

Search begins for Wyoming/ Lackawanna dairy princess

TUNKHANNOCK, Pa. — The search for a 1984 Wyoming/Lackawanna Dairy Princess has begun, according to the newly organized Dairy Princess Committee in those joint counties. All single young women between the ages of 16 and 22, who are from a dairy farm background, are eligible for the title. The contest covers Wyoming and Lackawanna counties.

The winner of the Wyoming/Lackawanna Dairy Princess Pageant, to be held at the Moose Lodge on Rt. 309 in Tunkhannock on Friday, June 29, will be eligible to vie at the state

level for the Pennsylvania Dairy Princess title.

Wyoming/Lackawanna counties need to be represented by a Dairy Princess for promotion of the dairy industry. This contest hasn't been held for the last couple of years, but the newly organized committee encourages participation in the event.

Young women interested in entering the local pageant should contact: Mrs. Audrey Naylor (Lackawanna County), phone 945-5091, or Mrs. Madeline Harding (Wyoming County) 836-1921 by Saturday, June 16.

YORK — "I'm sure I didn't trip," said Nancy McKay. "My leg just seemed to go out from under me."

Nancy, a retired school teacher, didn't trip. Her left hip broke because her bones had become extremely fragile. Nancy McKay is a victim of osteoporosis.

Osteoporosis is a major health problem for postmenopausal women, says A. Joan Lamberson, Extension home economist at the Pennsylvania State University. It results in a decrease of the total bone mass, making the bones extremely fragile and susceptible to breakage.

It is the reason why some older women grow shorter. It may also result in "dowager's hump" as

vertebra collapse. The most likely cause of osteoporosis is not getting enough calcium and vitamin D over a long term period.

Milk and milk products are the main dietary sources of calcium. Most milk is fortified with vitamin D, which comes from sunshine.

Adult women need 800 milligrams of calcium every day. Yet a recent U.S. Department of Agriculture survey showed that the average women over 45 was only getting about 450 milligrams — about half the recommended amount.

There are many reasons why women don't drink milk — the cost, fear of gaining weight, lack of awareness of its importance in the adult diet or just plain dislike.

It may not be too late for women

who have not been getting enough calcium. Current findings indicate that large daily amounts of calcium — 1000 milligrams — from food or supplements may help prevent osteoporosis.

One cup of whole milk, skim milk or buttermilk provides about 300 milligrams of calcium. So does one cup of plain yogurt*, 1½ ounces of cheddar cheese, 1½ cups of cottage cheese and 1½ cups of ice cream or ice milk.

Skim milk is the lowest calorie source of calcium (about 86 calories) followed by buttermilk (99 calories). At the other end of the scale is ice cream with about 330 calories for an admittedly large 1½ cup serving. The same amount of ice milk would run about 300 calories.

WESTFALIA HIGH TECH DAIRYING®

CODATRON

Individualized computer feeding system

To be successful in dairying today, you know how important it is to be in complete control of your feeding program and to have all the information possible on each and every cow. That's why Westfalia has developed the Codatron Individualized computer feeding system. With Codatron, milk production and profits can be maximized while minimizing health problems thanks to an early warning system. And unlike many other units, Codatron is an expandable system that won't become obsolete.

The feeding system is quality built and basically fool proof and automatic. You'll have dairy reports of herd conditions and performance. Ration adjustments can be made quickly and easily. You'll be alerted to problem cows fast.

The Codatron is available in two basic models. The F 26 with feeding capabilities to 999 cows, up to 26 feeders, double ration capability with dairy consumption reports. The Model L offers feeding plus breeding management capabilities.

And that's not all. Westfalia's Codatron is designed for expansion into parlor data milk functions and home computer interfacing. Watch for new breakthroughs to be introduced soon!

Contact your Westfalia Sales Center today. Find out why Westfalia is truly the leader in high tech dairy equipment. For the name and location of your nearest Sales Center, call or write



WE
Salute
THE DAIRYMEN

Thanks So Much Dairy Farm
Families For Your High
Standards And Work In This
Important Industry



Westfalia Sales Centers

CHAMBERSBURG

Cumberland Farm &
Dairy Supply, Inc.
Larry Hughes
Gary Walton, Sales
Mgr.
717-263-0826

COCHRANVILLE

Farm Construction &
Equipment
Robert L. Janney
215-593-2365

JERSEY SHORE

Tom L. Dunlap
717-398-1391

COLUMBIA, MONTGOMERY & NORTHUMBERLAND CO'S.

Williams Farm
Systems
Dave Williams
717-398-2692

LITITZ

Fisher & Thompson
Assoc.
Amos Fisher
Rick Thompson
717-627-1530

MIFFLINBURG

Wehr's Dairy
Equipment
Mark Wehr
717-966-1396

MT. BETHEL

K.C. Dairy Service
Kevin Correll
717-897-5141

NEW WILMINGTON

Chuck Moose, Inc.
412-533-3077

SCHWENKSVILLE

Penn Valley
Cropstore, Inc.
Dale Stutzman
215-287-9650
215-944-0126

SPARTANSBURG

Brenner Dairy
Equipment
Albert Brenner
814-654-7309

TROY

Dairyland Sales &
Service
Jim Kelley
717-297-4128

SYKESVILLE, MD

Dairyman Inc.
Mid-Atlantic Division
William Stauffer
301-795-2727
301-781-7020

SPECIAL WESTFALIA DEALERS FOR THE AMISH DAIRYMAN

BELLEVILLE

Byler's Diesel &
Refrig. Service
Daniel Byler
717-483-6446
Answering Service

KIRKWOOD

Elam S. Stoltzfus
717-529-2623
717-529-2668
Answering Service

PARADISE

Lloyd Ranch
717-687-6361

REBERSBURG

Tim's Diesel Service
Tim Stoltzfus
814-349-5110
Answering Service

N.E. REG. MGR.

NY, PA, NJ, CT,
MA, VT, RI, ME, NH
ROBERT E. TURNER
R.D. #1, Box 11
Aspers, PA 17304
717-677-9301

SALES ENGINEERS

NORTHWEST PA &
NY
TOM MOORE
28 Petrolia St.
Bradford, PA
16702
814-362-3933

MD, DE & VA

DAVE PATTERSON
P.O. 246
Upperville, VA
22176
703-592-3845

NATIONAL HEADQUARTERS

WESTFALIA SYSTEMAT
DIVISION OF CENTRICO
1862 Brummel Dr
Elk Grove, Ill
60007
1-800-323-6723
312-437-8660