



JULY 5-11, 1999
MOON AT PERIGEE, JULY 11.

A HINT OF MINT

With summer upon us, the spearmint, peppermint, and lesser known *Menthas* that taste of apple, orange, or pineapple are in bloom. They are flavorful in soups, teas, and cold drinks and on vegetables. Peas and lamb are delicious when cooked with mint. Clarence Ousley (1863-1948) included mint in his verses about the fleeting nature of summer-time: "When the South was in the glory of a never-ending June, the strings were on the banjo and the fiddle was in tune. And we reveled in the plenty that we thought could never pass, and lingered at the julep in the ever-brimming glass." But, like that June, summer (and the mints) will pass, so enjoy them now.



Mint "exhilarates the mind" and is "therefore proper to the studious." - Nicholas Culpeper (1652)

TIP OF THE WEEK

A compress of mint leaves applied to the forehead is an old remedy for tension headaches.

SUMMER SLAW

- 1 pound thinly sliced green cabbage
- 1 small red onion, chopped
- 1 green pepper, chopped
- 1 carrot, grated
- 4 tablespoons sour cream
- 3 tablespoons cider vinegar
- 2 teaspoons sugar
- 1 teaspoon salt
- 5 drops liquid hot-pepper sauce
- salt and pepper, to taste

Combine vegetables in a large bowl. Blend remainder of ingredients in a small bowl for the dressing. If not serving immediately, refrigerate separately in two covered containers. Just before serving, blend dressing with slaw, and season to taste with salt and pepper. Can be made up to two days ahead.

Makes 4 servings.



THE OLD FARMER'S WEATHER PROVERBS



When the mountain moss is soft and limpid, expect rain.

When lizards chirrup, it is a sure sign of rain.

A sunflower raising its head indicates rain.

Special Offer
Handy chart full of interesting weather proverbs Send \$3 to Weather Chart, Dept UF, The Old Farmer's Almanac, P O Box 520, Dublin, NH 03444.

Westminster Livestock Auction

Hagerstown, Md.
June 29, 1999

Report Supplied By Auction

SLAUGHTER COWS: 65 HEAD. UTILITY 37.00-41.75; CANNERS 33.00-38.00; SHELLY 33.00 DOWN.
BULLS: 5 HEAD. YG#1 1624 LBS. AT 53.00; YG#2 1200-1600 LBS. 46.00-48.25.
FED STEERS: 14 HEAD, 1.00 LOWER. HIGH CHOICE TO PRIME 1200-1450 LBS. 65.00-68.75; CHOICE #2-3 62.00-64.50; SELECT 1000-1200 LBS. 56.00-60.00.

FED HEIFERS: 8 HEAD. CHOICE 950-1100 LBS. 61.00-62.25.
VEAL CALVES: 121 HEAD. CHOICE 200-300 LBS. 75.00-83.00; GOOD 65.00-75.00; CULLS 85-110 LBS. 24.00-29.00, 60-85 LBS. 15.00-22.00.

FARM CALVES: HOLSTEIN BULLS 10.00 LOWER. #1 95-120 LBS. 90.00-111.00; 85-95 LBS. 60.00-90.00; #2 90-115 LBS. 55.00-85.00; HOLSTEIN HEIFERS #1 95-120 LBS. 200.00-250.00; 85-95 LBS. 150.00-187.00; BEEF X HEIFERS TO 90.00.

BUTCHER HOGS: 40 HEAD, 2.00-3.00 LOWER. #1&3 230-270 LBS. 30.00-31.00; #2&3 28.00-30.00; #1&3 300-320 LBS. 25.00-28.00.

SOWS: 5 HEAD. 500-600 LBS. TO 28.25.

BOARS: 5 HEAD. 400-700 LBS. 9.00-10.00.

STOCK CATTLE: 80 HEAD. STEERS 300-400 LBS. 77.00-88.00; 400-500 LBS. TO 76.00; 800-950 LBS. 54.00-62.00; HOLSTEINS 1000-1150 LBS. 45.00-49.00.

HEIFERS: MED. AND LARGE FRAME 300-500 LBS. 62.00-75.00; 500-700 LBS. 61.00-74.00; 700-900 LBS. 55.00-61.00.

BULLS: MED. AND LARGE FRAME 200-400 LBS. 69.00-84.00; 400-600 LBS. 68.00-77.00; 700-800 LBS. TO 65.00.

SHEEP: 31 HEAD. 24.00-35.00; YEARLINGS 40.00-65.00.

LAMBS: 84 HEAD. HIGH CHOICE TO PRIME 80-115 LBS. 78.00-84.00; 60-80 LBS. 80.00-86.00; 40-60 LBS. 81.00-93.00; MED. TO GOOD 40-110 LBS. 70.00-80.00.

GOATS: 114 HEAD. LARGE

65.00-102.00; MED. 40.00-58.00; SMALL FLESHY 32.00-45.00; SMALL 15.00-30.00.

PIGS AND SHOATS: 90 HEAD. BY THE HEAD, 20-30 LBS. 15.00-20.00; 30-50 LBS. 15.00-25.00; 7 HEAD 60 LBS. AT 39.00; BY THE LB. 100 LBS. 36.00-42.00.

NEXT TUES., JULY 6, GRADED FEEDER PIG SALE AT 7:30 P.M.

New Holland Sales Stables

Report Supplied By USDA
Tuesday June 28, 1999

	Calves	Sheep	Goats
Today	219	1032	1908
Last Week		204	962
Last Year	200	1004	928

CALVES: COMPARED TO THURS.'S AUCTION, VEAL CALVES SOLD STEADY TO 9.00 LOWER AND SLAUGHTER CALVES WERE 6.00-7.00 LOWER. DEMAND FAIRLY GOOD FOR HOLSTEIN BULL CALVES RETURNING TO FEED BUT PRICES STILL RANGED MOSTLY 10.00 LOWER. HOLSTEIN HEIFER PRICES WERE FULLY STEADY.

VEALERS: GOOD AND CHOICE 70-110 LBS. 20.00-26.00. STANDARD AND LOW GOOD 60-90 LBS. 11.00-20.00.

SLAUGHTER CALVES: GOOD AND CHOICE 200-350 LBS. 75.00-90.00; 350-550 LBS. 60.00-75.00. STANDARD 300-600 LBS. 50.00-60.00.

RETURNED TO FARM: HOLSTEIN BULLS 95-125 LBS. 80.00-110.00. PLAINER TYPE BULLS 80-115 LBS. 35.00-80.00. HOLSTEIN HEIFERS 80-120 LBS. 190.00-240.00.

SHEEP: COMPARED TO THURS., A GOOD SUPPLY OF SLAUGHTER LAMBS SOLD MOSTLY STEADY TO WEAK. SLAUGHTER EWES SOLD STEADY TO 10.00 HIGHER THAN THURS.'S LIGHT TEST.

SLAUGHTER LAMBS: CHOICE AND PRIME 2-3 40-100 LBS. 80.00-100.00, MOSTLY 80.00-90.00, GOOD AND CHOICE 1-3 60-100 LBS. 70.00-80.00.

SLAUGHTER EWES: GOOD AND CHOICE YEARLINGS AND 2 YEAR-OLDS 40.00-65.00. UTILITY AND GOOD 1-3 30.00-40.00. AGED BUCKS 150-300 LBS. 30.00-40.00.

GOATS: BY THE HEAD, LARGE BILLIES 100.00-125.00, FEW TO 150.00, MEDIUMS 75.00-100.00; CHOICE AND PRIME MUTTON 75.00-100.00; LARGE NANNIES 55.00-70.00, MED. 35.00-55.00; CHOICE AND PRIME YEARLINGS 50.00-70.00; CHOICE AND PRIME KIDS 40-70 LBS. 35.00-70.00, GOOD 20-40 LBS. 20.00-35.00.

Lebanon Valley Livestock

Fredericksburg, PA
June 29, 1999

Report Supplied by Auction
STEERS CHOICE 2-3 1175-1360 LBS 64.00-67.25; SELECT 1-3 62.00.
HOLSTEINS STEERS: CHOICE 2-3 1275-1510 LBS. 58.00-59.75; SELECT 1-2 52.00-53.50; STANDARD 1-2 51.00.
HEIFERS: CHOICE 2-4 1190-1205 LBS. 63.00-64.25.

COWS: BREAKERS 75-80% LEAN 39.75-43.50; BONERS 80-85% LEAN 36.75-39.50; LEAN 85-90% LEAN 35.00-36.50; SHELLS DOWN TO 32.00-34.75.

BULLS: YG1 1780-1825 LBS. 45.25-45.50; YG#2 1410 LBS. 42.00.

FEEDER CATTLE: HOLSTEINS 195 LBS. 65.00; HEIFERS 390-450 LBS. 65.00; BULLS 395-540 LBS. 67.00-80.00.

FARM CALVES: HOLSTEIN BULLS #1 95-115 LBS. 92.00-112.00, #2 95-115 LBS. 80.00-90.00.

HOLSTEIN HEIFERS: #1 80-110 LBS. 157.00-202.00.

HOGS: 45-50% 240-253 LBS. 29.25-29.85.

SOWS: #1-3 23.00-27.00.
BOARS: 700 LBS. 8.50.

GOATS: MED. 58.00; SMALL 24.00-38.00.

FREE COMMODITY MARKET NEWSLETTER

Whether your trade interests are grains or gold, Lehigh Valley Futures, Inc. has the knowledge and expertise to assist you in these markets. For a copy of our newsletter and/or a free trading kit, please contact:

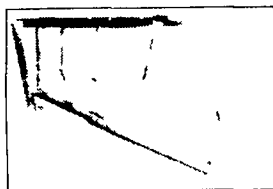
Lehigh Valley Futures, Inc.

5000 Tilghman Street Suite 249
Allentown, PA 18104
1-800-543-8939 or 1-610-366-7979 Fax 1-610-366-9842
lvfuture@microserve.net

The risk of loss in trading futures and options on futures can be substantial. Futures and options trading may not be suitable for everyone. You should carefully consider the risks in light of your financial condition in deciding whether to trade.

FREE STALL BARN SYSTEMS

FROM HEAD-TO-HOOF BERG HAS EVERYTHING YOU NEED



DVB SERIES
SELF-LOCKING PANEL
With EZ-OUT Feature



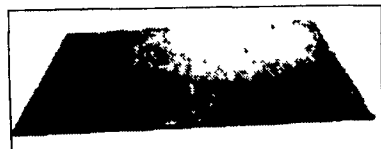
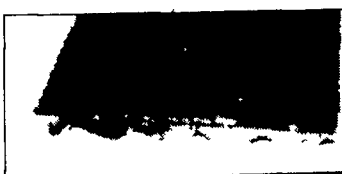
galvanized steel tubing

BERG FREE STALLS WITH GENUINE GATORSHIELD™



BOX AND
PARLOR FANS
By Berg Sandmark

SIMPLEX COW PAD
FOR EXTRA COMFORT AND HYGIENE



RESISTER ECONOMY MATS

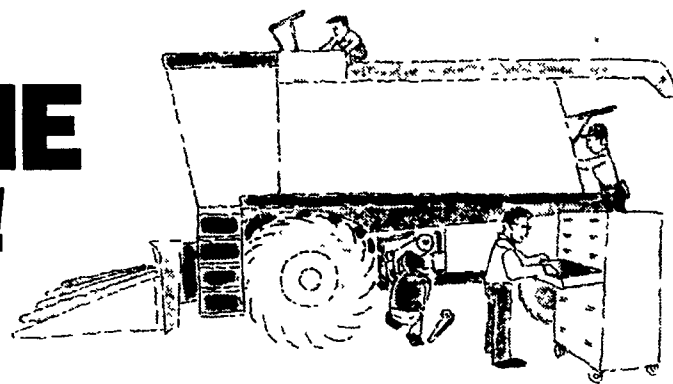


BERG-BENNETT, INC.

RD 2, BOX 1130 • Wyoax, PA 18854 • 717-265-7119 • 800-724-4866

HOOBER COMBINE SERVICE

UPTIME WITH!



DOWNTIME WITHOUT?



THREE LOCATIONS

INTERCOURSE, PA
800 732-0017

MIDDLETOWN, DE
800 341-4028

McALISTERVILLE, PA
800 433-6679

©1999 CASE CORPORATION
Visit us on the Internet at <http://www.casecorp.com>
Case IH is a registered trademark of Case Corporation

