

New Holland 4-H meets

NEW HOLLAND — The New Holland 4-H baby beef club met at the Terre Hill Silo Company for their March meeting. President Ron Martin led the

meeting. Guest speaker for the evening was Nancy Meyer's from the Lancaster County Extension office.

Are health foods healthier?

NEWARK, Del. — Are organic and health foods really any better for you than other foods? To find out, let's start by looking at exactly what these terms mean.

Organic foods are supposedly grown without chemicals, explains University of Delaware dietetics student JoAnn Cloud. No insecticide sprays are used, and only manure or compost fertilizer.

"Health foods" sound like they can make you healthier than other foods. But a food is only as nourishing as the nutrients it contains, and the mere label "health food" or the fact that a food is sold at a health food store doesn't tell you anything about its nutritional content. Any food can be called a health food.

As a plant grows, it takes up food from the soil. Each plant takes up only what it needs in order to grow. So whether it's grown in compost or in chemically fertilized soil, a potato is still a potato, with the same nutritional value as any other potato.

But an organic potato sold in a health food store could cost you substantially more than the potato sold in a supermarket. A USDA survey shows that health foods can cost twice as much as other foods.

The reason many people are willing to pay more for organic foods is because they are grown without pesticides. But even organic foods may contain pesticide residues, Cloud explains. Old residues often remain in the soil for years.

In addition, new residues may be added from drifting sprays or from rainfall runoff from nearby farms. However, the federal government sets pure food standards in order to protect the consumer. So even though both organic and regular foods may contain pesticide residues, these are normally within federally allowable levels.

You can't tell an organic food by its appearance, taste, or chemical make-up, says Cloud.

So how do you know if a food labeled organic is really organic? To know for sure, she says, you would have to watch it being planted, harvested, and sold — an

impossible task. So you may be paying a higher price for an incorrectly labeled food.

Is there any reason to believe, then, that organic and health foods

are better than grocery store foods? Are they worth the extra cost? Nutritionally speaking, Cloud concludes, the correct answer is a resounding NO.

AUCTION

LAROCHE FARM EQUIPMENT
Highgate Center, VT 802-868-2006.
WEDNESDAY, APRIL 15
10:00 A.M.

INVENTORY REDUCTION SALE

Good used reconditioned equipment, 30 to 40 tractors are on hand for the sale. All types of farm machinery.

OWNER
LAROCHE FARM EQUIPMENT, INC.
Rt. 78
Highgate Center, VT

Sale Positive.
Terms - Cash or good check.
Call or Write for Sale Bill - Lunch Available.
Sale Managed by,
Goodrich Auction Service
Rt. 38 & 38B
Newark Valley, NY 13811
607-642-8688

PUBLIC AUCTION

MACHINERY - HORSES - HOLSTEIN BULLS
FRIDAY, APRIL 24
AT 10:00 A.M.

SALE WILL BE HELD ON THE NAGINEY FARM, LOCATED 1 MILE SOUTH OF MILROY, PA, AT THE NAGINEY, OPPOSITE THE FAYLOR QUARRY.

LIVESTOCK

7 Holstein bull calves 4 to 6 mos. old, started nice and from our own herd out of some better cows. Team sorrel work horses 4 and 6 yrs. old, full brother and sister, good size and broke good, bay mare all purpose horse 3 yrs. old broke single and double, new roller bearing spring wagon, 2 horse bob sled, 2 sets driving harness, pony saddle, some misc. harness and halters.

1,000 BALES GRASS HAY 100 BALES STRAW FARM MACHINERY

Ford 8N tractor completely overhauled, J D 730 dsl tractor, good running order, J D 500 tractor, runs good. Starline 145 bu left side tub spreader, J D model R spreader, Brillion 10 ft cultmulcher, J D no 45 hyd loader, A C 12 ft 3 pt field cultivator, electric wagon w/100 bu hyd dump bed, Grove 505-A wagon chassis, Grove wagon w/bed, J D 26 ft bale and grain elevator, D.B 26 ft elevator, Smoker elevator, platform drag elevator, 2 J D model 80-3 pt blades, D B-P10 corn sheller, J D no 5 mower, Push Hog 6 ft rotary mower, J D pulley for 40 or 420 tractor, heavy steel 800 gal tank on wheels, Wilson 500 gal S S tank, 4 feed lot feeders, Surge 30 plus milker pump, Universal milker pump, several surge milker units, several S S buckets, feed cart, assorted implement tires and wheels, new pi 750x20 traction type tires on wheels, 2 pns used tractor tires 13 6 and 15 6x38 in, 2 sets tractor chains, 2 McCullough chain saws, some 8 and 9 in silo pipe, material for 2-16 ft wagon beds, log chains, etc., and wagon load of misc farm items.

Terms - CASH. LUNCH AT SALE
FRANK A. BONSON
R D
Milroy, Pa
Mark Glick - Auctioneer
Reedsville, Pa

PUBLIC SALE

THURSDAY, MAY 21

12:00

Rt. 3, Quarryville, PA

Holstein Dairy Herd Registered & Grades

40 Head 1980 DHIA Rolling Herd Average 15,846m, 581f. Harvestore Silo, 20x60 with Gohath Unloader. 2 Delaval Milker Units Sterling Pulsator Zook Manure Elevator & Spreader.

TERMS BY:
CHRIST R. & KATIE BEILER

AUCTIONEERS:
Steve Petersheim
215-869-2508
Everett Kreider

PUBLIC SALE

od 62.5 Acre Farm & Personal Property
SATURDAY, APRIL 25

At 10 A.M.

From Honey Brook follow Rt. 10 south approx 1 mile to Cambridge Rd., turn west go approx. 1 mile to property. Watch for sale signs.

REAL ESTATE at 11 A.M.

HOUSE. 2 story frame & asbestos siding mostly insulated, tin roof, full basement, coal fired hot water heat 1st flr has kit, din rm, liv rm & 1/2 bath w/w carpeting. 2nd flr has 3 bdrms & full bath w/w carpeting.

BARN 32 x60 frame with metal roof, open stables & equip storage. Partitioned part on 2nd flr for chickens also tobacco cellar & stripping room.

GARAGE 2 sty frame & block 3 car garage 20 x36, metal roof.

SHOP 18 x28 frame with metal roof.

LAND 62.5 acres all open ground, terrain mostly level to gentle slope all in high state of cultivation, 1/4 acre in peach orchard. Very fine easy working ground. Well & pressure system. Terms 10% dn day of sale, 30 day settlement. Inspection by appt. Call **HORNING FARM AGENCY, INC** 215-286-5183.

Comments: Very nice country setting, lot of country road frontage. Buildings in generally good cond. Nice view of surrounding area.

PERSONAL PROPERTY

Ford tractor 8N, 2 Bottom 14 Mtd Plow, 3 pt Scraper, 3 pt Dirt Scoop, 3 pt Row Marker, 2 Row Corn Planter, 2 Wheel Farm Trailer, 9' Single Cultipacker, 6 3 pt Disc Harrow, 3 pt. Brinley 1 Row Cultivator, New Idea Manure Spreader, 3 Section Spring Tooth Harrow, Large Metal Water Tanks, 3 pt 5 Roto-Beater, Massey Ferguson 7 H P Elec Start Tractor & Lawn Mower, Old Orchard Sprayer with Meyers Pump, Hahn 5 H P Roto Tiller, Toro Electric Start Lawn Mower, very good, Hahn Rotary Lawn Mower, 1 Row Potato Plow, Wheelbarrow, Ext Ladder, several hundred 1/2 Bu Baskets, Grass Seeder, 7 & 5 Step Ladder, several Log Chains, Box Wire Fencing, Coal Stove Chain Hoist, Hand Sprayer, 2 Hydraulic Jacks Meat Grinder, Small Air Comp, Drawing Table, Planet, Rope & Tackle, B & D Skill, Vise, Pipe Fittings, Saws, Hammers, Wren. Hps, Ropes, Axes, Fork, Picks Shovels, Chain Lightener, Bale Hooks, Tool Box & Wrenches, Fairbanks Platform Scale up to 300 lbs., Pouch Benches, Butcher Knives, Battery Charger & Old Slicer.

HOUSEHOLD GOODS

Oak Round Ext Table, 8 boards, Old Oak Rocker, Odd Chairs, Riccat Elec Sewing Machine, Small Plank Bottom Rocker, Oak Wash Stand, Oak Dresser, 3 Matching Chairs, GE Stove, Amana Refrig, Liv Rm Suite, End Tables, 3 piece Stand, Corn Dryer, several Crocks, Iron Skillets, Kettles, 1 Set Dishes, other Odds & Ends of Dishes. Metal Bed Spring, Mattress, also other items not mentioned.

Terms By,
JOHN B. WEAVER
Cambridge, Pa

Elton & Alvin Horning Auctioneers
HORNING FARM AGENCY, INC
Main Street
Morgantown, Pa
215-286-5183

Public Auction Sale

to be held at Rough & Tumble, located at Kinzer, Lancaster Co., PA on

SATURDAY, APRIL 25

Sale starts at 9 A.M.

Consignment sale of various articles. Approx 65 sellers will be present.

Rain or Shine.

2 Auctioneers will conduct sale. R & T assumes no responsibility for accidents or theft.

All goods bought must be removed 30 days after sale or it becomes the property of R & T.

Antique equipment and related items.

PUBLIC SALE

SATURDAY, APRIL 25

at 9.30 A.M.

Holstein Bulls - Farm Machinery - Antiques - Guns - Household Goods

Located 1 mile west of Bridgeville, along Richmond Road, off Route 425 from Craley to New Bridgeville. Chancelford Twp, York Co, Penna. Watch for sale signs.

6 (approx. 300 lb.) Holstein Bulls
Farm Machinery

1957 Oliver Super 55 tractor w/tan tires & external valve, manure loader for Oliver 55, Massey Harris #30 tractor w/good tires & hyd belt pulley, hillside hitch, John Deere 2 14 bottom plow w/hyd on rubber, #3 John Deere 7 mower, David Bradley side delivery rake on rubber, 3 section spring harrow, tractor chains, platform scales, wood wheel running gear, hog feeders & troughs, 2 elec fence chargers 1 new, fence wire, Western horse saddle & bridle, pony saddle & sulky cart, 2 1/2 gal oil tank, Homelite Zip chain saw, new roofing paper, new poplar boards, 2-6 Stahl metal tool boxes for pick-up, 6 redwood picnic table w/benches, horse drawn wagon converted to tractor hitch, 20 Penna power mower, Exccello real type mower, high wheel rotary mower, push mower, 2 elec motors, tools, 62-8 cement blocks 10-1/2 blocks & 23 slabs, wood & iron wheels, lots of misc farm items.

Antiques

Oak Hoosier kitchen cabinet, oak 3 leg dropleaf table, oak Princess dresser, cedar & blanket chest, buffet, pie cupboard, 2 reed rockers & stand, large wood box, Shirley Temple pitcher, picture frame, license plates, lantern, wooden fork & rake, milk can, express wagon, 15 gal crock, cigar boards cutters, racks - bunch breakers - pack & knives, cork type medicine bottles, old jars & milk bottles, dinner bell, carnival glass & dishes, books, quilts.

Guns & Household Goods

2 Mossburg bolt action shot guns 12 & 20 ga poly chokes, 3 pc livingroom suit, 3 pc sectional sofa, rocking chair, RCA Whirlpool air conditioner 16,000 BTU, B&W tv, kerosene oil stove, Limpkin turbine burner & grate for wood or coal, elec sewing machine & cabinet, elec window fan, 9x12 braided rug, wall safe, elec clocks, lights, bassinet w/mattress & cover, high chair, play pen, stroller, variety of dishes, jars, lots of misc items. Not responsible for accidents. Refreshments by New Bridgeville Fine Co. Terms Cash or Approved Check.

AUCI NOTE: Order of sale wagon items, farm machinery, cattle, guns, antiques & household goods.

MR. & MRS. HENRY L. ARNOLD SR.
Red Lion 1, Penna
Ph 927-6277
Reynold Burke, Auct
Dean Burke, Clerk