



Swiss Pie Florentine may be just the dish needed to convince sport enthusiasts that naturally nutritious foods can be fun to eat.

Nutrition with eye appeal seen in egg dish

DURHAM, N.H. - Staying in or getting into shape is definitely the "in" thing to do. Whether it's golfing, tennis, jogging or disco-ing, exercise is a big topic of conversation at almost any gathering.

Good nutrition is just as important as exercise in the shaping up process. Eating the wrong foods can quickly put the shaper-upper right back at the first tee.

One of the best ways to promote good nutrition is through eye appeal. On first glance, Swiss Pie Florentine looks simply delicious - but it's chock-full of nutrients. The beautiful spinach "crust" is a good source of iron and vitamins A and C. The sunny filling contains the high-quality protein of eggs, chicken (or tuna) and milk. With a final topping of melted Swiss cheese, Swiss Pie Florentine just might convince sportsters that naturally nutritious foods can be fun to eat.

SWISS PIE FLORENTINE

2 packages (10 oz. ea.) frozen chopped spinach, thawed (not cooked)
2 eggs, beaten
½ cup butter
½ cup all-purpose flour
½ teaspoon salt
Dash nutmeg
Dash pepper
1½ cups milk
3 hard-cooked eggs
1 can (5 oz.) boned chicken OR 1 can (6½ oz.) tuna, drained and flaked
1 cup (4 oz.) shredded Swiss cheese
Parsley, optional
Drain spinach well, pressing out excess water very thoroughly. Combine with beaten eggs. Press mixture into bottom and sides of 9-inch pie plate. In medium saucepan, melt butter. Stir in flour and seasonings. Cook, stirring constantly, over medium-

high heat until mixture is smooth and bubbly. Stir in milk. Cook, stirring constantly, until mixture boils and thickens. Wedge 1 hard-cooked egg. Reserve 3 wedges for garnish. Chop remaining wedges and whole eggs and stir into sauce. Pour into spinach crust. Top with chicken. Sprinkle with cheese. Place a thin strip of foil over spinach crust. Bake in pre-heated 350°F. oven 20 to 25 minutes, removing foil during last 10 minutes

baking time. Garnish with reserved egg wedges and parsley, if desired. Makes six servings.

To make hard cooked eggs, pierce eggs with an egg piercer or punch, if desired. Put eggs in single layer in saucepan. Add enough tap water to come at least one inch above eggs. Cover and quickly bring just to boiling. Turn off heat. If necessary, remove pan from burner to prevent further boiling. Let eggs stand

covered in hot water 15 to 17 minutes for Large eggs. (Adjust time up or down by about 3 minutes for each size larger or smaller.) Immediately run cold water over eggs or put them in ice water until completely cooled. To remove shell, crackle it by tapping gently all over. Roll egg between hands to loosen shell, then peel, starting at large end. Hold egg under running cold water or dip in bowl or water to help ease off shell.

Liming practices said to be critical in Delaware

NEWARK, DEL. - What's the proper type and rate of lime to apply on sandy coastal plain soils like Delaware's? Researchers and farmers have been asking themselves this question for several years now, as many fields in the state exhibit symptoms of over-liming such as manganese deficiency and reduced yields.

To find the answer, crops specialist Dr. William C. Liebhardt of the University of Delaware's Agricultural Experiment Station began a study ten years ago at the University's Georgetown Substation on the effects of lime rate and type on crop yield on a sandy loam soil typical of much of lower Delaware. His findings indicate that many area farmers may be losing a significant part of their potential yield by using the wrong kind of lime and too much of it.

In the study, two types of lime—calcite and dolomite—were used at one and four ton per acre applications. A 50/50 mixture of the two

limes was also applied at both levels. Results of all treatments were compared to those on an unlimed plot. Lime was applied twice during the ten year study, in 1970 and again in 1973.

Results showed that a soil pH of 6.4 depressed yields, compared to a soil pH of 5.7, and that use of dolomite further depressed them.

Four years after the last lime application, treatments receiving high lime rates (especially dolomite) still had a pH of 6.4 and there was a significant and substantial yield reduction (about 20-35 bushels of corn per acre).

Beyond its effect on soil pH, Liebhardt found that the composition of dolomite—the type of lime currently favored by Delaware farmers—was itself depressing corn yields, especially on sandy soils. Where 4 tons per acre of dolomitic lime were used, for instance, soil magnesium levels were radically higher than those where the same amount of calcitic lime was used, even though pH levels were identical (6.4)

Though both these high lime treatments depressed yields, the dolomite with its high magnesium content took nearly twice the toll, for an 18% yield reduction.

One explanation for this effect on yield appears to be the effect high soil magnesium and pH have on manganese availability. In this experiment soil magnesium accounted for 65% of the variability of manganese in leaf tissue samples. And leaf manganese showed a very strong positive relation to yields. Thus, the higher the soil magnesium, the less leaf manganese, and the lower the yield.

On the basis of this data Liebhardt recommends that farmers trying to grow crops on Delaware's sandy soils look closely at their soil test values and choose their lime on the basis of these. If liming is called for and magnesium levels are high, they should switch to calcitic lime. And they should take care not to lime beyond a soil pH of 5.8 to 6.0.

See your nearest
SPERRY NEW HOLLAND
Dealer for
**Dependable Equipment and
Dependable Service:**

- | | |
|---|--|
| Airville, PA
Airville Farm Service
Airville, PA
717-862-3358 | Lititz, PA
Roy A. Brubaker
700 Woodcrest Avenue
717-626-7766 |
| Alexandria, PA
Clapper Farm Equipment
Star Route
814-669-4465 | Loysville, PA
Paul Shovers, Inc.
Loysville, PA
717-789-3117 |
| Annville, PA
B.H.M. Farm Equipment, Inc.
R.D. 1
717-867-2211 | Lynnport, PA
Kermit K. Kistler, Inc.
Lynnport, PA
215-298-3270 |
| Beavertown, PA
Ben H. Walter
Beavertown, PA
717-658-7024 | McEwensville, PA
Don's Service Shop
Box 97
717-538-1362 |
| Bernville, PA
Stanley A. Klopp, Inc.
Bernville, PA
215-488-1510 | Mill Hall, PA
Paul A. Dotterer
R.D. 1
717-726-3471 |
| Biglerville, PA
Nelson Farm Supply, Inc.
Biglerville, PA
717-677-8144 | New Holland, PA
A.B.C. Groff, Inc.
110 South Railroad
717-354-4191 |
| Carlisle, PA
Paul Shovers, Inc.
35 East Willow Street
717-243-2686 | Oley, PA
A.J. Noss & Son, Inc.
R.D. 2
215-987-6257 |
| Catawissa, PA
Abraczinskas Farm
Equipment, Inc.
R.D. 1
717-356-2323 | Orwigsburg, PA
Paul J. Eichert & Son
R.D. 1
717-943-2304 |
| Chambersburg, PA
Clugston Implement, Inc.
R.D. 1
717-263-4103 | Palm, PA
Wentz Farm Supplies, Inc.
Rt. 29
215-679-7164 |
| Chester Springs, PA
Nevin N. Myer & Sons, Inc.
Chester Springs, PA
215-827-7414 | Pitman, PA
Marlin W. Schreffler
Pitman, PA
717-648-1120 |
| Davidson, PA
George N. Gross, Inc.
R.D. 2, Dover, PA
717-292-1673 | Quarryville, PA
C.E. Wiley & Son, Inc.
101 South Lime Street
717-786-2895 |
| Elizabethtown, PA
Messick Farm
Equipment, Inc.
Rt. 283 - Rheem's Exit
717-367-1319 | Reedsville, PA
Big Valley Sales & Service,
Inc.
P.O. Box 548
717-667-3944 |
| Factoryville, PA
Agronomics, Inc.
R.D. 2
717-945-3933 | Ringtown, PA
Ringtown Farm Equipment
Ringtown, PA
717-889-3184 |
| Gettysburg, PA
Yingling Implements
R.D. 9
717-359-4848 | Silverdale, PA
I.G.'s Ag Sales
Box 149
215-257-5135 |
| Halifax, PA
Sweigard Bros.
R.D. 3, Box 13
717-896-3414 | Tamaqua, PA
Charles S. Snyder, Inc.
R.D. 3
717-386-5945 |
| Hanover, PA
Sheets Bros., Inc.
Carlisle Street
717-632-3660 | Waynesboro, PA
Blue Ridge Fruit Exchange,
Inc.
Waynesboro, PA
717-762-3117 |
| Honey Brook, PA
Dependable Motor Co.
East Main Street
215-273-3131
215-273-3737 | West Chester, PA
M.S. Yearsley & Son
114-116 East Market Street
215-696-2990 |
| Honey Grove, PA
Norman D. Clark & Son, Inc.
Honey Grove, PA
717-734-3682 | West Grove, PA
S.G. Lewis & Son, Inc.
R.D. 2, Box 66
215-869-2214 |
| Hughesville, PA
Farnsworth Farm
Supplies, Inc.
103 Cemetery Street
717-584-2106 | Churchville, MD
Walter G. Coale, Inc.
2849-53 Churchville Rd.
301-734-7722 |
| Lancaster, PA
L.H. Brubaker, Inc.
350 Strasburg Pike
717-397-5179 | Rising Sun, MD
Ag-Ind. Equipment Co., Inc.
R.D. 2, Route 273 East
301-398-6132
301-658-5568 |
| Lebanon, PA
Evergreen Tractor Co., Inc.
30 Evergreen Road
717-272-4641 | Woodstown, NJ
Owen Supply Co.
Broad Street & East Avenue
609-769-0308 |