



Dennis Wolfe of Millville helps a 6-hour old calf get a drink from its dam, one of several he showed at the Farm Show this week. Wolfe and his Pen-Col Farm Guerneys were named Premiere Breeder. A participant in the Farm Show for the past 10 years, he has 200 head of dairy cows on his farm, half of which are Holsteins. His Guerneys average 601 pounds of butterfat; his Holsteins checked in with 672 this past year. He sells all of his milk through his jugging operation.



Leo Rutter milks one of his prize-winning Guerneys. The York County dairyman has exhibited at the Farm Show for years.

Grange plans dinner

Lancaster County Pomona Grange 71 will hold a dinner meeting at Robert Fulton Inn Saturday, January 17, 7 p.m. Richard Maule and Jesse Wood are in charge of reservations which must be made by January 13th.

Following the dinner the Lecturer, Mrs. Jesse Wood, will be in charge of the annual memorial service. The Master, Jesse Wood, will conduct the business session and the newly elected officers will be installed for a two-year term.

The third in a series of Bicentennial programs will be presented at the regular semi-monthly meeting of Fulton Grange at Oakryn January 12. Arba Henry will present rural perspective commentaries from the American Issues Forum on "America - A Nation Of Nations, The Land of Plenty, and Certain Unalienable Rights," and a piano solo by Mrs. J. Marlin Kreider. Members are requested to bring farm and household items that were in use from 1776 to 1876.

Sales seminar slated Jan. 13

HARRISBURG - A two-day seminar on the "Point of Sale System" will be held by

the Pennsylvania Department of Agriculture at 2301 N. Cameron St. from 10:00 a.m. to 4:00 p.m. Jan. 13-14.

Walter F. Junkins, director of the department's Bureau of Weights and Measures, said the seminar will be attended by representatives of industry and weights and measures officials in Pennsylvania and neighboring states.

The Point of Sale System, Junkins explained, concerns computerizing supermarket checkouts. Supermarket spokesmen generally favor the system because of speedier handling at the checkout counters and reduced cost to the consumer.

More importantly, the computerized system permits instant inventory control and information about which products move off the shelves the fastest.

Objections to the system have been raised by consumer groups, most notably the Consumer Federation of America (CFA). The main objection is that prices will no longer be stamped on individual items.

Industry maintains that to make the most efficient use

of a computer checkout system, prices should no longer be stamped or otherwise marked on individual items. CFA spokesmen say package price information is second only to supermarket cleanliness as a consumer desire.

Milk aids in child's nutrition

That's the good word during National Children's Dental Health Week, February 1 through 7. Dairy Council Inc., Southampton, Pa. reminds you that a child's diet has a lot to do with the health of his or her teeth. Be sure to serve a glass of milk with every meal and with that after-school snack for the calcium and vitamin D that's needed. Youngsters (and oldsters too) can get the many important milk nutrients by eating other dairy foods as well. Cheese in its many forms is generally well liked. Grilled sandwiches, cheeseburgers, and fondue are fun ways to eat cheese

... great for lunchtime or snacks. Cottage cheese and yogurt are good, too. Dinner ideas are souffles, macaroni and cheese, and cheese rarebit; all dishes that serve up economy along with the good dairy nourishment.

And just about everyone likes ice milk and ice cream ... probably the most universally beloved dessert. But, keeping good dental health in mind, it's always wise to brush right after eating, floss the teeth properly, visit the dentist regularly, and take advantage of fluoride. Smile, America. You'll be proud of that smile if you take care of your teeth.

Consider cold medicine

Cold germs are on the mid-winter offensive. And the search is on for fast, fast relief from runny noses and hacking coughs.

There's no real way to cure - or prevent - colds. Treatment is mainly relief of symptoms. And Americans spend \$300 million every

year on nonprescription products to relieve cold symptoms. Advertisers spend another \$70 million to promote their own brands of relief.

A recent consumer study, however, shows most over-the-counter cold remedies are remarkably similar. Almost all contain at least two or three basic ingredients: a pain reliever, a decongestant, and an antihistamine.

In some cases, according to Consumer Reports, the pain reliever is aspirin. And though a decongestant in relatively high doses can help relieve cold symptoms for a few hours, the dosage found in time-released capsules usually supplied too little medication at any one time to be much help. An antihistamine, on the other hand, can actually intensify a cough by thickening

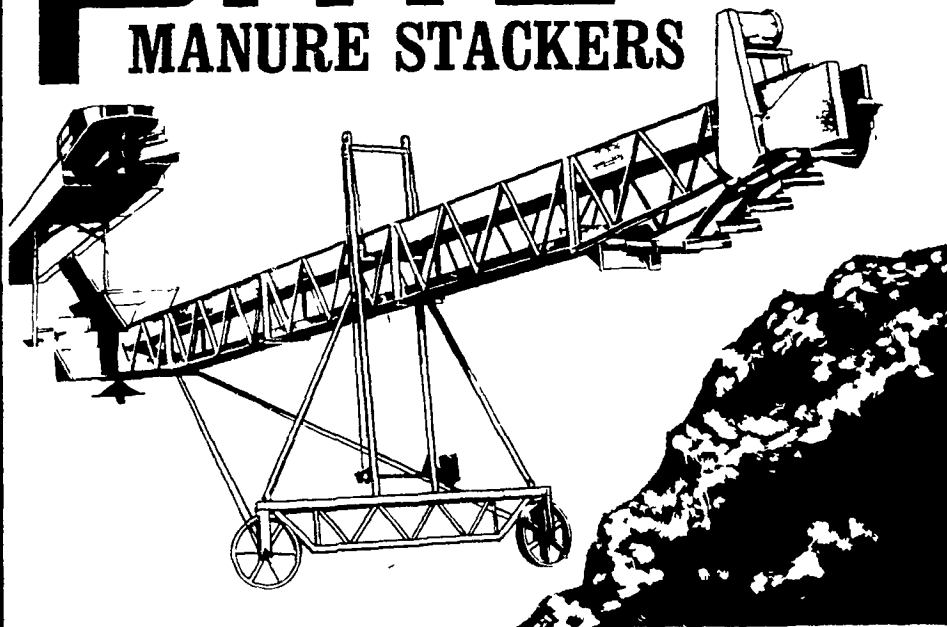
secretions in the bronchial tubes, which connect the windpipe with the lungs.

Night-time liquids may help some - but not be relieving symptoms. The alcohol content of some of these medications is 50 proof. Slumber triumphs over symptoms.

The symptoms of most colds appear one to three days after the germs get a stronghold in the body. Within 48 hours or so, the cold is in full bloom - eyes teary, nose running, voice husky, breathing blocked, and taste and smell dulled. The condition hangs on for several days.

To find out more about colds and lung disease, contact your lung association - the "Christmas Seal" people. And answer your Christmas Seal letter. It's a Matter of Life and Breath.

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