Normal, healthy adults need 800 milligrams of calcium each day. Two glasses of milk, plus the recommended serving from each of the other Four Food Groups, supply roughly 800 milligrams of calcium.

MAILBOX MARKET FOR SALE

10 yr. old St. bred gelding Pacer, traffic safe & sound; 3 yr. old trotter mare, traffic safe & sound, good road horse. Melvin J. Fisher, Box 57, Bart, Pa. 17503. In Georgetown, Dry apple firewood, only \$50. a full cord. Columbia Co. 717-672-2638

350 eng. trans., \$250.; traction bars, \$150.; auto. shift kit; black/white T.V.; 27" 10 spd. bike, \$135.; punching bag. 717-292-6976

NI manure spreader #224, 10 ton double axle; 1977 Chrysler Labaron, 4 door; electric gas pump. Leb. Co. 717-867-4495

1980 Chevette 4 DR, 4 spd., very good condition, \$1,000. O.B.O. Very economical. Franklin Co. 717-349-2417

Farmall 560 tractor, 65 h.p., fast hitch, live PTO, dual hydraulics, belt pulley, lights, torque amplifer, PS. Mercer Co. 609-586-2869 after 5 p.m.

Certified Aroostook rye seed, excellent new variety, does not lodge, produces heavily, bagged or bulk. Will deliver. Schuylkill Co. 717-647-2623

NH 717 harvester, 1 row head, \$600.; JD 17 disc, FBB drill, \$1,500. Carlisle. 717-243-1281

JD 290 pull type planter, 2 row, will plant cross check, hill drop or drill corn, \$400. Chemung Co. 607-529-3480

JD 9' 1209 haybine; (1) 40' reefer trailer; (1) 12,000 bu. grain bin. All equipment in good condition. Best Offer. 717-837-3443 or 717-837-0462

H #16 harvester, 40' Kingwise elevator. Harford Co. 301-452-5663 after 6 p.m.

High moisture shelled corn, 23% moisture, \$80. per ton, at farm. Lanc. Co. 717-665-2561

Midwest 16' grain body w/hoist, good condition; Fox silage blower. Lanc. Co. 717-665-3865

Cleaned Rye Seed, 100 cwt. bags, \$8.00. Lanc. Co. 717-354-8230

1929 model A Ford, 2 tone, in original colors, black & brown, "Fun to Run". York, Pa. 717-755-5587 evenings.

NH corn sheller bagger, \$150.; Vac Way seed cleaner and motor, \$150.; 400 gallon milk tank and 2 h.p. compressor, \$350. South Jersey. 609-767-

Winpower generator, 10 HP, Briggs Stratton 2 KW, good cond., best offer. 215-267-4150:

JD 2550 w/cab, 450 hrs., 65 HP, like new; 1982 F700 alm. grain body, 7,500 mi. Must sell. Montg. Co. 215-584-5168. Gehl Hi-throw blower, good band, \$250. Bucks Co. 215-847-8126.

Complete GM 478 cu. in., V-6, rebuilt engine. Cost, \$1,700. First \$850. Montg. Co. 215-584-9022 eves.

JD 450 crawler loader, good motor, good under carriage, \$6,000. York Co. 717-938-6312.

Honda XL500s, 1980, 2700 mi., like new. Must see. Northampton Co. 215-253-8076.

NI 315 sheller unit, ex shape, stored inside. Will fit 324 or 325 picker. Lyc. Co. 717-323-0953.

k rye new row head, adjustable, lodge, 1,000 RPM like new w/electric controls. leliver. Sussex Co. 201-948-7-647-

JD forage harvester, model 35, 2 row w/electric or manual controls. Also Surge 4 unit milk pipeline and compressor, complete. James ONeill, kibler Rd., R.D.1, Box 218, Chestertown, MD.

21620. Ear corn out of crib, \$75. per ton. Cumb. Co. 717-776-5726

JD 445 flail manure spreader, good condition, \$500. or reasonable offer. Franklin Co. 717-532-9234

NH #8 forage wagon, 2 beater, good. \$1,900. Union Co. No Sunday Calls. 717-922-1135

Woodmaster 12" planer w/3 h.p. motor and edge jointer attachment, molding shaft, custom knife holder, 6 molding blades and knife gauge, \$1,300. Lancaster Co. 215-267-7026

Semi mount Oliver 4 bottom auto. reset plow, good condition. Lanc. Co. 717-354-8126

Tag-a-long trailer, 3 axles, 6'x12' level deck plus Beaver tail and ramps pinnal- hook type hitch, \$1,350. Cecil Co., MD. 301-287-5277

JD 216 forage box, 3 beater, roof, 10 T gear, \$1,600.; 7 tooth chisel plow, \$725.; 11' cultipacker, \$300. Cumb. Co. 717-532-6367

Service age boars, York Hamp Cross, York Landrace Cross, tested pseudorables free. Warren Nolt. 717-656-9764

6 pc. contemporary bedroom suite, white, like new, \$400.; Royal elec. typewriter, \$400. Lehigh Co. 215-395-2474 between 3 & 4 p.m.

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JD 101 semi mounted corn picker, in working order, \$100. Cumb. Co. 717-532-3788

Good silage, \$16. per ton. Lanc. Co. 717-626-7665

2 row wide 780 AC harvester, good condition, \$250.; All metal 2 wheel, 4'x6' tilt trailer, 15" wheels, \$300. 717-626-6559

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