

EDITORIAL COMMENTS

BY DIETER KRIEG

The case for the sack lunch

If this country were still a nation where meals are planned at home, rather than on boxtops or not at all, we wouldn't have to be at all concerned about the government stepping in as a self-proclaimed expert on food.

My mother knows how to cook, and she'll keep right on serving wholesome and delicious meals in her own way, no matter how the government tries to influence her cooking. My wife won't be disturbed by USDA recommendations either. For that matter, neither will countless other housewives and cooks.

Unfortunately, there are enough kitchens in the U.S. where meal planning and related culinary talents are pathetically poor. A generation or two of Americans have been living out of tin cans, boxes, cellophane bags, and bottles. To some degree, most of us have been served so-called "junk food." Convenience has overshadowed nutrition. Quick service is our lifestyle. A lot of people don't know much about cooking or good nutrition. It's these individuals -- and that may well be the majority of Americans -- who will be swayed by governmental menu suggestions. They don't know any better and are looking for help.

What the government is trying to do in suggesting dietary plans may very well have the best intentions. Evidently, they've seen a need for it as too many of our people broaden their lazy streak and wait for Uncle Sam to give them this or that. The government is getting control or attempting to gain control of all sorts of things. Frankly, what I eat is none of their business. And I resent

the idea of USDA trying to tell the public what good eating is. It's very unfortunate, however, that there are millions of people who apparently need such guidance.

The government's involvement with nutritional programs is particularly disturbing since some suggestions are being made which can't be substantiated. The most obvious of these is the proposal to limit egg consumption. Numerous studies have shown that eggs aren't bad for you. In fact, there are a number of studies which conclude they're very, very good for you. Indeed, there is some evidence that eggs contain substances -- such as cholesterol, surprisingly enough -- which act as preventive medicine against certain illnesses, including cancer. But how much propaganda does the government churn out on that? None.

USDA's proposals are just that so far. They have not been implemented. However, there is a similar program going on in 15 of Chicago's elementary schools.

According to the *Chicago Tribune* menu modifications in these Chicago schools include the use of margarine instead of butter, reduced amounts of cheese and eggs, and cooking practices that reduce fat. Reconstituted non-fat dry milk will be used for cooking and meats and poultry will be served with fat-modified gravies.

The program is a joint effort of the Chicago Board of Education medical services bureau and food services curriculum department of the Chicago Heart Association.

It looks as though we're getting some good reasons for sending our kids to school with a bagged lunch.

LIFE on the farm

By DIETER KRIEG

A number of accounts have been written and told about men competing against machines, and or time. Life on the farm wouldn't be complete without such activities.

For example, there's the story -- reportedly witnessed by 200 people near Mercersburg in Franklin County -- about a husky 30-year old man taking a specially made scythe and cutting 12½ acres of wheat in a single day. The feat reportedly took place on July 12, 1858 on the former Adam Hoke farm. The man who accomplished it was 230-pound, 6-foot-3 Michael Cromer.

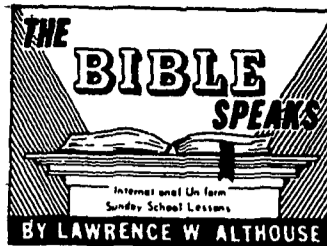
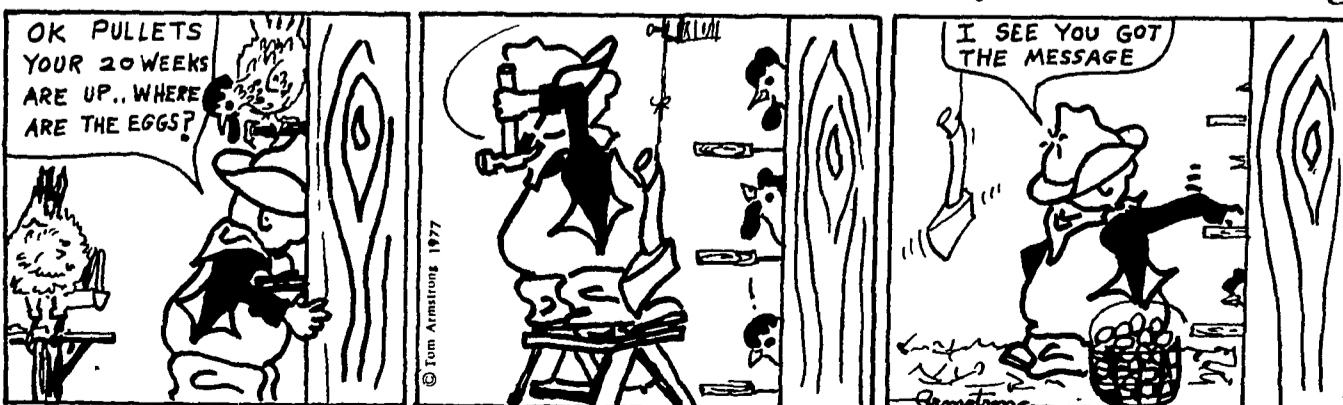
I never gained enough skill or experience with a scythe to want to

ever compete with it. My grandfather was the expert with that. But tossing hay bales and moving corn silage by hand always proved to be good challenges. I generally looked forward to such work as tests of strength, endurance and speed. Work which would otherwise have been boring was thus turned into fun, and any victories against steel and rubber were always especially satisfying.

When we hauled hay in from the field, for example, we did just that. The modern kick baler hadn't become popular yet, and the common practice of pulling a wagon along behind a baler just wasn't fast

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RURAL ROUTE



LOVE, LTD.

Lesson for September 25, 1977

Background Scripture: Luke 6:27-36; Philemon.

Devotional Reading: Matthew 5:38-48.

In the United States we use the designation, "incorporated," or Inc. While in Great Britain and those parts of the world influenced by British culture and commerce, the term "Limited," or Ltd. is used. The concept behind the terms is that the liability of the shareholders is limited to the extent of the shares they hold. Their responsibility goes only so far.

Love your enemies

It often seems to me that many Christians react in much the same way to the love ethic of Jesus Christ: they acknowledge the command to love one another, but only within certain narrow limits. Their love goes only so far.

Of course Jesus himself realized that tendency in human nature. In the Sermon on the Plain he calls people to discard the limitations with which they surround their experience of giving and receiving love. In fact, for most of us, that experience may be so limited that what we experience hardly deserves the name of love.

For example, says Jesus, it is no great achievement to love someone who loves us in return. When we love on the basis of getting back an equal amount of what we have given, or when we think only in terms of giving to the degree that we have first received, we are missing out on the real meaning of love. "If you love those who love you," he says, "what credit is that to you? For even sinners love those who love them" (6:32). The best kinds of relationships are those in which we are willing to give without thought of what we are receiving. Isn't that what the cross was all about?

Enlarging the circle

Furthermore, our circle of loving is much too narrow. If we are truly to know the power of love, we must learn to love our enemies too: "...do good to those who hate you, bless those who curse you, pray for those who abuse you" (6:28).

It is hard for me to read these words of our Lord, for they are continually a searing judgement both upon my own life and upon the church. It is only with rare exceptions that we have come even close to ex-

NOW IS THE TIME...

Max Smith
County Agr. Agent
Telephone 394-6851

TO PUT TERMS IN WRITING

During the fall and winter season many farm transactions and leases will be developed. Whether it be the terms of a sale or some lease or rent agreement, we strongly suggest that interested parties do not depend upon a verbal agreement. We realize that obligations in writing may not make an honest person out of one who wants to be dishonest, but there will be less danger of misunderstandings, if all persons have a copy. The written document does not have to be a complicated item, but should clearly state the obligations of each party, and be signed by all concerned. Don't think that there will not be any chance of a mis-understanding, because it has happened many times.

TO TOP-DRESS ALFALFA STANDS

On many farms the last cutting of alfalfa has been made, or will be made during early October. This means that the plant roots may be needing extra phosphorus and potash in order to give maximum yields next summer. We suggest a top-dressing of a phosphorus-potash fertilizer,

periencing this kind of love. Most of us congratulate ourselves when we love our own families, a few friends and have a generally cordial regard for a limited circle of others. Many deny Christ's command to love their enemies, declaring it utterly unrealistic. Beyond that, there is so much evident hostility and outright hatred in our society, even among his followers.

Isn't it tragic that we Christians, for all our fine churches, for all our doctrines, liturgies, and traditions, still, very largely, eke out a threadbare existence on an experience of a limited love that bears little resemblance to the dynamic power that gave birth to the Gospel?

such as 0-15-30 or 0-20-20 this fall after the last cutting is harvested. Alfalfa plants are heavy feeders of these elements, especially potash, and the fall top-dressing is strongly suggested. In addition, a similar fertilizer application should be made next spring either when the plants starts to grow in April, or immediately after removal of the first cutting. Quality hay is a very high-priced farm product these days, and every effort should be made to harvest maximum tonnage.

TO WINTERIZE FARM BUILDINGS

Fall is here and soon we will be having colder weather. Many barns will be filled with livestock. The problem of proper ventilation and insulation should be recognized before the walls and ceilings begin to sweat and drip on the livestock. Sufficient insulation above the confined beef or dairy cows is often lacking. In free-stall barns or open sheds this is not a problem, except some vents in the roof or ceiling may be needed to move out the warmer, moisture-laden air. These efforts may not help the national energy-saving effort, but will result in more healthy livestock, longer life to farm buildings, and greater efficiency.

TO APPLY LIME BEFORE WINTER GRAIN SEEDING

Many fields of winter grain such as wheat or barley may be seeded down to clover or alfalfa next spring. If these soils need lime, that application should be made and worked into the topsoil before the grain is seeded this fall. This will get the lime into the soil where it will have a chance to be working until next summer. The practice of top-dressing the winter grain with lime next winter or spring is not a good one; the lime does not have a chance to do much good before the small legume plants get started. Successful alfalfa and clover seedings start with meeting lime requirements.

Farm Calendar

Monday, Sept. 26
Conrad Weiser Adult Farmers meet at the high school's vo-ag room.
Pennsylvania Junior Dairy Show, Harrisburg, Farm Show Building.
Invitational Youth Dairy Judging Contest, Farm Show Building, Harrisburg.
Invitational Brown Swiss Sale, Farm Show Building, Harrisburg.
Lancaster County FFA meeting, Penn Manor High School, 7:30 p.m.

Tuesday, Sept. 27
Inter-State District 6 annual dinner meeting, 7 p.m. at Blue Ball Fire Hall.
Elizabethtown Community Fair begins today, runs through Oct. 1.
Pennsylvania All-American Dairy Show begins at the Farm Show complex in Harrisburg. Today's shows

include: Eastern National Brown Swiss Show, All-American Milking Shorthorn Show, Pennsylvania Holstein Fall Championship Show.

Wednesday, Sept. 28
West Lampeter Community Fair begins at the Lampeter Community Center, Lampeter. Activities continue through Friday.

New Holland Community Fair Begins in New Holland, continues through Saturday.

All-American continues in Harrisburg with the Eastern National Ayrshire Show and the All-American Guernsey Show.

Dairy Show recognition banquet and Pennsylvania Dairy Princess Pageant and coronation, 6:30 p.m.

Berks County Con-

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