

Frozen Yogurt: A New Way To Keep Cool

ATLANTA, GA — Looking for a refreshing new way to cool down this summer? Few foods are capable of providing as tangy a thrill on a hot summer's day as frozen yogurt or milk-based fruit sherbet. Easy to make at home, either can serve as a dazzling dessert or refreshing pause all year long.

Frozen yogurts and fruit sherbets have gained popularity in the 1980's as Americans strive to slim down. Both are natural extensions of the ongoing quest for foods that are lighter, healthier, and less fattening. Checking the calorie count for either dessert will

reveal that each is low in calories but big on flavor.

Most people are used to making homemade ice cream with milk, whipping cream, sweeteners, and flavorings. But for a change, you can make frozen yogurt by substituting plain or flavored yogurt for milk. Many people add milk anyway, to make the product smoother and richer.

Flavored with fruit purees, juices, or extracts, there is no limit to the flavors you can create.

If you prefer to forego the work at home, you can get frozen yogurt,

soft or hard, in cups, cones, sundaes, or on a stick.

Milk Sherbets

Whole milk is the main ingredient of milk sherbets, though you can substitute lowfat milk if you are concerned about calories.

Milk sherbets don't have as rich and smooth a texture as ice cream, so stabilizers such as gelatin or egg whites are added to give sherbets a lighter, airier texture.

Fruit flavored sherbets can be made with a variety of fruit purees and juices, sweeteners such as sugar and honey, flavor extracts, or liqueurs. The most popular sherbets are orange, pineapple, lime, raspberry, and lemon.

Homemade yogurts and sherbets are a tantalizing way to ensure that you are meeting your daily needs for calcium, protein, and riboflavin.

Best of all, these treats can be made in minutes, thanks to the variety of ice cream freezers now available for home use.

Whatever your taste or diet considerations, frozen yogurts and milk sherbets can be counted on for a calorie-conscious step towards good taste and nutrition.



SKY-HIGH SAVINGS

7.25% APR

M-F financing
for 48 months

OR

**SPECIAL
FACTORY
DISCOUNTS**

OR

**Waiver of
finance charges**
to Nov 1, 1988



High-flying deals on high-tech tractors.

Take advantage of our "Sky-High Savings" celebration to move a giant step forward in productivity. That's what you'll get when you put a 60-95 hp* Massey-Ferguson Autotronic™ tractor or Datatronic™ tractor through its paces on your farm or ranch. Advanced technology designed into these revolutionary new tractors automatically helps you work faster, easier and smarter. You have to try one for yourself to believe it. And right now is a great time to do just that, with your choice of special M-F financing options.

*Manufacturer's rated PTO horsepower

**OFFERS END JULY 30, 1988 ON
NEW M-F 3000 SERIES TRACTORS.**

COME IN AND MAKE YOUR BEST DEAL NOW



**N.H. FLICKER &
SONS, INC.**
Maxatawny, PA
Ph: (215) 683-7252

S.G. LEWIS AND SON
West Grove, PA
Ph: (215) 869-9440
869-2214

SCHREFFLER EQUIPMENT
Randy L. Schreffler
Pitman, PA
Ph: (717) 648-1120

M.M. WEAVER & SON
N. Groffdale Rd
Leola, PA 17540
Ph: (717) 656-2321

**LEBANON VALLEY
IMPLEMENT CO.**
700 E. Linden St
Richland, PA
Ph: (717) 866-7518

ARNETT'S GARAGE
Rt 9 Box 125
Hagerstown, MD
Ph: (301) 733-0515

R.W. KELLER SALES
Parkside, PA 18944
Ph: (215) 257-0101

PEOPLE'S SALES & SERVICE
Oakland Mills, PA
Ph: (717) 436-2735
483-2735

New York and New Jersey

(Continued from Page D10)

berry, Williamstown, NY.

Otsego

Harold W. Hayes, Cherry Valley, NY; Leslie Rathbun, Schenectady, NY; Jack Van Buren, Cherry Valley, NY; Glensfoot Farm 1, Cherry Valley, NY; H.E. & E.D. Gregory, New Berlin, NY; Kraham Brothers, Cooperstown, NY; Richard & Nancy Meyers, Morris, NY; Timothy & Cindy Powers, Hartwick, NY

Rensselaer

Robert & Jean Carlson, Schaghticoke, NY; Mapledale Farm, Berlin, NY.

St. Lawrence

Richard Hamilton, De Kalb Junction, NY; Donald F. & Leon C. Clin, Madnd, NY; Max, Barb, & David Fisher, Madnd, NY; Roger Pomarville, Massena, NY; Keith Avery, Massena, NY; Tony & Andy Gilbert, Potsdam, NY; Fred McLaughlin, North Lawrence, NY; Elliot Rodee, Canton, NY; John Thompson, Canton, NY; Matthew D. Reynolds, Gouverneur, NY

Saratoga

Wayne & Janice Arnold, Gansevoort, NY; David R. Wood, Amsterdam, NY; William Peck, Schuylerville, NY; Betts Brothers, Waterford, NY; David & Kathy Stewart, Burnt Hills, NY

Schoharie

SUNY Ag & Tech, Cobleskill, NY; P. Schuyler & Son, Cobleskill, NY

Steuben

Deusenberry Farms, Wayland, NY; Gary C. Button, Jasper, NY; Arthur R. Mills, Jr., Andover, NY; Doug Schwingel, Atlanta, NY; Sky Line Farm, Greenwood, NY; Scott & Debra Rollins, Canisteo, NY; Glenn L. White & Sons, Woodhull, NY; Force Farm, Corning, NY; William Brown, Hammondsport, NY

Tioga

Herbert Maas, Owego, NY; Albert Evans & Son, Owego, NY; Berry Farms, Nichols, NY; John & Sandra Crawford, Rome, PA; Bruce & Arlene Bamhart, Rome, PA; Moore Farms, Nichols, NY.

Tompkins

David & Sue Thompson, Ithaca, NY; Allan LaMotte, Freeville, NY; Lawrence C. Howser,

Groton, NY; Robert Fouts, Cortland, NY; Carey Farms, Groton, NY.

Ulster

M & M Farms, Walkill, NY.

Washington

Willard Durkee, Fort Ann, NY; Neil Eastman, Hartford, NY; John Pfeiffer, Greenwich, NY; Allenwaite Farms Inc., Schaghticoke, NY; Valley View, Fort Ann, NY; William E. Perry, Eagle Bridge, NY; Hollister Brothers, Whitehall, NY; F & J Farm, Comstock, NY; William McQueen, Fort Anne, NY

Wayne

S. Lake & D. Wolf, Lyons, NY

Wyoming

Silver Meadows Farm, Silver Spr., NY; Leon Mattoon, Perry, NY; Charles Fuest North Java, NY; Manley & Allen Mason, Silver Spr., NY; Steve & Kerry Wing, Bliss, NY

Yates

Vaughn Vesper View, Penn Yan, NY; Seneca Acres, Penn Yan, NY; Rollen-N's Dairy, Rock Stream, NY

NEW JERSEY

Burlington

Lester Jones & Sons, Inc., Medford, NJ; William Pettit, Julistown, NJ

Central Jersey/Hunterdon

W.M. Freiss, Glen Gardner, NJ; Howard Sutton & Son, Califon, NJ; Edward Huff, Asbury, NJ

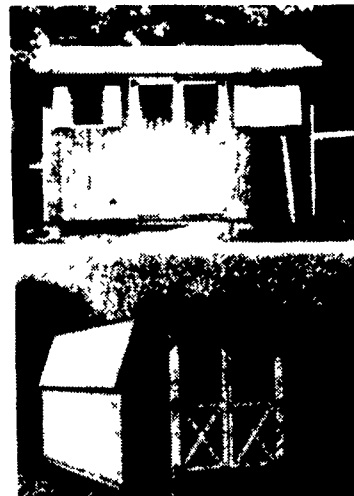
South Jersey

George B. Williams, Woodstown, NJ

Northeast Dairy Herd Improvement Association is a member-owned cooperative serving dairy farmers in Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, and New York. The purpose of the cooperative is to increase Northeast dairy farmers' net profits through information management systems.

STORAGE BARNS & GAZEBOS

Custom Made To Order



If You're Looking For Quality At A Good Price, Contact

B & B STRUCTURES

**DELIVERY
AVAILABLE**

Henry K. Blank
RD 1, Bird-In-Hand, PA 17505
(717) 656-0783
Dealer Inquiries Invited

BUCKETS & FORKS

For Skid Steer Loaders

Built To Order

AVAILABLE FOR MOST MAKES AND MODELS



• **FORKS**
40" to 72" Standard
Special Sizes Available

• **BUCKETS**
Various Shapes And
Widths According
To Order

Bucket Cutting Edge Available, Beveled One Side,
Any Length.

5 Sizes: 3/8"x3", 1/2"x3", 1/2"x4", 3/4"x4", 5/8"x6"
Rubber Edges Available For Scraper Blades

WHOLESALE AND RETAIL

ATI CORPORATION

325 West Main St.

New Holland, PA 17557

(717) 354-8721