



MARCH 25-31, 1996  
PALM SUNDAY, MARCH 31.

**YEAR OF THE SUNFLOWER**

Artist Vincent van Gogh might have been happy to hear that the National Garden Bureau has proclaimed 1996 the Year of the Sunflower. Born on March 30, 1853, in the Netherlands, van Gogh painted for a mere ten years, but produced over 800 paintings, with his sunflower series counted among his best. To Native Americans, the sunflower meant food; its seed is about 24 percent protein and contains thiamine, vitamin E, iron, phosphorus, potassium, and calcium. Sunflowers, as well as lettuce, artichokes, and dandelions, are all members of the daisy family.



"Art, like morality, consists of drawing the line somewhere." - G. K. Chesterton

**TIP OF THE WEEK**

For potted plants on the porch, try the foot-tall "Sunspot" or "Big Smile" sunflower varieties.

**SPICED SEEDS & NUTS**

- 1 egg white
- 1/2 teaspoon salt
- 2 tablespoons cold water
- 1/2 cup sugar
- 1/4 teaspoon each cinnamon, cloves, nutmeg
- 1 cup walnut halves
- 1 cup pecan halves
- 1 cup sunflower seeds

Beat egg white with salt, then add cold water. Sift sugar and spices into this and mix. Roll nuts and seeds in the spiced egg, a few at a time, then spread in a single layer on an oiled cookie sheet. Bake at 250° F for about an hour. (Do not overbake; nuts will darken and become crisp as they cool.) Cool on waxed paper. Store in a covered jar.



Makes about 1-1/2 pints.

**The OLD FARMER'S WEATHER PROVERBS**



A clear St. Mary's Day (March 25), a fruitful year ahead.

When the glowworm lights her lamp, the air is always damp.

When frogs are piping in the evening, the next day will be fair.

If a crescent Moon hangs like a cradle in the spring, the summer will be dry.

**Greencastle Livestock**

Greencastle, Pa.  
Report Supplied by Auction  
March 18, 1996

SLAUGHTER CATTLE RECEIPTS: 524 HEAD. SLAUGHTER STEERS 156 HEAD, TREND STEADY TO 1.00 HIGHER.

HIGH CHOICE AND PRIME 2-4 60.00-63.00; CHOICE 2-3 950-1075 LBS. 55.00-60.00; CHOICE 2-3 1075-1375 LBS. 55.00-61.00; CHOICE 2-3 OVER 1375 LBS. 50.00-56.50; CHOICE 4 ALL WEIGHTS 52.00-57.50; SELECT & CHOICE 1-2 950-1100 LBS. 48.00-55.00; SELECT AND CHOICE 1-2 1100 TO 1375 LBS. 46.00-53.00; SELECT & CHOICE 1-2, OVER 1375 LBS. 42.00-50.50.

HOLSTEINS: CHOICE 2-3 1050-1450 LBS. 49.00-55.50; SELECT 1-2 1050-1450 LBS. 40.00-48.00.

SLAUGHTER HEIFERS: 30 HEAD, STEADY TREND. CHOICE 2-3 850-1000 LBS. 53.00-60.00; CHOICE 2-3 1000-1250 LBS. 55.00-62.00; CHOICE 4, ALL WEIGHTS, 48.00-55.50; SELECT AND CHOICE 1-2 850-1000 LBS. 49.00-52.00; SELECT AND CHOICE 1-2 1000-1250 LBS. 45.00-53.50.

HOLSTEINS: CHOICE 2-3 1000-1350 LBS. 46.00-52.00; SELECT & CHOICE 1-2 1000-1350 LBS. 38.00-45.00.

SLAUGHTER BULLS: 27 HEAD, STEADY TREND. YIELD GRADE 1, ALL WEIGHTS 43.00-52.00; YIELD GRADE 2, ALL WEIGHTS, 37.00-43.00.

BULLOCKS: 9 HEAD. CHOICE 1-3 950-1150 LBS., NONE; CHOICE 1-3 1150-1375 LBS. 45.00-50.00; SELECT 1-2 950 TO 1250 LBS. 44.00-52.50.

COWS: 302 HEAD, TREND STEADY TO STRONGER. BREAKING UTILITY & COMMERCIAL 30.00-36.00; CUTTER & BONING UTILITY 28.00-34.00; CANNER & LOW CUTTER 29.50 AND DOWN.

STOCKER & FEEDER CATTLE RECEIPTS: 180 HEAD, GOOD DEMAND. BEEF TYPES 200-400 LB. STEERS 49.00-58.00, BULLS TO 42.00-51.00, HEIFERS 35.00-44.00; 400-600 LB. STEERS 46.00-54.00, BULLS 35.00-48.00, HEIFERS

35.00-45.00; 600-800 LB. STEERS 44.00-50.00, BULLS 35.00-40.50, HEIFERS 36.00-42.00; 800-975 LB. STEERS 38.00-47.50, BULLS 32.00-39.00, HEIFERS 40.00-45.00.

HOLSTEINS AND DAIRY CROSS: 200-400 LB. STEERS, NONE; BULLS, NONE; HEIFERS, NONE; 400-600 LB. STEERS, NONE; BULLS, NONE; HEIFERS, NONE; 600-800 LB. STEERS, NONE; BULLS, NONE; HEIFERS, NONE; 800-975 LB. STEERS, NONE; BULLS, NONE; HEIFERS, NONE.

CALVES: 464 HEAD. STEADY TREND. CHOICE, 150-300 LBS. 55.00-70.00; GOOD 150-300 LBS. 50.00-60.00; GOOD, 100-150 LBS. 45.00-55.00; GOOD 80-100 LBS. 35.00-50.00; STANDARD, 80-100 LBS. 30.00-40.00; STANDARD, 80 LBS. 80.00 AND DOWN.

CALVES RETURNING TO THE FARM, TREND STEADY TO STRONGER. HOLSTEIN BULLS OVER 100 LBS., UP TO 93.00; UNDER 100 LBS., UP TO 87.50; HOLSTEIN HEIFERS, OVER 100 LBS., UP TO 147.50, FEW TO 135.00; UNDER 100 LBS., UP TO 75.00; BEEF TYPE BULLS, OVER 90 LBS., UP TO 70.00; BEEF TYPE HEIFERS, OVER 90 LBS. UP TO 65.00.

SHEEP AND LAMBS: 59 HEAD. STEADY TREND. CHOICE, 80-100 LBS. 85.00-99.00; 100-120 LBS. 80.00-89.00; 120 AND OVER 69.00-79.00; FEEDER LAMBS 60-85 LBS. 90.00-109.00; LIGHT LAMBS 105.00-140.00.

SHEEP: EWES LEAN 30.00-42.00, FAT 27.00-33.00; YEARLINGS 42.00-58.00; BUCKS 25.00-34.00.

GOATS: 119 HEAD. SMALL 20.00-41.00; MEDIUM 40.00-60.00; LARGE 55.00-95.00.

HOGS, SOWS AND BOARS: 44 HEAD, STEADY TREND. HOGS, BARROWS & GILTS: 210-250 LBS. 47.00-48.75; 250-260 LBS. 46.00-48.00; 260-270 LBS. 46.00-47.00; 270-300 LBS. 41.00-44.50.

LIGHT HOGS 140-180 LBS. 23.00-31.00; 180-210 LBS. 31.00-40.00.

SOWS STEADY. GOOD SOWS UNDER 400 LBS. 30.00-36.50, OVER 400 LBS. 33.00-39.00, CULL SOWS, ALL WEIGHTS, 29.00 AND DOWN. BOARS: STEADY TREND. 180-210

LBS. 28.00-30.00; 210-260 LBS. 27.00-29.00; 260-300 LBS. 26.00-29.00; 300 LBS. AND OVER 25.00-28.00.

SALE EVERY MONDAY AT 2:00 P.M. & EVERY THURSDAY AT 1:00 P.M.

HAY & STRAW SALE EVERY MONDAY & THURSDAY AT 11:30 A.M. SPECIAL FEEDER CATTLE SALE FRIDAY, APRIL 5 AT 7:15 P.M. EASTER LAMB AND GOAT SALE THURS. MARCH 28 AT 6 P.M.

**Belleville Livestock**

BELLEVILLE, PA  
MARCH 20, 1996

CATTLE 250... PDA.. Supply included 192 in the Dairy sale ..Compared with last week's sale...cows steady to 1.50 higher.

STEERS: one Select 51.00. HEIFERS: one Select 49.25.

COWS: Breaking Utility and Commercial 32.00-37.00, Cutter and Boning Utility 30.50-34.75, Canner and Low Cutter 27.00-30.00. Shells down to 20.25.

BULLS: one Yield Grade No. 1 1280 lbs. 34.50.

CALVES 72... VEALERS: Standard and Good 75/105 lbs. 37.00-41.00, Utility 55/85 lbs. 26.00-36.00.

FARM CALVES: No. 1 Holstein bulls 90/125 lbs. 65.00-85.00, No. 2 80/110 lbs. 40.00-60.00; one No. 1 Holstein heifer 110 lbs. 107.50.

HOGS 35... BARROWS AND GILTS: few lots US 1-3 220/248 lbs. 46.75-49.10.

SOWS: couple US 1-3 430/470 lbs. 32.50 & 35.25.

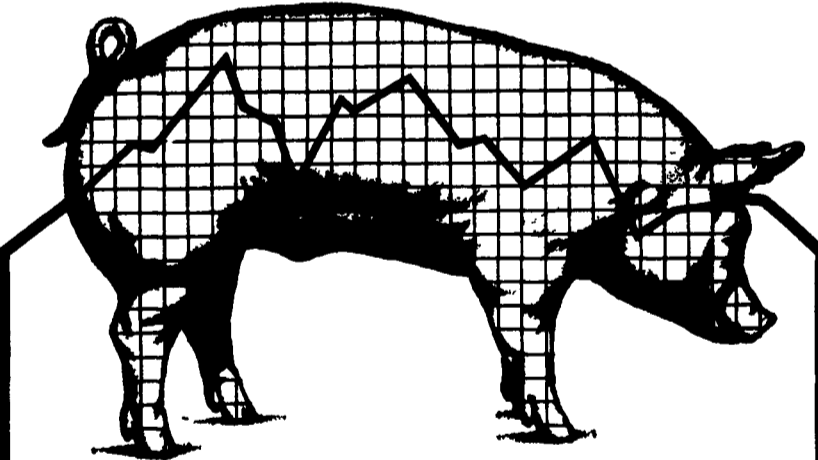
FEEDER PIGS 77... US 1-3 20/35 lbs. 16.00-22.00, 45/75 lbs. 27.00-31.00. --- per head.

SHEEP 25... SLAUGHTER LAMBS: Choice 30/65 lbs. 98.00-135.00.

SLAUGHTER SHEEP: few 20.00-42.00.

GOATS 24... Large 35.00-86.00, few Large Kids 24.00-31.00, few Small Kids 15.00-22.00. --- per head.

HOLSTEIN DAIRY COWS... \$600.00-\$1175.00 mostly \$700.00-\$925.00. --- per head.



**HOW HAS YOUR CASH FLOW BEEN?**

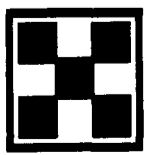
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