

No Question About It: Dairy Industry Has The Answer

TOWSON, Md. — There's no dairy question too tough, or trivial, for the staff of Dairy Management, Inc.'s (DMI) Information Resources Center in Rosemont, Ill.

Mary Van Sickle and Karin Rausert field hundreds of questions every year — mostly from local DAIRY COUNCILs® across the country which, in turn, have received calls from everyone from authors to homemakers to home economists. What do people ask most often about dairy products? Here is a sampling of questions Van Sickle and Rausert have received in the past few months,

along with the answers.

Q: How much calcium do nutritionists recommend in our daily diets? Besides building strong bones, are there any other health benefits to calcium?

A: The National Institutes of Health expert panel recommends 1,000 milligrams a day for adult men (25-65) and women (25-50); 1,000-1,500 for women after menopause; 1,500 mg for men and women over 65, and 1,200-1,500 mg for males and females age 11-24. A calcium-rich diet has also been found to prevent high blood pressure and reduce the risk of colon cancer and kidney stones.

Milk and dairy foods are clearly the easiest and most popular sources of calcium, so drinking three glasses (or more) of milk a day is good advice for people of all ages. The beta-carotene in milk has been linked to decreased incidences of heart attacks and deaths due to heart disease.

Q: Does drinking milk really make a cold worse?

A: That's an old wives' tale. Drinking milk does not cause an increase in congestion or nasal secretions, according to Australian researchers. A milk allergy can produce a stuffy or runny nose, which might be confused

with a cold.

Q: What does the "REAL" logo on dairy products really mean?

A: The "REAL"® Seal is a registered trademark of the United Dairy Industry Association. It identifies genuine dairy products that meet Food and Drug Administration (FDA) standards of identity regulating product uniformity, value and wholesomeness. Standards of identity govern such things as the moisture content of cheese, the weight per gallon of ice cream and the milkfat content of cream.

Q: Can my ice cream be refro-

zen once it has thawed?

A: Yes, but you may not like the taste of it. As ice cream thaws, some of its water content, in the form of tiny ice crystals, will separate from the fat content and reform into larger ice crystals — giving the ice cream an icy (grainy) texture.

Q: How do I go about making butter, cheese or ice cream at home?

A: Ask your local public library to help you find books on the subject and check them out. Other sources of information are home economists at local colleges and county agricultural extension services.

Q: How can I make sure my milk and other dairy products are fresh when I buy them?

A: Dairy products are highly perishable, so consumers have to be extra careful — in the store and at home. Check the "sell-by" date after which the product should be withdrawn from retail sale. Generally, products remain fresh and usable for a few days after the sell-by date. In the store, check containers for leaks and other damage and put dairy products in your cart at the end of your shopping trip just before checking out, especially in hot weather. Once home, refrigerate products at once.

Callers to the DMI Information Resources Center don't always have weighty questions. Consider these:


Q: Is it really true that drinking milk is the best way to cool my tongue after eating hot peppers?

A: Yes, this is not an old wives' tale. Casein, the main protein in milk, acts like a detergent, washing away capsaicin, the substance that gives hot peppers their "fire."

Q: Why does a milking stool have three legs?


A: If it had two legs, it would fall over. Seriously, a reliable dairy source claims that it is easier to balance three legs (as opposed to four) on an uneven surface such as a barn floor.

MILK. IT DOES A BODY GOOD.™




JUNE DAIRY MONTH

JUNE DAIRY MONTH SPECIALS




JAMESWAY




STEEL BARN EQUIPMENT


■ SLANT BARS




■ HEADLOCKS




■ GATES & FENCING




■ HAY FEEDERS



■ BALE MOVERS

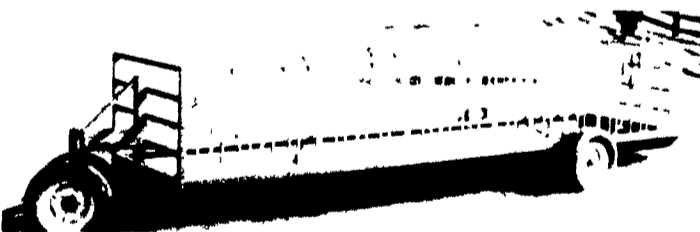


3 PT. 2501 SINGLE SPEAR

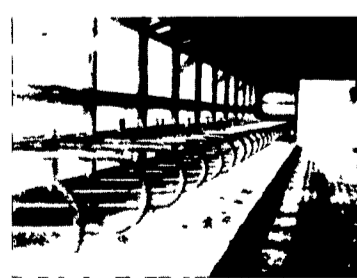


3 PT. 2502 DOUBLE SPEAR


■ FEEDER WAGONS WITH HEADLOCKS




■ CONVENTIONAL LOOP STALLS



■ FREEDOM LOOP STALLS




■ SUSPENDED COMFORT STALLS For Modern Tie Barns




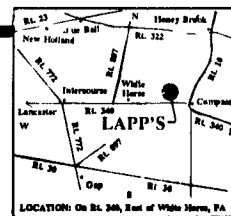
Call Us For Your Complete Heifer And Dairy Barn System Needs!

We Will Deliver And Install



LAPP'S BARN EQUIPMENT

5935 OLD PHILADELPHIA PIKE, GAP, PA 17527
PHONE: 717-442-8134 • 717-768-8301
SALES & SERVICE
— Radio Dispatched Trucks —

LOCATION: On Rt. 206, East of White Horse, PA

NOVASCOTIA
and
PRINCE EDWARD
ISLAND

JUNE 29-JULY 8

This is the year to head North for our best trip to the Maritimes


BARGAIN PRICED!

Call for details.

GAMMALDI TOURS
(717) 545-7781
Sunday Call
Encouraged

Multi Fuel Furnaces & Boilers

Wood, Coal & Oil



Also Outdoor Boilers and wood & coal models

PENN MFG. CO.

393 W. Lexington Rd., Lititz, PA 17543
Call (717) 626-1397 or 627-2303