

Ladies Have You Heard?

By Doris Thomas
Lancaster Home Economist



MARCH IS NATIONAL PEANUT MONTH

What is round and firm and packed with protein? If you answer "peanuts", you're right! The peanut is a really nutritious nut that provides plenty of eating pleasure. And for 31 days in March it's going to be the top banana — oops! Since the 16th century when Spanish explorers discovered them in Peru, carried them back to their homeland and later traded them to the Africans,

who brought them along on slave ships sailing to America. They've come a long way since the Confederate soldiers gathered around campfires and sang "Eating Goober Peas" during the Civil War. Nowadays you can get peanuts in and out of the shell, with and without skins, roasted or plain, ground into a chunky or creamy spread. And you can find them in cans, bags and jars. Obviously we Americans know

a good thing when we taste it, because we each consume over nine pounds of peanuts yearly! If you haven't been holding up your end in the per capita consumption there's no better time to start than now during National Peanut Month. After all, it happens only once a year!

CHECKLIST FOR QUALITY MEN'S SHIRTS

Men's shirts have changed in the past few years, both in color and in fabrics used. The trend now is back to white or to the old-fashioned stripes. Colored shirts tend to be pastels rather than the darker colors of a few seasons back.

A trend back to wovens is also happening. Whether knits or wovens, cotton is being used in combination with polyester. Men seem to like the natural look and comfort of cotton, but its use may mean that more touch-up ironing has to be done.

Shirts which will wear well have the following features:

- *A quality fabric has been used and is firmly woven or closely knit.

- *Stitching is even, with about 12 stitches per inch in

seams and in top-stitching on collar and placket edges.

- *The collar points should be sharp and the collar should show no evidence of puckering.

- *Front openings or plackets will have an interfacing which will require the same care as the shirt fabric.

- *Polyester interfacing will not ravel or shrink after many launderings.

- *Buttonholes will be firmly stitched, and buttons will be smooth and uniform in size.

- *Picket hems should be stitched to give a finished appearance and to prevent lint from gathering in the top fold.

- *Topstitching on the pocket should be done with small, even stitches.

- *The shirt tail should be long enough to tuck in easily.



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Horse club organizes

NEW RING GOLD, Pa. - Interested youths aged 8 to 19 are invited to attend the organizational meeting of the New Ring Gold - Andreas 4-H Horse Club, to be held March 16 at the fire hall, here. The meeting time is 7:30 p.m.

Schuylkill County Agricultural Agent David Kantner will provide general information about 4-H and club projects at the meeting. Leader for the newly formed club is Marianne Bitting.

Youths who are interested in joining the club are asked

to call either the Extension Office in Schuylkill Haven or Ms. Bitting at 717-943-2232.

Officers elected

New officers were elected at the February 21 meeting of the Oxford 4-H Dairy Club which was held at the home of Eddie Breckbill. Taking on the presidency is Eddie Breckbill; vice presidency, Alan Mason; secretary's office, Bob Lamborn; treasurer's responsibilities, Susan Pepples; and news reporter's position, Bonnie Lamborn.

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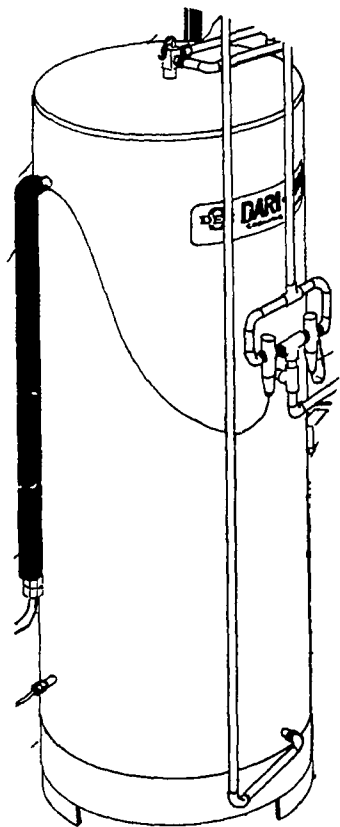
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INTRODUCING THERMA-STOR

Dairy Equipment Company Madison,
Wisconsin has added a new energy
saving Therma-Stor condensing unit to
its Dari-Kool Bulk Milk Cooler Line.



The Therma-Stor is a major improvement in water cooled condensing units. This unit has an all stainless steel heat exchanger combined with a 150 gallon stainless steel storage tank. This unit provides enough 110 degrees water for prepping cows and general use while milking. It also stores 110 degrees water for use between milking. In addition the Therma-Stor produces 50 gallons of 165 degrees for pipeline wash-up after milking. This unit is available with a single or dual condenser.

A NEW WATER COOLED CONDENSER - THERMA-STOR

For years water cooled condensing units have been used not only for bulk milk coolers, but refrigeration units of all types. The main reason water was used, was to lower the condensing temperature of the refrigerant. This increased the efficiency of the condensing unit.

Large quantities of 70 degrees - 80 degrees water was the useless by-product of these units. Because of the high original investment and maintenance cost, this style unit is not commonly sold on milk coolers today.

Then things changed. Energy costs have doubled on most farms in the last few years, 165 degrees F water now costs a dairyman ½ cent, to 2 cents per gallon. The average dairy uses two gallons of hot water per cow, per day for udder washing, sanitizing, washing equipment, feeding calves and general clean up. This means an average cost of \$2-day or \$700-year for a 100 cow dairy. This revived the water cooled condenser concept for dairy farmers. A modern dairy used 110 degrees water for equipment sanitizing, udder washing, rinse cycles on the pipeline and the bulk cooler, calf feeding and hand washing. Only the wash cycle of pipeline and the milk cooler require an elevated water temperature of 165 degrees F. The profile of usage on an average 100 cow dairy is 400 gallons of 110 degrees water and 70 gallons of 165 degrees water.

A water cooled condenser can deliver 165 degrees water, but the condensing temperature would be very high. The results would be poor efficiency and short compressor life. The lower the condensing temperatures, the higher the efficiency and the longer the compressor life.

One of the innovations on the market today generates a gallon of 100 degrees water for every gallon of milk cooled. It also generated 50 gallons of 165 degrees at each milking. This unit combines an insulated 150 gallon stainless steel storage tank and a stainless steel heat exchanger into one. The condensing temperature in this unit is determined by the 110 degrees water. The 165 degrees water is generated by desuperheating the refrigerant. Storage of the 110 degrees and 165 degrees water is necessary for usage at times other than milking.

A small backup 165 degrees water heater is recommended. There is no need for a backup on the 110 degrees water because excess is usually generated. The refrigeration system is very conventional regarding controls, valves and compressors. The condenser storage tank is the only special piece of equipment required. This condenser storage tank can be added to most refrigeration systems.

The investment of this equipment is returned by the savings in electrical energy in a year or two on the average dairy.

With the addition of Therma-Stor to an existing air cooled condenser refrigeration system your milk house can be partially heated and there is no water wasted. Average investment for a stanchion barn or small milking parlor will be in the \$1300. area.

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