

# News - Nutrition

From Pa.'s Dairy Princesses



By Peggy Staub  
Pa. Dairy Princess  
from Cumberland Co.  
Milk as one of our  
agricultural products,

demands a lot of attention when we handle it. To preserve milk in its' wholesome natural state, practice the three C's of milk care. Dairy farmers and consumers will find it important to follow these three rules of thumb. First, to insure the quality of milk, keep the temperature around 40 degrees F. Constant cold temperatures keep milk flavor fresh. Secondly, rotate your supply of milk and use the earliest milk first. Circulation of milk enables milk to be current. Finally, keep milk covered so it does not absorb food odors and flavors inside the refrigerator. This also helps to keep milk clean from food particles. Follow these guidelines and milk will be fresher for you. When food shopping,

remember to plan your shopping route and pick up milk and dairy products just before entering the check-out area, so upon arriving home your purchases will still be cold and fresh. An important item to consider is to do your errands first and return home promptly after food shopping to refrigerate your milk and dairy products. These tips will make you a better shopper.

With milk and dairy products you get "a lot for a little". In 1975 dairy products (except butter) supplied three-fourths of the calcium in the American diet; 34.7 per cent of the phosphorus; 39.8 per cent of the riboflavin; 22 per cent of the protein; 21.1 per cent of the magnesium; and 19.8 per cent of the Vitamin B. All of this was supplied, while at the same time, only 11.4 per cent of the calories were furnished. So milk is a nutritional and economical food for today's active people - "Milk is a Natural."



Store mature onions at room temperature, or cooler, in loosely woven or open-mesh containers. Stored this way, they will keep several months. They sprout and decay at high temperatures and in high humidity.

# Disaster assistance boosted

WASHINGTON, D.C. - Acting Secretary of Agriculture John A. Knebel has announced revised rules that will allow farmers and ranchers to borrow more money at low emergency interest rates to cover losses caused by natural disasters. The changes offer farmers and ranchers additional assistance through Farmers Home Administration emergency loans.

Farm emergency loans are made to cover the actual loss and they are repaid at an interest rate of five per cent. Additional credit needed to restore production to pre-disaster level is extended at higher rates prevailing in the private market for comparable credit. Losses normally are determined by measuring actual production on a disaster-damaged farm against average yield of that farm.

The new provisions include:

1. A farm's production of crops or livestock will be figured as the average of its four high years out of the five years immediately preceding the disaster. This allows a farmer to throw out the worst year of the past five (often a disaster year). Up to now, all five years were used in computing the average production.
2. A farmer may use the county's Crop Reporting Service average for four out of the five years, immediately preceding the disaster in establishing his expected annual production of a crop not sold for cash. This allows a farmer to establish a norm for feed production even if he has not kept records on his farm because he used his feed crop to feed his own livestock. Also, a farmer who keeps his own record may base his production average on that record, if the average shown would exceed that for the county as a whole.
3. For any year within the

five preceding a disaster that the farmer lacks crop or livestock production records, he may substitute the figure for the lowest production year for which he does have records. If he has no record for any of the five years, he may use the county's Crop Reporting Service average.

In any substitution, the farmer must certify that records for his own farm are not available.

4. Farmers who have applications pending or have received loans covering disaster losses that occurred during the 1976 crop year may have their losses reconsidered under the new provisions announced today. Requests for such recalculation should be made at the county Farmers Home Administration office.

Loans are made through county offices of the Farmers Home Administration, usually located in county seat towns. Office locations are listed in telephone directories under U.S. Government.

# Agway grants \$27,000

SYRACUSE, N. Y. - Agway Inc. awarded \$27,000 in grants-in-aid to northeastern universities at a college dairy conference held here October 19-20.

It sponsors the conference each year to bring university researchers together with industrial and agricultural experts to discuss current trends and research findings in the dairy business.

Keynote speaker at the conference was E. C. Meyer, managing editor of "Horard's Dairyman." He discussed the importance of the university in communicating and responding to the needs of the dairy industry.

Agway and university personnel made presentations to seventy-two attending researchers and educators.

Following the business meeting on Wednesday, many of the conference participants visited the Agway farm research center in Tully, New York where several dairy research projects are in progress.

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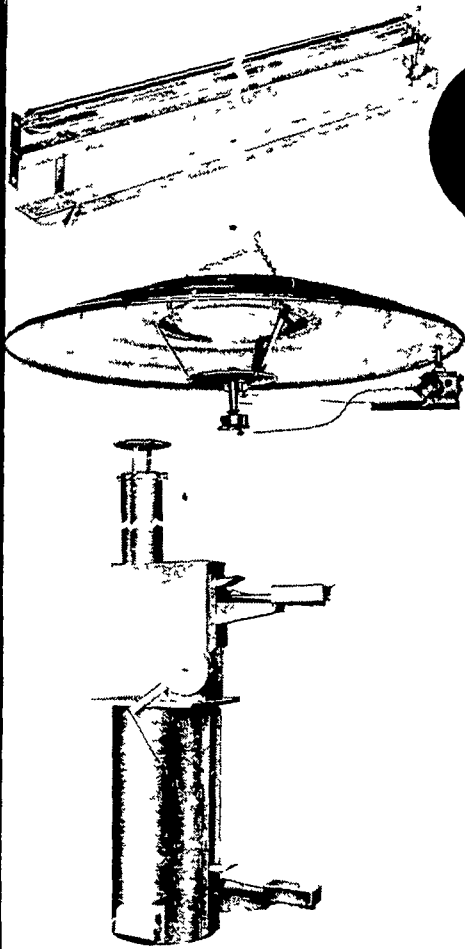
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