

# On being a farm wife -And other hazards Joyce Bupp



When you stop learning, you're dead.

By fate or by design, we learn new things everyday. Or should, if we're paying any attention to life swirling around us.

Fact is, with each passing year, I realize how little I know about an increasing number of things .... and how impossible it is to ever keep up with the exploding amounts of new material to learn.

A tribute to the quest for continuing education is the number of classes offered everywhere from our area colleges and high schools to institutions like the "Y," community organizations, even local department and specialty stores.

A bulletin arrived a few days ago from our local school district, outlining the evening classes available for the spring semester. From ballroom dancing to stock investment, from computer education to photography, from craft classes to tennis, there's something for just about everyone.

When the kids were younger and I had fewer barn chores, I went with friends to various classes. We learned tennis through windy March evenings that sometimes nearly blew the balls away and tole painted assorted items from around our households.

With the family grown, more of

those hours are devoted to farm responsibilities. After scanning the adult education lineup, I just couldn't find any that really addressed the kind of learning my lifestyle currently demands.

For instance, there is no class being offered on emergency barn plumbing repairs.

That knowledge would have been most useful a few days ago, when evening chores opened with a lively stream of water gurgling down the cows' feed trough. It lent new meaning to the term "high moisture corn."

Source of the indoor brook was obvious — a gush of water arched above a separation in a drinking cup hookup, thoroughly rinsing the stall's cow mat as well as flooding around the piles of freshly-fed haylage.

Plastic water pipe runs along the curb of the feed trough. "Tee" hookups tap into the pipe to supply water to the drinking cups, located between every two stalls. On occasion, a cow will get her foot up over the curb and knock the hookup loose.

While I knew where the shutoff valve was, I couldn't make it work; switching it the opposite direction from "on" left the cascade pouring out as fast as before. In desperation, the separated plas-

tic pipe was finally forced back onto the "Tee" — resulting in a bath of cold water in the process — and tied in place temporarily with (what else!) plastic baler twine anchored to the metal stall divider.

By the time the gusher had worked its way loose again, The Farmer was home from a broken-part errand. He demonstrated how to shut down the waterline by turning the valve .... only half as far as I'd been switching it.

When it comes to health problems such as high blood pressure and heart disease, is salt at fault or not? Experts say it depends on whether you're "salt sensitive." There are 50 million Americans who have high blood pressure and an estimated 25 million of them are salt sensitive. There are also another 20 million who don't even know they have high blood pressure. That's why it is often called the "silent disease": you may feel fine while high blood pressure is damaging your arteries.

So, how do you know if you are salt sensitive? Unfortunately, there is no way of knowing, unless you do extensive testing while on a salt restricted diet. So to protect your heart health, it's best to assume you are salt sensitive and reduce your intake, as well as lose weight, exercise and reduce your alcohol intake. *The British Medical Journal* reported that even a modest reduction of sodium in the typical Western diet will reduce the risk of stroke by 22 percent and heart disease by 16 percent. If you're a woman, keep in mind that reducing salt can also reduce your risk of osteoporosis.

Groan. And, while craft shops offer classes on grapevine wreath decorating and fabric painting, where can you find a single seminar on "Handy Shortcuts With Duct Tape"? We duct tape specialists have to just muddle through, with no expert advice, on taping storm windows back in after 50 mph. gusts have rattled them loose from barn windows. And doing it with four heifers chewing at your elbows.

When will someone teach "Fine Points of Stapling Feed Bags Over Barn Gaps"? Or "Thawing Frozen Pipes Made Easy" and "Easy Steps To Reattaching The Outdoor Thermometer That The Wind Blew Away." If I could find it, that is. There are definitely some major gaps in my education. But there's hope. A voice just muttered something about "teaching old dogs new tricks."

## Is Salt At Fault?

To help you reduce your sodium intake to a recommended 3000 mg. per day, here are some tips:

- Start by eliminating salt added at the table.
- Next, eliminate salt added in the cooking process.
- Experiment with herbs, spices, wines, vinegars and aromatic vegetables.
- Look for low- or no-sodium foods at the supermarket. Del Monte, for instance, has a No Salt Added line of vegetables and is currently introducing a 50 Percent

Less Salt line of vegetables.

- When dining out, ask that food be prepared without salt or MSG.
- Eat more fruits and vegetables. The potassium, magnesium and calcium may help to lower blood pressure.

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## Families Churn

(Continued from Page B4)

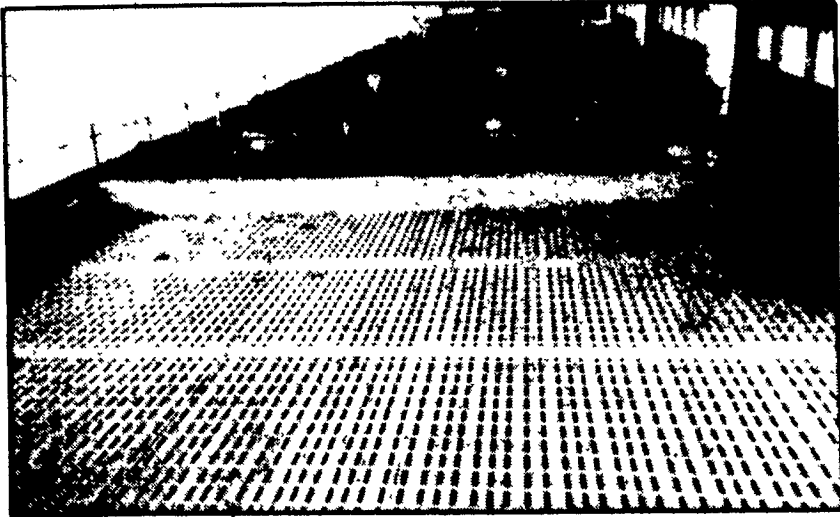
- HAWAIIAN DELIGHT**
- 2½ cups sugar
  - 6 Tablespoons cornstarch
  - ¼ teaspoon salt
  - 5 cups milk
  - 2 cans sweetened condensed milk
  - 6 pasteurized processed eggs
  - 2 cups whipping cream
  - 2 cups light cream
  - 2 packages unflavored gelatin
  - 1 cup orange juice
  - 1 cup crushed pineapple
  - 1 cup mashed, ripe bananas
  - ½ cup maraschino cherries, chopped
  - ½ cup macadamia nuts (coconut or pecans can substitute)
  - 1 teaspoon vanilla

In a heavy saucepan, heat milk until it scalds. Mix eggs, cornstarch, sugar and salt. Stir into milk until forms into a soft custard. Soften unflavored gelatin in

the orange juice. Stir this into the custard mix and add sweetened condensed milk. Let custard mixture cool, then add whipping cream and light cream. Stir and pour into freezer. Makes 4 to 5 quarts.

- STRAWBERRY ICE CREAM**
- 1 pint heavy cream
  - 1 can sweetened condensed milk
  - 1 can evaporated milk
  - ½ cup sugar
  - 1 Tablespoon vanilla
  - 4 pasteurized processed eggs
  - 18 oz. homemade strawberry jam
  - enough milk to fill freezer
- Mix together all ingredients except milk and jam. When the sugar is completely dissolved and free of lumps, add milk and begin freezing. Add jam when the ice cream is about half frozen. Makes 4 quarts.

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WL 320	6.75 T/A
GARST 636	6.43 T/A

\* Chart compiled from Extension Circular #8M1191

### DISEASE REACTION

Variety	Disease and Insect Ratings					
	BW	PRR	FW	VW	AN	PA
STETSON II PLUS	HR	HR	HR	R	R	HR
WL 316	MR	MR	R	R	HR	R
ONEIDA VR	R	MR	HR	VR	MR	MR
WL 320	R	R	HR	MR	MR	MR
GARST 636	HR	R	R	R	MR	R

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