



Have You Heard?

By Doris Thomas
Lancaster Extension
Home Economist

June is National Dairy Month. Celebrate National Dairy Month by serving your family dairy foods each day. This year marks the 50th annual observance of June as Dairy Month.

The recommended number of

servings daily from the milk group are: young children and adults, 2 servings; elementary age children, 3 servings; teenagers, 4 or more servings; and pregnant and lactating women, 4 or more servings.

If you are not a milk drinker, the following dairy products will provide; you with the amount of calcium found in an 8-ounce glass of milk, 1½ ounces Cheddar, American processed cheese, 1 ounce Swiss cheese, 12 ounces cream cheese, 2 cups cottage cheese (creamed, low fat), 6 cups cottage cheese, dry curd, 1 cup yogurt and 1¾ cups ice cream.

Buy milk from well-cooled displays. Milk needs a storage temperature of not over 40°F., preferably lower. Never combine older milk with fresher milk unless it is to be used immediately. Do not pour unused milk back into the carton.

Never allow milk to stand at room temperature. Remove it from the refrigerator only long enough to pour it and then place the milk container back in your refrigerator. Always keep milk covered so it will not have the opportunity to absorb odors from

other foods.

Do you know that dairy products can help in reducing calorie intake, while providing many of the nutrients you need each day?

Dairy products are refreshing and tasty, but they have the reputation as being high in calories. Actually, they have fewer of the same number of calories and more nutrients than many of the products used in their place. For example, butter and margarine have exactly the same number of calories — 34 calories in one teaspoon. The important difference to many cooks is, of course, the flavor.

A calorie comparison of half-and-half and liquid coffee whitener gives similar results. One tablespoon or real half-and-half (15 grams), which is a blend of cream and milk with 11.7 percent milkfat content, has 20 calories and offers 65 International Units of vitamin A. One-half fluid ounce (also 15 grams) of frozen liquid coffee whitener contains the same amount of calories but only 13 International Units of vitamin A.

Houseclean Your Medicine Cabinet

Nine times out of ten opening the family medicine cabinet door will reveal weeks, months, or even years of neglect — unmarked prescriptions, medicines that have lost their effectiveness, and an array of useless and possible dangerous odds and ends.

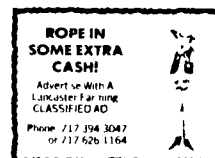
If this rings a warning bell, I

advise setting aside an hour right now to clean out your medicine cabinet. Throw out all unlabeled bottles of medicine and boxes of pills. Never use any unlabeled or labeled medicines for another illness.

Discard any medicines that show signs of deterioration or that have been in the cabinet for a long time. Many medicines can change in strength and composition over time to make them either harmful or useless.

Table preparations are usually good until the tablets show signs of crumbling or deterioration. Solutions should be safe as long as they don't change color and stay free and clear of residue. Medicines in suspension are long-lived but tend to settle, so be sure to shake them well before using. If there is any doubt at all as to the safety of any medicine, discard it. It's not worth the risk.

Be sure when throwing away any medicine, in tablet or liquid form to put it down the drain or flush it away. Carefully rinse the bottles afterward before discarding. Don't assume that wastebaskets are free from the curious eyes and fingers of little children.



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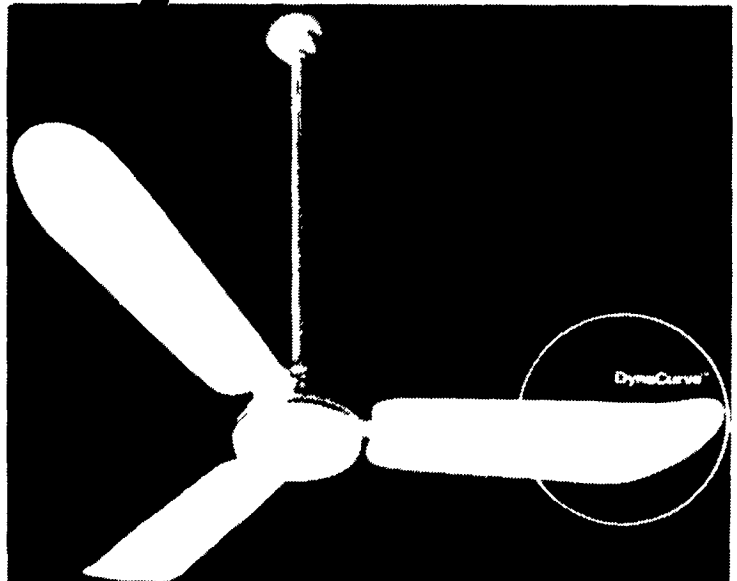
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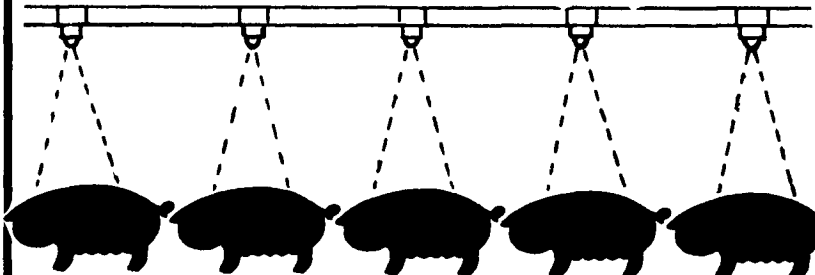


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SPRINKLER COOLING SYSTEM

(Not Fogger)

FOR HOGS

THE PROBLEM

When the temperature goes up one of the first ways your body reacts is by breaking out in perspiration. That's nature's way of cooling off.

It's different with hogs. High temperatures cause them a great deal of stress because they can't sweat. When under this stress due to heat hogs will lose their appetite, weight gains drop, there is poor feed conversion, conception rate is reduced and pens become a mess. All of this adds up to lost profits.

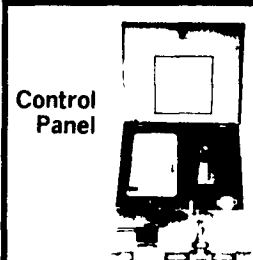
THE SOLUTION:

When the temperature is above 72° F even ventilation can't cure the stress that results. But a sprinkler cooling system can help your hogs where nature fell short, giving them a chance to cool off. It sprays them with coarse water droplets to reduce their body temperature. The idea is simple but extremely effective.

THE SYSTEM:

The sprinkle cycle is turned on automatically whenever the barn temperature rises above a set temperature level. Throughout this "on" period the control functions to permit sprinkling to occur for a preset time period each hour (2 minutes/hour is recommended for best results). When the barn temperature drops below the set temperature level the cycle is automatically interrupted.

The nozzles are clamped to a plastic pipe strung over the gutter of slatted area at the rear of the pen. Each nozzle covers a 5.6 foot diameter area which usually means one nozzle per pen. The nozzle assures a coarse droplet spray pattern which is important for maximum cooling. A fine mist of fog is not desirable in geographical areas of generally high summer relative humidity.



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