

Ladies Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist



ABOUT MILK, YOUR KIDS WILL LOVE TO DRINK

We never outgrow our need for milk. Even though our caloric needs and metabolic rates decrease as we get older, everyone requires the same nutrients needed since childhood.

Milk is a food packed with

nutrients, exceptionally high in calcium. Since it also contains protein, riboflavin and other vitamins and minerals, you can use it to meet any of your nutritional needs without consuming too many calories.

Now is a good time to provide milk for your family. Milk

Home on the range

(Continued from Page C6)

Dandelion Wine
2 quarts dandelion flowers
4 quarts boiling water

Let stand three days then drain and add:

2 sliced lemons
4 pounds sugar

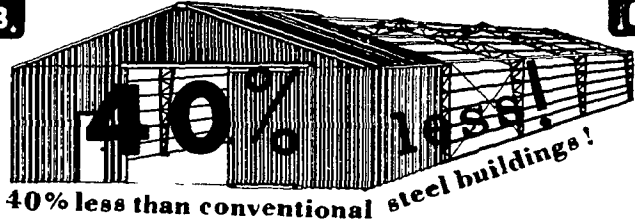
Let stand 8 days. Strain well and put into jugs or bottles. Do not make them quite full. Take rubbers and zinc tops so its does not blow tops.

Mrs. Martin, Franklin County

SAVINGS on package, pier & erection COSTS
with the INFLATION FIGHTERS

FRB.

CFB.

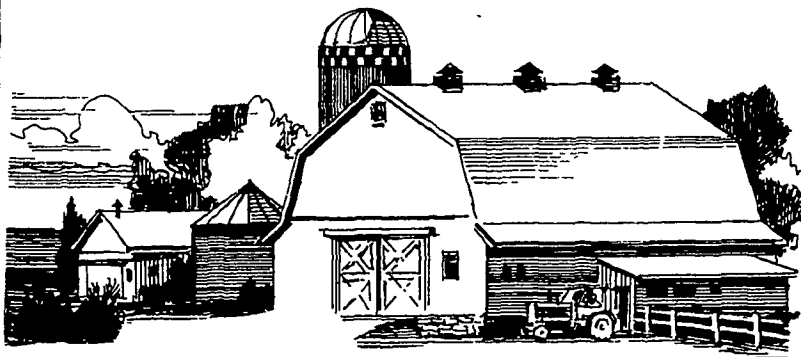


40% less than conventional steel buildings!

PARTY CONSTRUCTION CO., INC.
1218 Steuben St. Utica, N.Y. 13501 315-724-5593

FARM LOANS?

We Take Care Of The Hands That Feed Us!



The way we look at it, the farmer is pretty much the backbone of America. And we're always ready to help him in every way we can.

One of those ways might be with a farm loan.

And when it comes to farm loans, we're out to serve you like nobody else. We think you'll find us to be fast and friendly in helping you with your farm loan needs.

Besides, we're ready to help you on new farming opportunities. Maybe you need money for farm expansion. Or for new equipment. Maybe you just need money for your annual purchase of farm supplies.

Whatever your needs, we'll be glad to help you every way we can.

So call us soon with your farm loan needs. We'll go to work for you

right away. Trying to get things done for you. And remember, we really mean it when we say, "We'll make you glad you deal with us."

**"We'll make
you
glad
you
deal with us."**



BROWNSTOWN AGRI LOAN CORP.

(Subsidiary of The Brownstown National Bank)

ROBERT N. ZOOK
President

Main & State Sts.
Brownstown, Pa.
17508
717-656-2951

Serving
Lancaster
And Lebanon
Counties

production reaches a seasonal peak in June and will be in heavy supply, according to USDA marketing specialists.

Your need for milk changes with age. Children under nine need 2 to 3 servings of fluid milk or equivalent in foods rich in milk per day. From ages 9 to 12, children need 3 servings. Teens require 4 servings; pregnant women, 3 servings; nursing mothers, 4 servings; and adults, 2 servings.

Do you have trouble getting your children to drink milk? Keep in the coldest part of your refrigerator so you can serve it cold and fresh. Try some of the following recipes, either as breakfast treats or desserts.

TEMPTING PINEAPPLE MILK FREEZE: Use equal parts of crushed pineapple, vanilla ice cream and milk. Mix well and chill until firm. Serve with a spoon and a straw.

ORANGE EGG NOG: Stir ¼ cup frozen orange juice into ½ cup

chilled milk. Add a beaten egg and 1 tablespoon confectioners sugar. Top with grated nutmeg.

HONEY ORANGE MILK COOLER: Add 1 teaspoon honey to the orange egg nog mixture. Place in refrigerator until icy cold. Serve with a slice of orange perched on the rim of the glass. Be sure to use only clean, uncracked eggs for making egg nog.

PEPPERMINT MILK SHAKE: Add crushed peppermint stick candy to chilled milk. Place in refrigerator until candy is completely dissolved. Add more milk if desired. Pour into glass and top with scoop of ice cream and shaved sweet chocolate.

WILL VITAMIN SUPPLEMENTS REDUCE STRESS?

Stress is not merely nervous tension but the response of the body to any demand made upon it. Stress may be pleasant or unpleasant; what defines it as stress is that it places a demand upon the body for readjustment or adap-

tation.

Many people take vitamin and mineral supplements to help their bodies respond to stress. It is known that blood levels of vitamins change in response to stress. Little is known, however, about the effect of having an argument on, for example, vitamin C requirements because most stress research has been done on persons suffering from burns or other severe physical trauma. The change in blood levels often reflects a change in storage site, not an actual deficiency. Some researchers believe that supplementation carries a greater risk of harm than benefit.

We cannot avoid stress completely; in fact the complete absence of stress is death. However, we can learn to lessen stress to the point where it is stimulating and not disease-producing. We must learn what is and is not worth fighting over in our lives.

Patz

★ Barn Cleaners, Manure Pumps,
Manure Stackers, Silo Unloaders,
Bunk Feeders, Feed Conveyors

MARVIN J. HORST

DAIRY EQUIPMENT
1950 S. 5th Avenue, Lebanon, Pa. 17042
Phone: 717-272-0871

DOUBLE BENCH LAWN SWING

Redwood
or Outdoor
Wood,
Wholesale
and
Retail



COMPLETE LINE OF REDWOOD LAWN FURNITURE

- GLIDER
- PICNIC TABLE
- LAWN CHAIR & TABLE
- PORCH SWINGS
- DOUBLE BENCH LAWN SWING

JONAS S. EBERSOL

1½ MILES NORTH OF BIRD-IN-HAND ON
2687 Stumptown Road
Box 461, Bird-in-Hand, PA 17505

Introducing to the Mid Atlantic Area

The Nitterhouse Upright Bunker Silo

Featuring a single component design for fast erection and completion. The sections bolt together and the tongue and groove creates a sealed wall surface.

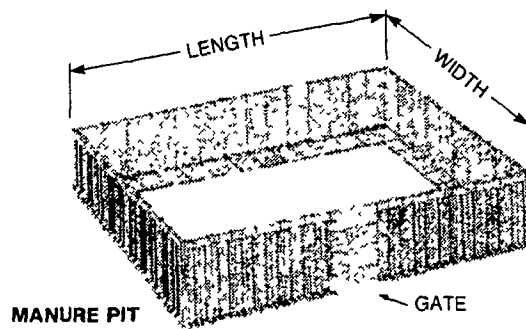
The sections may be dismantled and re-located, customers may select any length or width in increments of 5 feet 2 inches.

In addition to silage storage, these upright units may be used as retaining walls or manure pits.

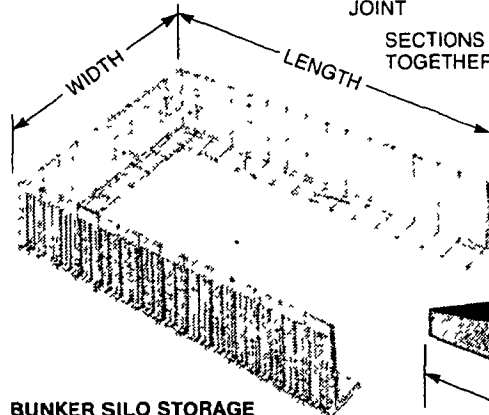
TONNAGE TABLE FOR 8 FT. SIDEWALLS*

LENGTH	30 WIDE	40 WIDE	50 WIDE	60 WIDE
80	323	432	540	646
70	376	504	630	753
60	431	576	720	862
50	485	648	808	971
40	539	720	900	1078
30	593	792	989	1187
20	648	864	1080	1296
10	688	936	1170	1376
5	755	1008	1260	1510
150	808	1080	1350	1616

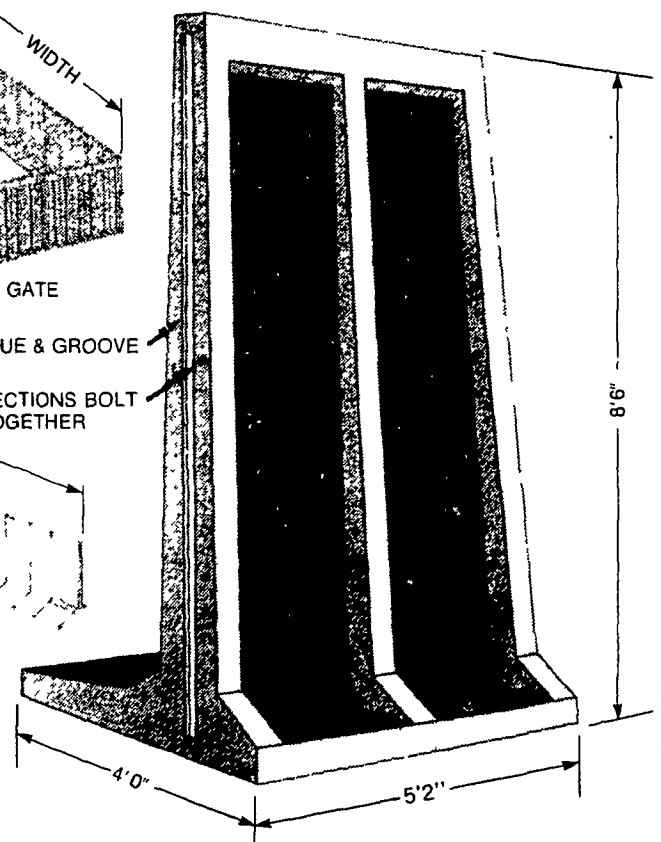
*BASED ON LEVEL FILL WITH
45 LBS PER CU. FT



MANURE PIT



BUNKER SILO STORAGE



Nitterhouse

Concrete Products Inc.
Farm Products Division
Box N Chambersburg, Pa. 17201
717-264-6154