

Animal fat not linked to heart disease

DES MOINES, Iowa — "There is no clear-cut relationship between meat consumption and cardiovascular disease," a prominent meat scientist said recently. Dr. A.M. Pearson, of the Food Science and Human Nutrition Dept.,

Michigan State University, told directors of the National Live Stock and Meat Board it's unlikely risks of heart disease can be reduced by replacing animal fats with vegetable fats in the diet.

Regarding the possibility that high fat intake may

contribute to increased incidence of cancer, Pearson stated: "There does not appear to be any reason for an increase in the frequency of cancer due to consumption of animal fats as compared to vegetable fats or vice versa."

The increasing rate of coronary heart disease in the United States during the 60 years between 1913 and 1973 has often been blamed on meat consumption. But consumption of animal fats declined by nine per cent in that period, while vegetable fat consumption increased three-fold, said Pearson. This implicates, but does

not prove, that vegetable fats contributed to the increased rate, according to Pearson.

Flesh foods (meat, fish, poultry) make their major contribution by supplying an abundance of high quality protein and appreciable amounts of vitamins and minerals, Pearson pointed out. It is nearly impossible to obtain the recommended daily allowance of Vitamin B12 without including flesh foods in the diet.

He suggested that the most

practical method of decreasing the number of calories from fat in the diet would be to reduce total caloric intake "since a reduction in fat content could be easily counterbalanced by increasing carbohydrate consumption." He said scientific evidence suggests that reducing total fat consumption — vegetable as well as animal fat — may help in controlling obesity and in reducing both coronary heart disease and cancer.

October milk price \$12.46

ALEXANDRIA, Va. — Middle Atlantic Order Market Administrator Joseph D. Shine announced a Class I milk price of \$12.46 per hundredweight for October 1978. Shine said that the price is up 35 cents from September and is \$1.03 cents higher than the October 1977 Class I price.

Order No. 4 prices are announced for milk testing 3.5 per cent butterfat, f.o.b. plants located within 55 miles of Philadelphia, Pa. and also within 75 miles from the nearer of Washington, D.C. or Baltimore, Md. There is also a six-cent direct-delivery differential applicable to producer milk received at plants located within 55 miles of Philadelphia.

Shine announced a Class II milk price of \$9.80 per hundredweight for August 1978 and a butterfat differential of 13.4 cents. The Class II milk price is up 42

cents from the previous month, because of a 35 cent increase in the Minnesota-Wisconsin manufacturing milk price and a 7 cents increase in the seasonal adjustment factor.

These class prices are based on the August 1978 Minnesota-Wisconsin manufacturing milk price of \$9.68 per hundredweight adjusted to a 3.5 per cent butterfat content.

The USDA reported that the wholesale price of Grade A butter at Chicago for August increased to \$1.1671 per pound and the nonfat dry milk price was \$.7129 per pound, f.o.b. plants in the Chicago area.



PARMAK
TRADE MARK OF QUALITY SINCE 1951

ELECTRIC FENCERS

- 12 Volts
- Weed Chopper
- 110 Models
- Fence Supplies

Authorized Distributor & Warranty Station

PEQUEA BATTERIES
Ronks, PA 17572

ECHO WEED & GRASS TRIMMER SRM-140D

PERFECTLY BALANCED, GASOLINE POWERED WEED AND GRASS TRIMMER GIVES YOU COMPLETE MOBILITY HELPS KEEP YOUR YARD AND GARDEN WELL GROOMED.

NEW FOR '78 - HOMEOWNER MODEL

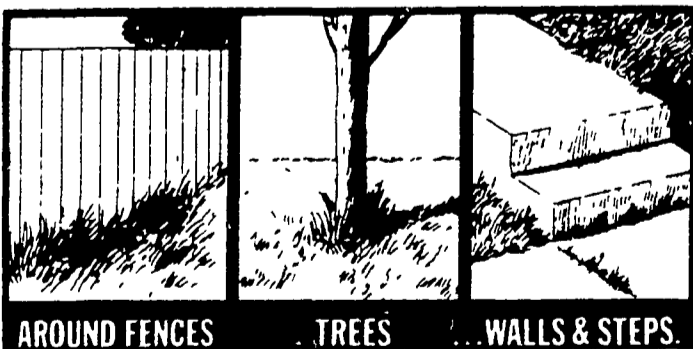
Special \$129⁹⁵

GOES WHERE NO CORD CAN FOLLOW

At long last the unit that you have been waiting for weighing less than 10 lbs. light weight plus durability easy starting & long time reliability due to the superior design of the KIORITZ engine. This unit has the mobility to track down weeds & grasses wherever they grow. safe, high quality nylon trimmer head cuts closely around fences, walks & etc.

Isn't it time you treated you and your lawn to the best? A Quality Engineered ECHO 140D

ASK FOR IT BY NAME "ECHO 140D"



AROUND FENCES TREES WALLS & STEPS.

FARMERSVILLE EQUIPMENT INC.

RD 4, Ephrata, PA

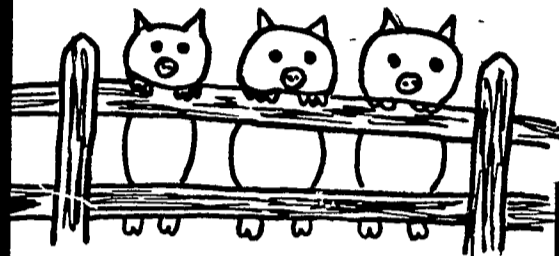
717-354-4271

HOURS

Mon., Tues., Wed., Fri. — 7:30-5:30
Thurs. — 7:30-9:00
Sat. — 7:30-3:00

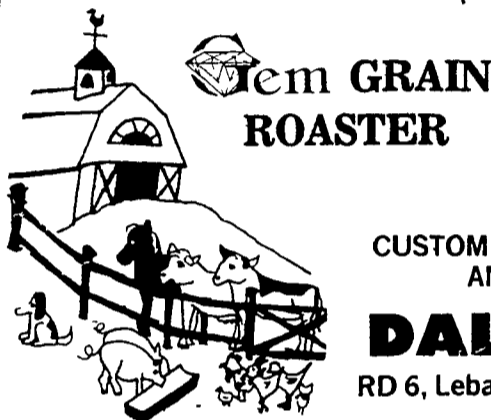
SOYBEAN ROASTING ON YOUR FARM

CONTACT US NOW TO MAKE ARRANGEMENTS FOR YOUR FALL ROASTING. WE'LL ROAST YOUR GRAIN RIGHT FROM THE FIELD, (No need to dry before roasting).



This little piggy went to market, This little piggy stayed home, This little piggy had ROASTED SOYBEANS

WHY NOT FEED ALL YOUR ANIMALS A TOTAL ROASTED GRAIN DIET?



Roasts all grains, (corn, beans, wheat, barley, oats).

CUSTOM SOYBEAN ROASTING DONE IN PA. AND SURROUNDING STATES

DALE L. SCHNUPP
RD 6, Lebanon, Pa. 17042 Ph: 717-865-6611

SMUCKER'S ENGINE SHOP

DISTRIBUTOR FOR:

SLANZI, PERKINS & LISTER DIESELS

• Good used diesel engines

• New Sputnik wheels and Parts.

CHOOSE THE MODEL FOR YOUR NEED

St 1-2 & 3-4½ - 35 hp.	HR 2-3-4 & 6-17-113 hp.
6 SR 2-12 hp.	1 Petter PH2 15 hp.
1 HR 2-29 hp.	1 DVA 1500 Slanzi 20 hp.
1 Petter PH1 7½ hp.	2 FL 712 Duetz 11 hp.

CALL HORNING'S WAREHOUSE 717-354-4158 or IF NO ANSWER CALL 717-354-4374

SMUCKER'S ENGINE SHOP

RD 1, GORDONVILLE, PA.

17529

SALES & SERVICE
DIESEL & GAS

For lower cost per hour power, rely on

