

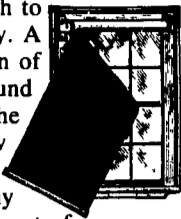


JULY 27-AUGUST 2, 1998

LAMMAS DAY, AUG. 1.

**HOW TO LIVE LONG**

In our first *Old Farmer's Almanac*, published in 1792, Robert B. Thomas listed a few rules for longevity. Not unlike modern-day prescriptions for good health, they included: Live chastely, if you wish to live long. Eat to live, not to satiety. A good constitution is the foundation of long life. The mind should be "sound and gay, yet sage withal." Keep the body in reasonable activity. Chew perfectly what you eat. In an extraordinary sweat, you should not, by any means, be uncovered. After coming out of bed, you should never look out of the window. You should eat very little of new fruit at a time.



*Eat an apple going to bed, make the doctor beg his bread.*

**TIP OF THE WEEK**

Apple cider vinegar with a little powdered brewer's yeast makes a good hair rinse.

**BAKED APPLES & SAUSAGE**

- 1 pound bulk sausage
- 6 tart apples ('Granny Smith' or other baking apple)
- 2 tablespoons brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon grated lemon rind

and hollow out the apples, leaving just a 1/2-inch thickness. Chop the removed apple flesh and mix with the browned sausage, brown sugar, cinnamon, and lemon rind. Fill the apples with the mixture, place into a baking dish, cover, and bake at 375° F until tender, about 40 minutes.

Makes 6 servings.

Brown the sausage in a skillet. Wash the apples and cut off the tops. Remove the cores



www.almanac.com

**The OLD FARMER'S WEATHER PROVERBS**



*After Lammas Day, corn ripens as much by night as by day.*

*If the first week in August is unusually warm, the winter will be white and long.*  
*August sunshine and bright nights ripen the grapes.*  
*A wet August never brings dearth.*

**Four States Livestock**

Hagerstown, Md  
July 21, 1998

Report supplied by Auction

SLAUGHTER COWS: 64 HEAD, 1.00 LOWER. UTILITY 36.00-39.25; HIGH DRESSING FEW LIM. TO 42.25; CANNERS 32.00-36.00; SHELLY 32.00 DOWN.

BULLS: 7 HEAD. YG#2 1300-1600 LBS. 45.00-47.75; LOW DRESSING 40.00-43.25.

FED STEERS: HIGH CHOICE 1200-1350 LBS. 61.00-63.00; FEW CHOICE 1100-1200 LBS. TO 59.00; STANDARD HOLSTEINS 43.00-49.00. FED HEIFERS: NONE.

VEAL CALVES: 126 HEAD. FEW GOOD 200-300 LBS. 60.00-67.00; CULLS 85-110 LBS. 27.00-34.00, 60-85 LBS. 20.00-28.00; FARM CALVES, HOLSTEIN BULLS 10.00-15.00 LOWER; #1 95-120 LBS. 65.00-80.00; #2 40.00-60.00; 85-95 LBS. 35.00-50.00; HOLSTEIN HEIFERS #1 110 LBS. TO 132.00; #2 80-95 LBS. 35.00-60.00; BEEF X BULLS AND HEIFERS 40.00-75.00, 1 AT 90.00.

BUTCHER HOGS: US#2-3 230-260 LBS. TO 35.00.

SOWS: 300-400 LBS. 21.00-25.00; 400-500 LBS. THIN 19.00-23.00.

STOCK CATTLE: STEERS FEW 400

LBS. TO 73.00; 600 LBS. TO 65.00; 6 HEAD 900-1050 LBS. 57.00-63.50.

HEIFERS: 2 400 LBS. TO 63.00; 600 LBS. TO 57.50.

BULLS: 300-500 LBS. 61.00-68.00; 600 LBS. TO 57.50.

DAIRY REPLACEMENTS: LARGE SPRINGERS 800.00-1000.00; 1 SHORTBRED AT 725.00.

SHEEP: 14.00-37.00.

LAMBS: HIGH CHOICE AND PRIME 95-120 LBS. 73.00-77.00; 50-70 LBS. 78.00-81.00.

GOATS: SM. 10.00-20.00. PIGS AND SHOATS: BY THE HEAD, 8 HEAD 40 LBS. AT 23.00.

NEXT WED., JULY 29 SELLING A DAIRY HERD. 27 REG. BROWN SWEISS DAIRY COWS PLUS 2 JERSEYS AND 3 HOLSTEINS.

**Grantsville Livestock**

Grantsville, Maryland  
Report Supplied by Auction  
Sat., July 18, 1998

STOCK BULLS AND STEERS 200-500 LBS. 60.00-85.00.

STOCK HEIFERS 55.00-70.00.

SLAUGHTER STEERS GOOD TO CHOICE, NONE AVAILABLE; MEDIUM TO GOOD 45.00-59.00.

HOLSTEIN STEERS GOOD

41.50-47.50; LIGHT 40.00-50.00.

SLAUGHTER HEIFERS GOOD TO CHOICE, NONE AVAILABLE; MEDIUM TO GOOD 42.00-58.75.

BULLS: HEAVY 42.00-48.50, LIGHT 40.00-49.50.

COWS: UTILITY HOLSTEINS 35.00-40.00, CANNERS 34.00-37.00, CULLS 27.00 AND DOWN.

VEALS GOOD TO CHOICE UP TO 100.00, MEDIUM TO GOOD 35.00-55.00.

BOB CALVES: 30.00 AND DOWN. HOLSTEIN BULL CALVES RETURN TO FARM: 90-120 LBS. UP TO 72.50.

HOLSTEIN HEIFER CALVES RETURN TO FARM UP TO 75.00.

BEEF X CALVES RETURN TO FARM: UP TO 70.00.

HOGS: TOP QUALITY 32.00-40.00, HEAVY 32.00-37.50, LIGHT 30.00-35.00, FEEDER PIGS BY THE HEAD, UP TO 45.00.

SOWS: UP TO 26.00.

MALE HOGS: UP TO 26.00.

LAMBS: 70-85 LBS. UP TO 93.50; 85-125 LBS. UP TO 87.00; 30-60 LBS., UP TO 86.00; CULLS 60.00 AND DOWN.

SHEEP: UP TO 34.00.

GOATS: ALL BY THE HEAD, LARGE 40.00-85.00; MEDIUM 20.00-50.00; SMALL 10.00-35.00.

**JAMES & CLARK, LLP**  
Attorneys-At-Law

Mark L. James James R. Clark Brian S. Black

**Estate Planning for Farm Families**

- Wills, living trusts and tax planning
- Charitable giving

**Business Planning for Farm Families**

- Farm partnerships and corporations
- Succession Planning/Farm Transfers

**Real Estate**

- Tax-free exchanges of real estate
- Real estate settlements
- Tax planning for sale of conservation easement

**Estate Settlements**

- Prompt and courteous settlement
- Tax planning during settlement

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Most effective as bedding for all kinds of beef and dairy cattle, hogs, horses, sheep and poultry

Any amount delivered or call for at farm.

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**Needed for population this fall through Spring of 99**

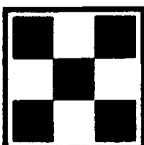
**Hog Finishing Barns**  
**1000-4000 Head Capacity**  
**No experience necessary**

We Provide:

- Single source of pigs
- High Health pigs
- Fixed contract payment
- Assistance in obtaining financing
- Successful record in industry
- Long term contracts

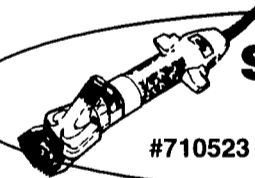
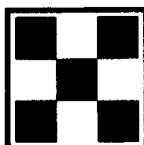
Finishing Barn Ownership Benefits:

- Steady, positive cash flow
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**SHEARMASTER**

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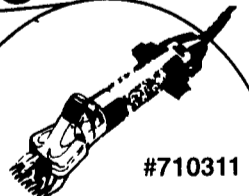
**\$179<sup>99</sup>**



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**And FLY SPRAY NEEDS!**



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Single Speed  
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