

# Food needs change

(Continued from Page B16)

best food products, read the labels. Nutrition labeling is required on all foods that are fortified or enriched or that claim to be nutritional. The label will also include the serving size, caloric value, protein, carbohydrate and fat content and percentages of the U.S. Recommended Daily Allowances for major vitamins and minerals in each serving.

Nutrition labeling makes it possible to compare food products in terms of food values. Take advantage of this system. Another situation many face as they get older is suddenly finding themselves eating alone when all their lives they shared meals with family. Many elderly people dislike the idea of eating by

themselves so they skip meals, eat the same foods repeatedly or eat less than they need.

Try these suggestions to make a meal more pleasant, even if it is eaten by yourself. Set an attractive table and eat by a window. Watch TV or listen to the radio. Read a book or magazine or eat outdoors when the weather is nice. Try to treat yourself to a meal in a restaurant every now and then.

Or try inviting company for dinner. If you're on a fixed budget, have a pot luck dinner where everyone brings a dish.

Many communities have programs for the elderly where you can get a nutritious, hot meal at a low cost, sometimes even free.

**YORK** — York County's Sheep and Wool Producers are making plans for their fourth ewe chain contest, in which a deserving youngster can win a lamb. A total of six lambs have been awarded during the three years that the chain contest has been held.

The contest is open to all 4-H members, or youngsters 8 through 18 who would join the 4-H lamb club and are equipped with facilities for caring for their prize.

As part of their entry in the ewe chain competition, youngsters must submit an essay, the length of their choice, explaining why they are interested in winning a lamb and would be deserving of the opportunity.

Winners will be announced and the lamb presented to the lucky youngster during the Sheep and Wool Producers annual field day, set for April 21 at the York Fairgrounds.


Applications for the ewe chain award are available from chair-  
man Logau, Box 117, Logan-

ville, 17342, or from county agent Tony Dobrosky, Agriculture Extension Office, 112 Pleasant Acres Road, York, 17402, phone 757-9657.

To be eligible for judging, applications must be returned to Lau or the extension office by April 14.

**IT'S MAGIC**  
How quickly  
You Get Results  
From Our  
Classifieds!

PHONE  
717-394-3047  
or 717-626-1164





## Fertilizer... Bag or Bulk!



Banded or In-Furrow.

# COUNTER Works Best For Conservation Tillage.

For nine years, university tests have shown COUNTER® systemic insecticide-nematicide to be the most effective corn insecticide there is—whether you apply it banded or remove your banders and apply it directly in the seed furrow. Now, with more and more growers going to some form of reduced or minimum tillage, field tests are also proving COUNTER to be the best insecticide for conservation tillage.

**For trashy fields, apply in the seed furrow.** COUNTER can be applied safely and directly in the seed furrow where it won't get lost in the trash or be blown away. At the same time, COUNTER in-furrow or in a band controls more corn pests than any other insecticide. Plus, COUNTER acts systemically, as well as on contact, so it works through the plant for total root and early-season foliar protection.

**Safe for seed.** Since 1975, tests by universities in all the major corn states confirm that COUNTER won't hurt your seed. **Broadest spectrum control.** COUNTER controls more corn pests at one low rate than any other insecticide. Check the charts and compare. For all the facts about the best corn insecticide available, come see us today about COUNTER.

Read and follow label directions carefully.

CORN PESTS CONTROLLED—IN-FURROW APPLICATION										
	Corn Rootworms	Seed Corn Maggots	Seed Corn Beetles	Wireworms	Symptomatic	White Grubs	Flax Beetles	Billbugs	Cutworms	Nematodes
COUNTER®	✓	✓	✓	✓	✓	✓	✓	✓	S	✓
Lorsban <sup>1</sup>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dyfonate <sup>2</sup>	NOT LABELED FOR IN-FURROW APPLICATION									
Furadan <sup>3</sup>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Amaze <sup>4</sup>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
CORN PESTS CONTROLLED—BANDED APPLICATION										
	Corn Rootworms	Seed Corn Maggots	Seed Corn Beetles	Wireworms	Symptomatic	White Grubs	Flax Beetles	Billbugs	Cutworms	Nematodes
COUNTER®	✓	✓	✓	✓	✓	✓	✓	✓	S	✓
Lorsban <sup>1</sup>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dyfonate <sup>2</sup>	✓	✓	✓	S	✓	✓	✓	✓	S	✓
Furadan <sup>3</sup>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Amaze <sup>4</sup>	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

S: Suppression. Trademark of Dow Chemical Company. <sup>1</sup>Trademark of Stauffer Chemical Company. <sup>2</sup>Trademark of FMC Corporation. <sup>3</sup>Trademark of Moberly Chemical Corporation. Based on available published labels as of 10/1/83.



### FERTILIZER MATERIALS BAG OR BULK

AMMONIUM NITRATE	33½-0-0
AMMONIUM SULFATE (G)	21-0-0
NITRO-FORM	38-0-0
BORON 10% (G)	
BORON B-12 WATER SOLUBLE	
CALCIUM NITRATE 19% C	
15½% N	
DAP (DIAMMONIUM)	18-46-0
IRON 40% (G)	
K-MAG (22S-18MGO-22K <sub>2</sub> O)	
MAP (MONOAMMONIUM)	11-52-0
MICRO-MIX (G)	
MG-58 (MGO 96%)	
MURIATE OF POTASH	0-0-60
NITRATE OF SODA	15-0-0
NITRATE OF SODA POTASH	15-0-14
NITROGEN SOLUTION	30-0-0
POTASSIUM NITRATE	13-0-44
ROCK PHOSPHATE	
31% P <sub>2</sub> O <sub>5</sub> 32% CA	
SULPHUR COATED UREA	36-0-0
SULPHUR 90%	
SUPER PHOSPHATE	0-20-0
SULFATE OF POTASH	0-0-50
TRIPLE PHOSPHATE	0-46-0
UREA (GRANULAR)	46-0-0
UREA (PRILLED)	46-0-0
ZINC 20% (G)	

### SPECIAL ANALYSIS

- 8-24-8 CORN SPECIAL
- 0-10-30 ALFALFA SPECIAL
- 8-8-24 TOBACCO
- 8-16-24 TOBACCO
- 4-8-12 TOBACCO

### REGULAR ANALYSIS

- 10-20-20
- 20-10-10
- 15-15-15
- 15-30-15
- 10-10-10
- 5-10-10

10-6-4  
(Lawn & Garden!)

Others Also Available!

## R/K AGRI SERVICE, INC.

500 Running Pump Rd., Box 6277  
Lancaster, Pa. 17603

In Pa. 1-800-732-0398      Outside Pa. 1-800-233-3822  
Call For The Name Of Your Nearest Dealer!

LANCASTER, PA  
717-299-2541

DANVILLE, PA.  
717-275-4850

RICHLAND, PA.  
717-866-5701  
CHARLOTTE HALL, MD.  
301-884-4604  
301-932-6527

UPPER MARLBORO, MD.  
Three M Farm Service  
301-627-8700  
301-627-3300

### SALES REPRESENTATIVES

DON LOHR . . . . . Northern MD & Southern PA 717-684-8431  
HAROLD BRECHT . . . North Central PA Rep. . . . . 717-356-7962  
DAVE BORSOI . . . . . Eastern PA Rep. . . . . 215-865-5795  
JAMES H. MCKENNY . . . Southern Maryland . . . . . 301-257-2572