

## Most all milk has vitamin D

ROSEMONT, Ill. — Ninety-eight per cent of all milk on the market contains vitamin D. This vitamin is important in bone metabolism and utilization of dietary

calcium; deficiency in children can lead to the bone disorder rickets. Vitamin D is a fat soluble vitamin, added to milk at the recommendation of the

medical and public health community since milk is the primary source of calcium in the diet. The action of sunlight on the skin is another source of the nutrient.

The amount of vitamin D in the diet is increasing, however, via regular use of dietary supplements high in vitamin D, fortification of other foods and because of increasing levels of vitamin D in meat. This latter source is due to a combination of greater use of vitamin D in animal foods and the fact that the vitamin D content of animal tissues is relative to what is consumed in their food. Regular consumption of extremely high levels of the vitamin may lead to toxicity. Some researchers have suggested that one manifestation of this toxicity may be the development of coronary heart disease, although data are preliminary. In any event, when vitamin D toxicity does occur it is most likely the result of regular con-

sumption of dietary supplements high in vitamin D rather than the vitamin D consumed in food.

Although there is no adult Recommended Dietary

Allowance for vitamin D, the nutrient is still necessary for prevention of rickets in children and to insure proper bone health. The American Medical Association and

other public health authorities continue to endorse adding vitamin D to the diet and to endorse milk as the logical food for vitamin D fortification.

## PennAg supporting drive for laryngotracheitis immunization

EPHRATA — The PennAg Industries Association, headquartered here, is cooperating with the Pennsylvania Department of Agriculture and other organizations and persons in an effort to reach small poultry flock owners, urging them to vaccinate against laryngotracheitis (LT) annually.

The agribusiness organization, which has over 400 members throughout the state, is also suggesting that feed suppliers post notices telling customers about the availability of vaccines. If a business does not stock vaccine, they may arrange for it through several sources, says Donald W. Parke, executive vice president of PennAg.

Technical information on vaccines, as well as suppliers may be obtained from Dr. Wilson L. Miller, a veterinarian who specializes in poultry, located in Rohrerstown, Pa. (Phone 717-766-9064). Other sources are John Gearhart, New Holland Supply Co., Box 184, New Holland, Pa. 17557 (717-354-4001); or Knauff Bros., Harmony, Pa., Parke revealed.

LT, a lethal respiratory virus infection of chickens, recently spread to numerous large and small poultry flocks in southeastern Pennsylvania. Small flocks infected with LT have been found in all parts of the state. In unvaccinated flocks death

losses can range from 10 to 70 per cent, possibly ruining an entire small operation.

To protect your farm and prevent the spread of this costly disease, your feedman is cooperating with location associations, the Cooperative Extension Service and the Pennsylvania Department of Agriculture by promoting LT vaccination in even the smallest of flocks. A bottle of vaccine enough to save 1 to 500 chickens usually costs less than \$4.

## Grange leadership school set

HARRISBURG — Approximately 400 Grange members from all parts of the state are expected to attend the 55th annual Pennsylvania State Grange leadership school which will be held at Elizabethtown College, Lancaster County, June 20, 21 and 22.

In addition, representatives from New York, New Jersey, Delaware, Maryland, West Virginia, and Ohio will attend the Mid-Atlantic Grange Youth Conference that will be held in conjunction with the leadership school.

Three National Grange officials will participate in the program.

Mrs. Jenny Grobusky, of Walhalla, S.C., the National Grange women's activities director, will deliver the keynote address at the formal opening at 2 p.m. June 20.

C. Jerome Davis, of Ramsey, Ind., highest ritual officer of the National Grange, will be the speaker

at the annual leadership banquet Wednesday evening, June 21.

William A. Steel, National Grange youth director, will be in charge of a public speaking contest Wednesday evening that will highlight the Mid-Atlantic Youth Conference.

Workshops will be conducted on a variety of subjects following the Tuesday afternoon opening until the closing exercises at 11 a.m. Thursday. The closing day speaker will be J. Luther Snyder, State Grange master.

Among the workshops will be one on consumerism conducted by Judy Stover of the State Agriculture Department's Bureau of Rural Affairs. Another, on the metric system, will be conducted by Mrs. Doris W. Thomas, Lancaster County Extension economist.



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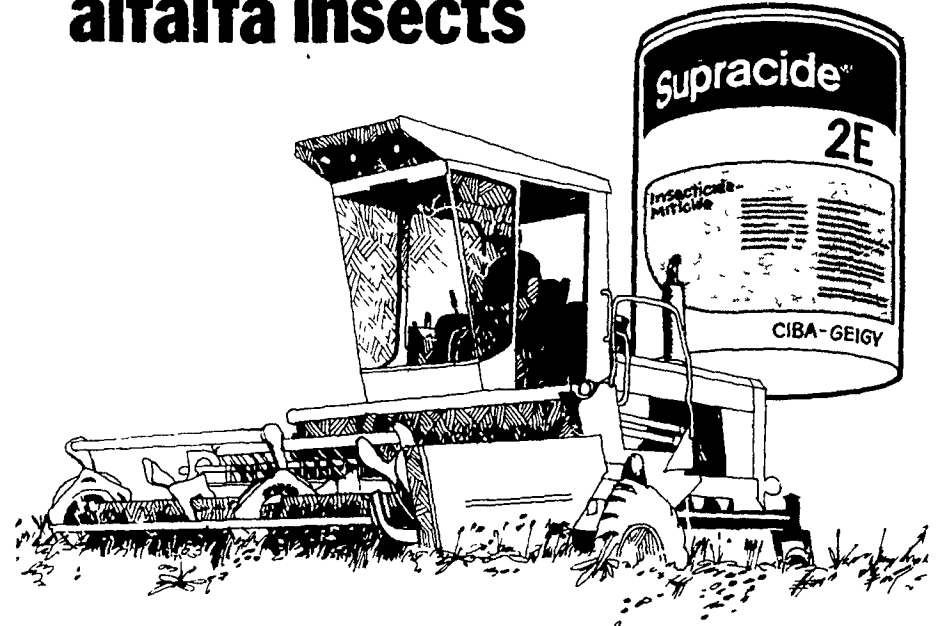
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