

Central 4-H Dairy Club

The Central 4-H Dairy Club welcomed a new member during the Feb. 10 meeting.

Last year's cookie chairmen, Chris Myers, Diane Myers, Tony Shue and Karen Shue will chair this year's sale too.

The group saw a film on classifying dairy cattle and then

held a Hoard's Dairyman Contest. Last year's contest winners received trophies. They were: Bridgette Boyer, first; Diane Lang, second; and Chris Myers, third.

Members who are transferring a dairy animal into their name are reminded it must be done by May

1. The Central Club and the Berks County Dairy Club are going to try an exchange of members this year.

Members are reminded of the following upcoming events: March 10, club meeting at the 4-H center; March 17, stuffing envelopes for the "newsreporter" at Extension office between 7 and 7:30 p.m.; March 18, Calfarama Sale at York Fairgrounds — a good place to get a dairy animal



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

Composition of Fluid Milk Products

Many people think that milk contains a great deal of milkfat. Actually it is a lowfat beverage, even when labeled whole or regular, homogenized, vitamin D milk. Milk fat levels are seldom above 3.3 percent and the minimum is 3.25 percent milkfat. Milk could actually be promoted as more than 96 percent fat free. An eight ounce glass of regular (whole) milk provides about 145 calories and only about 30 milligrams.

Most lowfat milk contains 2 percent milkfat, but you can find 1.5 percent and 1.0 percent milkfat products in some markets. In all cases the milkfat level is reduced, but that does not cut the calorie content in one-half. This is because the milk solids containing the calcium and minerals provide calories, also. Nearly all lowfat milk is fortified with vitamins A and D to the original level prior to the removal of the fat. Two percent milkfat milk contains about 120 calories per eight ounce glass, if not fortified with added milk solids. One and one-half percent and 1 percent milkfat milk contain only slightly fewer calories.

Many people think that skim milk is almost free of calories. Actually it has almost 90 calories per eight ounce glass and about five milligrams of cholesterol.

Include milk in your diet to get the needed calcium and to prevent osteoporosis in later years. It makes little difference in what form you include milk. To most active people the few extra calories in two glasses of regular milk are not significant in our daily diet. You may wish to get the equivalent of your two glasses of milk by eating cottage cheese, yogurt or other dairy products.

Lack of Humidity can Cause Problems

You may be more comfortable this winter if you turn down the thermostat.

A lack of humidity within the home can affect your health and cause a variety of other problems. Family members may complain of sore and raspy throats, dry skin and stuffy noses. They may feel cold when the indoor thermometer registers 70°F.

Ironically, reducing the indoor temperature can increase the relative humidity and thus increase your total comfort.

The lack of moisture also affects interior furnishings. Doors will warp and wooden panels will shrink. Furniture tends to dry out and will crack and shrink at glue joints. Static electricity shocks occur when you touch metal objects. Plants will wilt and will die more rapidly.

There are several ways to add moisture to dry air. But to maintain the desired amount, it will probably be necessary to continue adding moisture throughout the heating season.

Moisture vapor from a single source will travel quickly throughout a house. A tea kettle of water on a warm stove top will add great amounts of moisture to the air. You might even consider taking a bath or shower without using a fan.

Homeowners might investigate some of the special products on the market that put water vapor into the heating system. If you decide to purchase a portable humidifier, buy one that is appropriate for the size of your home.

'Year of the Forest' packet

HARRISBURG — In observance of 1986 as the "Year of the Forest," the Pennsylvania Forestry Association is offering a Year of the Forest Activity Packet. Included are a calendar of special events, two hemlock seedlings, a bumper sticker and a reproduction of the state's 1931 proclamation designating the hemlock as the state tree.

To order, send \$6.30 to Year of the Forest, Strathmeyer Forests, RD 1, Box 247, Dover, PA 17315. Packets will be delivered between April 14 and 25.

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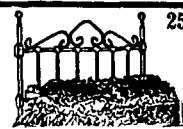
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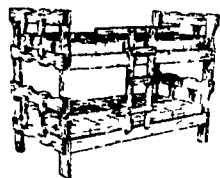


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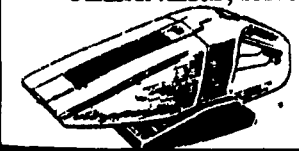
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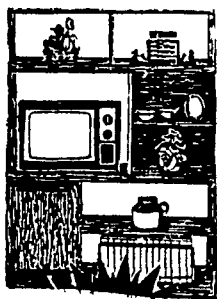
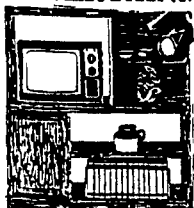
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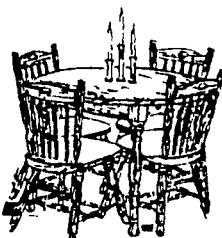
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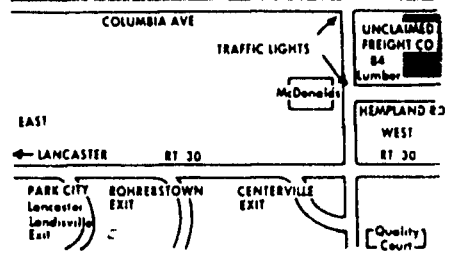
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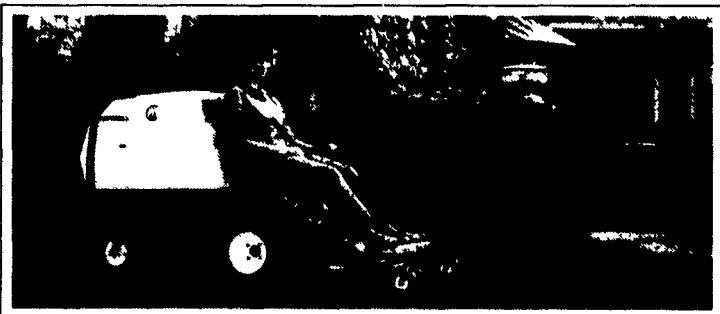
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