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41 - 43 NORTH MAIN STREET

MANHEIM, PA.

PROTECT ANIMALS

times get into feed.

USE PROPER LAWN SEED DEFINITION

It is important to use the Sophistication: The art of reminds John C. Harper, II, ed.

jury, Extension livestock doubt about the kinds of seed witches. specialists at Penn State sug- which should be used in vargest the correction or elim- ying situations, contact your ination of such conditions as Cooperative Extension Service high door sills, deep gutters, (county agent) for suggestions low fences, horns on cattle, on desirable seed or seed mixprotuding nails, and small tures. Lawns must be carefulpieces of metal that some- ly planned if they are to be attractive.

PHONE 665-2281

proper seed if homeowners admitting that the unexpectwish to establish good lawns, ed is just what you anticipat-

4-H'ers Think...Drink Milk



Milk, cheese and other dairy products are among the most popular and basic foods in our diet. We use dairy products as beverages and appetizers, in baked foods and desserts; in entrees and salads. Yet many people don't get the three or four servings of milk or their equivalent, that nutritionists of the Extension Service, U.S. Department of Agriculture, say is the minimum amount of milk or milk products needed daily.

However, there are some people, young people, who not only eat and drink more than a minimum amount of dairy products, but who go into their communities and spread the good word about dairy foods. They are the enrolled in the National 4-H sponsored for 25 years by the Carnation Company.

The 4-H members enrolled in the program learn how produced and a lot more extension office. about their nutritional value.

They demonstrate many appetizing ways to enjoy an unlimited variety of dairy products ranging from milk, fresh, powdered, fat-free and evaporated; to cheeses, sour cream, yogurt and ice cream. The 4-H'ers also hit hard for good nutrition.

And to encourage youth participation and recognize their achievements, the Carnation Company provides awards to 4-H'ers who excell in the 4-H dairy foods program at county, state and national levels.

Four gold-plated medals of honor are awarded to county winners. The state winner receives an expense-paid trip to the National 4-H Congress in Chicago, Nov. 26-30. And at special ceremonies six 655,000 boys and girls national winners received \$700 educational dairy foods program, scholarships. All winners are selected by the Cooperative Extension Service.

For more information about the 4-H Dairy Foods milk and milk products are program, contact the county

ROTECT ANIMALS Extension turfgrass specialist It was once believed that Handkerchief means "a Charles E. Groff To protect animals from in- at Penn State. If there is any black cats were disguised covering for the head held in Charles E. Groff

WEDNESDAY, AUGUST 9.

MANHEIM, PA.

Drive in

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For a gay modern look use
right contrasting solid colors

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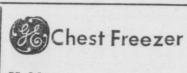
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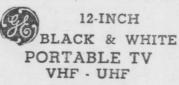
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