

Health foods are the business of this Shropshire family. From their 16th century farmhouse, they bring a taste of the country to many a meal table set in the grime of an industrial town.

# Getting away from the pre-packed foods . . .



Young Marianne (12) loves yoghurt and she can get plenty of it from her father's farm.

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Most of us—especially those living in large towns or cities—must have felt at some time that we would like to get away from the smoke and grime and live in fresh, country air. To exchange the pre-packed, pre-frozen and even pre-cooked foods for those fresh and delicious ones down on the farm.

And the best place I've ever come across for this kind of living is Fordhall Farm on the Tern Hill to Market Drayton road.

The 16th century farmhouse with its ivy clad walls and black and white beams is a delight. And even more delightful are the Hollins family who live and work there. And here you could be sure that everything you ate or drank was as pure and good for you as nature intended it to be.

Mr. Arthur Hollins and his wife, May, have expanded what has been a cheese-making farm for generations and now offer an almost complete range of health giving foods.

Daily they produce cream, yoghurt and natural cheeses in their very up-to-date dairy and all the ingredients used for flavouring are compost grown. No artificial flavourings are used.

They are convinced that this approach to food protects health and may prevent many serious and even fatal diseases in later life.

Mrs. Hollins, a happy and contented woman, is really a shining example of the proof of her own beliefs. As well as helping on the farm, doing secretarial work, looking after her husband and three children, Robert (22), Barbara (20) and Marianne (12) she is also "mum" to many of the girls who work in the dairy and live at the farm.

They maintain Guernsey herds without the use of all.

The milk is produced automatically sparkling clean dairy next door separated into tainers from cream cheese. This is achieved with the fresh and the tang of fruit and nuts.

In one corner looking butter is and nearby they are separated for

Questions