

Why Vitamins?

DOYLESTOWN (Montgomery Co.) — Vitamins are only one group of nutrients we need daily. The other five nutrients are: carbohydrates, fats, protein, minerals and water. Carbohydrates, fats and protein give us calories (or energy) for our bodies. Vitamins, minerals and water do not give us calories (energy), but rather help the other three nutrients do their jobs properly.

Vitamins were first discovered in the late 1800s when scientists noticed that animals became ill if certain types of foods were missing from their diets. It has taken science decades to discover how each of the vitamins work and how much is needed every day to stay healthy. It is known that we need only very small amounts

every day to stay healthy. A meal plan, which includes a variety of foods will provide the proper amounts of vitamins.

A Quick Lesson on Vitamins

Vitamins are grouped according to their ability to dissolve in water or in fats. The fat-soluble vitamins are A, D, E, and K. Fat-soluble vitamins are stored in the body and need not be replaced daily. The water-soluble are C, thiamin, riboflavin, niacin, B-6, B-12, folacin, pantothenic acid, and biotin. Water-soluble vitamins need to be replaced daily because they are not stored in the body. They are also easily destroyed by cooking.

Vitamin A is necessary for new cell growth and healthy tissues and is essential for vision in dim

light. It also helps provide normal bone development and influences normal tooth formation. Some food sources are carrots, leafy green vegetables, sweet potatoes, pumpkin, winter squash, apricots, and cantaloupe.

Vitamin D aids in the absorption of calcium and phosphorus in bone and tooth formation. To accomplish this, the body — through the liver and the kidneys — converts the vitamin to a hormone-like material. Some food sources are vitamin D fortified dairy products, fortified margarines, liver, egg yolk, salmon, tuna fish, sardines. Vitamin D can also be formed in the skin by limited exposure to sunlight.

Vitamin E in humans acts as an "antioxidant" that helps to prevent oxygen from destroying other substances in the body. In other words, Vitamin E is a preservative

of the body's cells. Abundant sources of vegetable oils, beans, eggs, wheat germ, liver, green leafy vegetables, and nuts.

Vitamin K aids in producing the substance which helps clot blood. It is found in spinach, lettuce, kale, cabbage, cauliflower, liver, and egg yolk. It is also made in the intestinal tract by bacteria.

Vitamin C (ascorbic acid) promotes growth and tissue repair including the healing of wounds. It also aids in tooth and bone formation and in the absorption of iron. Abundant sources are citrus fruits, strawberries, tomatoes, turnip greens, green pepper, kale, broccoli and other vegetables.

Thiamin (B-1) is needed for normal digestion, growth, normal functioning of nerve tissue, and the processing of carbohydrates. Thiamin is abundant in pork,

legumes, nuts, and enriched, whole-grain breads and cereals.

Riboflavin (B-2) helps the body obtain energy from carbohydrates and proteins. This vitamin is abundant in leafy green vegetables, enriched and whole-grain breads, liver, cheese, lean meats, milk and eggs.

Niacin is necessary for the healthy condition of all tissue cells. It promotes healthy skin, nerves, and digestive tract. The most abundant sources are fish, liver, lean meats, legumes, enriched grain products.

Vitamin B-6 is mostly involved with the proper use of protein in the body. It also is needed for the proper growth and maintenance of body functions. It is found in meat, poultry, fish, shellfish, green, leafy vegetables, whole grains, and legumes.

Vitamin B-12 is needed for the normal development of red blood cells, and the functioning of all cells, especially in the bone marrow, nervous system, and intestines. Dietary sources include organ meats, lean meats, fish, milk, eggs, and shellfish.

Folacin helps the body make red blood cells and is essential in normal metabolism which is, basically, the conversion of food to energy. The most abundant sources are liver, navy beans, and dark green leafy vegetables.

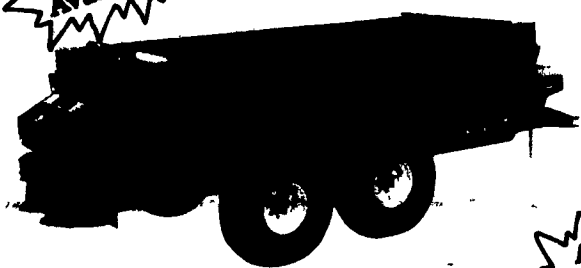
Meyer



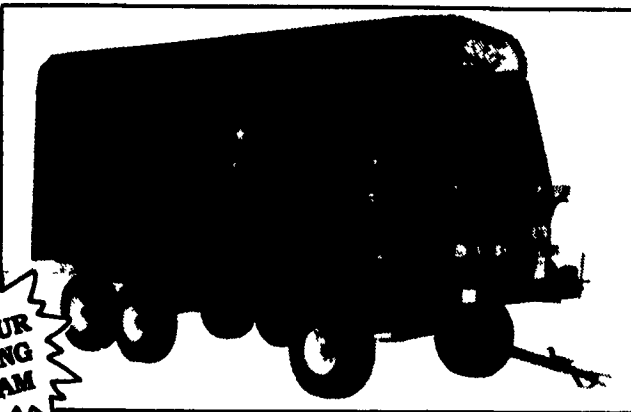
BUY BEFORE APRIL 15, 1994 FOR EXTRA DISCOUNTS

The Meyer Super Spreader

Meyer TSS Forage Boxes



A 3rd Auger for Unloading Packed Pen Manure Available



Ask Us ABOUT OUR FINANCING PROGRAM

Handles Liquids - Semi Liquids and Solid Manure

Fastest and most efficient unloading Forage Box on the Market

- ★ New Improved Spreading Pattern
- ★ Fast Unloading Time - No Messy Splattering.
- ★ Six Models Available 260, 325, 360, 390, 450 and 540 Bushel Units

Try A New Super Spreader Before You Invest - Free On Farm Demo

TSS Total Speed Systems 500 & 600 Series Self Unloading Forage Boxes. 5 Models Of Wagons Available Too!

- CAPACITY - More Capacity Per Floor, Length Than Anyone!
- NUMBER OF MOVING PARTS - Less Moving Parts Than Anyone
- SPEED SELECTION - More Speed Selection Than Anyone! Low Range, High Range Variable Speed.
- BOX CONSTRUCTION - Storage Design - More Upright And Cross Members Than Anyone.
- CLEAN OUT SPEED - Faster Clean Out Than Anyone.

WE HAVE THE COMPETITION BEAT!!

MEYER Mfg. Corp.

Dorchester, WI Ph. 715-654-5132

AGRI-COMMODITIES
1585 Granite Station
Gettysburg, PA

BINKLEY & HURST BROS., INC.
133 Rothsville
Station Rd.
Lititz, PA

BUBB'S FARM SERVICE
RD #2
Muncy, PA

NORMAN D. CLARK & SON, INC.
Box 27, Main St.
Honey Grove, PA

ERB & HENRY EQUIP. INC.
22-26 Henry Ave.
New Berlinville, PA

HISTAND'S FARM & HOME
RD 1, Box 231
Rome, PA

INCH EQUIPMENT
Box 247, E. Main St.
McAlisterville, PA

MESSICK FARM EQUIPMENT
Rt. 283, Rheems Exit
Elizabethtown, PA

MEYER'S IMPLEMENTS, INC.
400 N. Antrim Way
Greencastle, PA

MIFFLINBURG FARM SUPPLY
Route 45 East
Mifflinburg, PA

H.B. DUVALL, INC.
2 Orchard Rd.
Frederick, MD

ENFIELD EQUIPMENT
720 Wheeler
School Rd.
Whiteford, MD

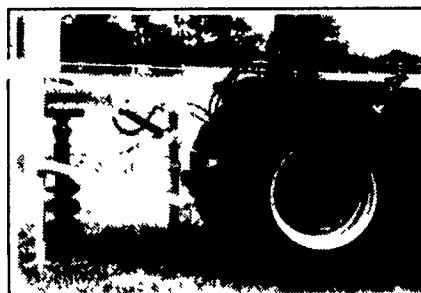
C.H. RINEHIMER
Route 11
Berlick, PA

GEORGE V. SEIPE & SON
1521 Van Buren Road
Easton, PA

BEN VAN DUSEN MACHINERY
RD #2, Box 400
Sayre, PA

LONE MAPLE SALES & SERVICE
Route 869 West
Osterburg, PA

SANDY LAKE IMPLEMENT CO., INC.
RD 3
Sandy Lake, PA



DRILL HOLES FAST WHERE DIGGERS FAIL BELLTEC TRACTOR MOUNTED DRILLING MACHINE

- UP TO 4500# DOWN PRESSURE
 - SHAFT DRIVE WITH TORQUE LIMITER
 - FRAME GUIDED AUGER SYSTEM
 - FITS MOST TRACTORS FROM 28 TO 200 H.P.
 - BORING HEADS AND AUGERS AVAILABLE FOR HARD, DRY, STONY SOILS, CONCRETE AND SOLID ROCK
- BELLTEC INDUSTRIES**
P.O. Box 270 • Belton, Texas 76513
1-800-242-9410

EASTER BLESSINGS TO ALL



FARMERS AgCREDIT CORP.

9 EAST MAIN STREET, LITITZ, PA 717-626-4721



FARM EQUIPMENT BUYERS TRUST THE NAME MEYER!