



SEPT. 30-OCT. 6, 1996

CHILD HEALTH DAY, OCT. 3.

BEYOND GARDEN GUILT

The Old Farmer's Almanac Book of Garden Wisdom (published by Random House and available in book stores, or call 1-800-426-9922) offers these tips for facing up to the final harvest. One, host a harvest dinner full of zucchini and tomatoes. Two, give away what vegetables you can to friends and neighbors. Deliver! Three, distribute boxes of surplus to public places like the library, school, and recycling center. (Stuffing mailboxes is a federal offense.) Four, feed the compost pile and thus feed the soil as well as the birds and beasts.



Prosperity is the surest breeder of insolence I know. - Mark Twain

TIP OF THE WEEK

For the best nutrient content, don't harvest just before a storm.

ZUCCHINI BREAD

- 2 tablespoons dry yeast
- 1/2 cup warm water
- 2-1/2 cups white flour
- 1 cup graham flour
- 1 cup grated zucchini
- 3/4 cup plain yogurt
- 3/4 cup cottage cheese
- 3 tablespoons minced chives
- 1 teaspoon salt

flour if necessary. Let dough rise in a covered, buttered bowl about 1 hour or until doubled. Cut dough in half and form into 2 eight-inch loaves. Let rise in loaf pans until doubled, about 45 minutes. Brush tops with water and bake in preheated 375° F oven. After 3 minutes, brush tops again with water. Bake 45 to 50 minutes. Cool for 10 minutes, then turn out of pans. Makes 2 loaves.



Proof yeast in warm water for 10 minutes or until bubbly. Stir in flours and zucchini. Add remaining ingredients and mix well. Knead dough on a floured surface about 10 minutes, adding more

THE OLD FARMER'S WEATHER PROVERBS



He that is surprised with the first frost feels it all the winter after.

Frost and fraud both have always foul ends.

Hail brings frost in the tail.

You can expect rain when deer and elk come down from the mountains.

Nature will have her course.

Middleburg Livestock

MIDDLEBURG, PA
SEPTEMBER 23, 1996

CATTLE: 422: Steers: Steady. Heifers: Steady. Cows: Steady. Bulls: 1.50 lower. STEERS: Hch & Pr 1200/1600 lbs, 69.00-73.00; Few choice 1100/1400 lbs, 65.00-69.00; Select 58.00-65.00; Standard 48.00-57.00; Holsteins: Hch & Pr 1100/1450 lbs, 60.00-63.50; Choice 1050/1300 lbs, 57.00-60.00 lbs, Select 52.00-57.00, Standard 46.00-52.00 lbs. HEIFERS: Hch & Pr 1050/1200 lbs, 68.00-71.50, Choice 1000/1200 lbs, 60.00-68.00, Select 55.00-60.00, Standard 47.00-55.00.

COWS: Breaking Utility & Commercial 36.00-39.00; Cutter and Boning Utility 30.00-36.00; Canner & Low Cutter 26.00-30.00; Shells Down to: 18.00. BULLOCKS: Choice 42.00-47.50, Select 38.00-42.00.

BULLS: Yield Grade 1 1200/1800 lbs, 37.00-40.00; Yield Grade 2 1100/1700 lbs, 32.00-37.00.

FEEDER CATTLE: STEERS: 450/600 lbs, 50.00-58.00; 600/800 lbs, 38.00-52.00; HEIFERS: 32.00-45.00; 35.00-42.00; BULLS: 26.00-32.00.

CALVES: 188: FARM CALVES: No 1 Holstein Bulls 95/125 lbs, 72.00-89.00; No 2 Holstein Bulls 90/110 lbs, 50.00-72.00; No 1 Holstein Heifers 90/120 lbs, 120.00-170.00; No 2 Holstein Heifers 70/90 lbs, 60.00-100.00.

HOGS: 253: Barrows & Gilts steady; US 1-2 220/270 lbs, 55.00-56.75; 1-3 230/240 lbs, 53.00-55.50.

SOWS: 47.00; 1-3 500/600 lbs 46.50-48.00; 1-3 400/500 lbs, 43.00-46.00; BOARS: 36.00-39.00.

FEEDER PIGS: 115: US 1-3 30/40 lbs, 30.00-37.00; 22.00-30.00; Utility 15.00-22.00.

SHEEP: 16: Slaughter Lambs 80/100

Hch & Pr 80/85 lbs; Slaughter Sheep: 30.00-40.00.

GOATS: 14: Large 75.00-90.00; Medium 45.00-55.00; Small 20.00-40.00; Large Kids 15.00-25.00.

BULLS: 400-600 LBS. 39.00-49.00. LAMBS: HIGH CHOICE 100-120 LBS. 86.00-90.00; 70-90 LBS. 85.00-99.00. SHEEP: 35.00-43.00; YEARLINGS 55.00-67.00. GOATS: MEDIUM 40.00-58.00; SMALL 10.00-27.00. PIGS AND SHOATS: BY THE HEAD, 20-35 LBS. 16.00-21.00; 40-60 LBS. 30.00-36.00.

Four States Livestock

HAGERSTOWN, MD

September 25, 1996

Report supplied by Auction

SLAUGHTER COWS: 108 HEAD, 1.00 LOWER TREND. UTILITY 34.00-37.50; 1 HIGH DRESSING LIMOUSIN 43.00; CANNERS 26.00-31.00; SHELLEY 26.00 AND DOWN.

BULLS: YG#1 39.00-41.50; YG#2 34.00-38.00.

FED STEERS: FEW OFFERED. LOW CHOICE 1100-1400 LBS. 60.00; SELECT 54.00-58.00.

FED HEIFERS: FEW OFFERED. VEAL CALVES: 166 HEAD, CHOICE, NONE; CULLS 85-110 LBS. 18.00-28.00; 50-80 LBS. 10.00-18.00.

FARM CALVES: PRICES HIGHER. HOLSTEIN BULLS #1 95-120 LBS. 55.00-80.00; #2 35.00-50.00; 80-90 LBS. 25.00-40.00; HOLSTEIN HEIFERS FEW #1 95-120 LBS. TO 155.00; #2 80-90 LBS. TO 85.00.

BUTCHER HOGS: US#1-3 225-260 LBS. 54.25; #2&3 TO 52.00; FEW 300 LBS. 47.00-48.50.

SOWS: 300-500 LBS. 42.00-46.00; 500-700 LBS. 47.00-48.25.

BOARS: 230-260 LBS. TO 41.00.

STOCK CATTLE: 146 HEAD. STEERS MEDIUM AND LARGE FRAME 300-500 LBS. 45.00-55.00; 500-700 LBS. 49.00-58.00; 700-900 LBS. 49.00-58.00; HOL 700-900 LBS. 35.00-40.00.

HEIFERS: 300-500 LBS. 28.00-39.00; 500-700 LBS. 35.00-47.00; 700-900 LBS. 35.00-48.00.

Valley Stockyards

Athens, Pa.

September 23, 1996

Report supplied by auction

HOLSTEIN HEIFER CALVES TO 165.00.

VEAL CALVES, NO GOOD ONES. VEALER BULL CALVES TO 82.50. SLAUGHTER CALVES 20.00 AND DOWN.

GRASSERS AND FEEDERS 10.00-48.00.

LAMBS 74.00-92.00. SHEEP TO 38.00.

HOGS, 200-250, 51.00-60.00. SOWS 29.00-36.00.

BOARS 27.00-27.00. PIGS 22.00-40.00.

HEIFERS, FAT, 27.50-33.25. STEERS TO 29.50.

STEERS, FEEDER, 20.00-31.50. BULLS 23.50-38.00.

COWS, GOOD, 29.00-39.50. COWS MEDIUM 25.00-29.75.

COWS, POOR OR SMALL, 24.50 AND DOWN.

HORSES 710.00-735.00. PONIES TO 505.00.

GOATS 20.00-75.00.

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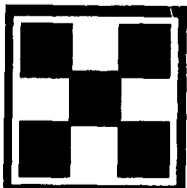
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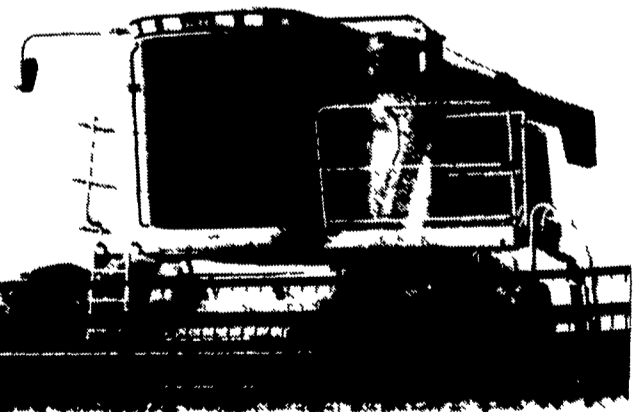
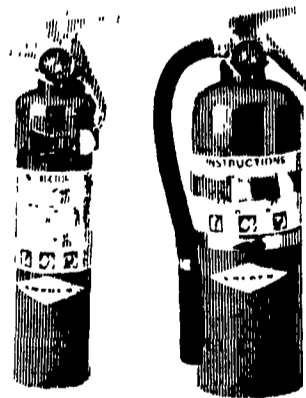
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549974C91 - 5 Lb. **\$42.61** B504765 - 20 Lb. **\$108.25**

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