

Del. dairy princess has eventful year

NEWARK, Del. — June is Dairy Month — the last and busiest month of Betsy Cook's reign as Delaware Dairy Princess. It's been an eventful year for the Middletown High School senior.

It was last July at the Delaware State Fair when Betsy was crowned by Governor duPont. The judges had been favorably impressed by her dairy farm background, her attractive appearance, the gaily festooned "pretty cow" she brought along, and her enthusiastic cheer: "...Let's go! Let's grow! Let's glow! with moo-tritious milk!"

Many elementary school children have learned those words in the last 11 months.

Visiting schools has been a frequent and favorite royal activity. The children are always thrilled to meet a real princess, complete with crown. And what second grader can resist Betsy's recipe for the "Magic Cow?"

(Put two teaspoons of a powdered fruit-flavored drink mix in a cold glass of milk. Shake, and enjoy.)

In the course of the year, Betsy has appeared at a number of fairs, sometimes handing out literature about her favorite subject, sometimes offering samples of freshly churned butter. She has also spoken to a number of community groups, including, naturally enough, all three county chapters of the Delaware Dairy Herd Improvement Association.

The pace picks up in June, not only because it's Dairy Month, but also because it's fair time for many a community. And, of course, every fair wants to boast of royalty.

Betsy Cook is serious about milk. The daughter of a Glasgow dairy farmer and a homemaker with a degree in nutrition (both are graduates of the University



Delaware Dairy Princess Betsy Cook takes time from her June Dairy Month activities for a milk break. She'll be appearing at the Philadelphia Children's Zoo and the Captain Noah TV program on June 15; the Kent-Sussex County Holstein Show on June 23; and the New Castle County Holstein Show on June 24.

of Delaware), Betsy wants everyone to know how good milk is.

It's a subject she knows a lot about. Betsy and her two brothers and one sister have lived their whole lives on the farm. All have owned and cared for their own animals over the years, winning many ribbons and trophies through 4-H.

Betsy is especially anxious to quell the nasty rumor that milk is fattening. She notes that many foods which people don't think of as fattening actually have many more calories than milk. (A cup of whole fresh skim milk just 81 — plus a lot of good nutrition. Compare

that to a 3.5 ounce veal arm steak, at 298 calories; 3.5 ounces of baked flounder, at 202 calories; a half cup of cooked dry beans, at 340 calories; or half an avocado at 185 calories.

Without a doubt, a rich part of Betsy Cook's life will end with the crowning of the new Delaware Dairy Princess at the Delaware State Fair this July. But come September, Betsy will enter Virginia Polytechnic Institute to study the consumer aspects of food and nutrition. If everything works out as planned, she's looking forward to a whole career of spreading the good word about "Moo-tritious Milk!"

Rose diseases handled by chemicals

FLEMINGTON, N.J. — The number one plant in the popularity contest for use in the home garden is the rose.

It is also true that the plant with more disease problems than about any other garden plant, says Spencer H. Davis, Jr., Extension specialist in plant pathology at Cook College, Rutgers University.

Two common and troublesome diseases are black spot and powdery mildew, says Dr. Davis. Black spot causes, as the name implies, spots on the leaves that eventually result in loss of leaves.

By late Summer all bottom leaves will be dead and gone. The rose may look like a little green umbrella.

Powdery mildew doesn't result in much defoliation, but it coats the leaves and flower buds with a powdery fungus growth. Leaves curl, buds fail to open and plants suffer.

Several chemicals prevent one disease or the other. And many garden mixtures have one of each type of chemical in the package. But only two — phaltan and benomyl — give good control of both black spot and powdery mildew.

One should apply sprays or dusts regularly, Dr. Davis suggests. Once a week is a good schedule starting now. And the plants will keep their leaves and produce flowers all Summer.

There are other diseases, as well as insects, that attack the garden rose. These are described and control recommendations are given in a bulletin called, "Roses for the Home." In New Jersey one can ask his county agricultural agent for a free copy. He is located in the Hunterdon County Extension Center, Route 31, north of Flemington.

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