consideration. Do you ever let them sit around on the kitchen counter to long during food preparation? Fish, especially, is subject to deterioration.

Meats are well protected against contamination and heat before you buy them. Fruits and vegetables are often flown in, in refrigerated planes, direct from their growing areas. Supermarkets also buy direct from farmers in your area when things are in season. Better stores spray cool water on vegetables, or protect freshness with beds of crushed ice. You should do no less. Washing fresh vegetables and fruits is a must when you get them home before storing them in your refrigerator.

Bakery Goods are easier to handle. Usually they are well packed and during the hotter months many bakeries do not offer custard or cream-filled goods because of their vulnerability to dangerous spoilage in the heat. If you prepare such foods at home, keep them cool. Also mayonnaise and similar dressings. It's a good idea to wait to apply dressings to salads until just before serving.

One more warning: Since germs multiply rapidly in high temperatures, be especially careful in summer if you have any sort of infection or a sore on your hands. Your chance of passing something on to your family is much greater. So be careful.

**Peach hotline
opened**

HARRISBURG - Daily farmgate price information on fresh market peaches again is being made available to growers by the Pennsylvania Department of Agriculture via its Peach Market News Service, Secretary of Agriculture James A. McHale said last week.

The service, operated by the Department's Bureau of Markets, provides daily price information on peaches, pears, prunes and early apples over six radio stations located in major peach growing areas of the state.

Prices are obtained each morning by Raymond Reiter, marketing specialist, from cooperating growers and shippers in the major

producing areas of Adams, Franklin, York and Berks Counties. They are made available for noontime broadcast by radio stations in Columbia, Gettysburg, Lancaster, Chambersburg, Sunbury and Reading.

For growers not in the range of these stations or busy elsewhere at the time of broadcast, price information can be obtained by dialing 717-783-8394. This is a taped message service operated by the Bureau of Markets and is available 24 hours a day, beginning Monday, August 4.

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