

### Farm Women Plan N.Y. Trip

Rudy Landis entered the Society of Farm Women at her home on Saturday afternoon with Mrs. Landis, Mrs. Buckwalter and Mrs. Foreman as cohostesses. Mrs. Clayton Royer led the afternoon session. Mrs. W. Dean led the group singing. Mrs. Roy Brubaker, vice-president, was in charge of the meeting. Thirty members attended.

Mrs. Daniel Brubaker gave a report on the State Convention, a contribution was made to the Cancer fund, Mrs. Brubaker announced plans for a bus trip to Sterling Gardens, N. Y., some time in May.

Mrs. Alice Beck was the guest speaker and was introduced by Mrs. C. V. Smith. The subject was "Interior Decorating," illustrated with

### Lititz-Manheim 4-H Club Elects Officers

Richard Buckwalter, Lititz R3, was elected president of the Lititz-Manheim 4-H Community Club reorganization meeting recently at the Fairland School.

Other officers elected were Carl Siegrist, Lititz R3, vice president; Susie Peifer, Manheim R1, secretary; Jay Fisher, Manheim R1, treasurer;

slides of homes and their interiors.

Plans were made to entertain Society No. 5 and the County Officers at the next meeting to be held April 2 at Salem Lutheran Church, Lincoln. Lee Dunkle will be the speaker and the hostesses include Mrs. Leon Ulrich, Mrs. Graybill Hollinger, Mrs. C. H. Nissly, and Mrs. Howard Wolf. Mrs. Willis Bucher is chairman of the social committee.

Annette Long, Lititz R3, news reporter; Ann Bomberger, Lititz R2, and John Clark, Lititz R2, game leaders; Jean Landis, Lititz R3, song leader; and Richard Buckwalter, and Barbara Hershey, Lititz R2, county council.

Victor Plastow, county agent, distributed enrollment cards and gave information about 4-H projects.

The president appointed the following committee to secure a place for the next meeting: Eric Stoner, the outgoing president; Carl Siegrist, Annette Long and Robert Miller, Lititz R3.

### MILK PRODUCTION OVER 4-YEAR AVERAGE; DOWN FROM LAST YEAR

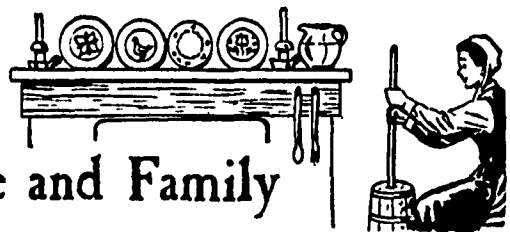
According to the Pennsylvania Crop Reporting Service, milk production in the state was 4 million pounds above the 1960-64 average for February. But it was 28 million pounds less than the record high obtained in 1964, and 5 million pounds below February 1965.

The number of cows on farms dropped to 766,000 in February, down about 4 percent from February last year, and 12 percent below the four-year average.

Milk production per cow for the month was 695 pounds, a gain of 25 pounds over last year.

Milk production in the U.S. for February stood at its lowest level since 1959. Compared with February a year ago, production was off by 6 percent, with all but nine states reporting decreases.

## For the Farm Wife and Family



By Doris Thomas, Extension Home Economist  
**Ladies, Have You Heard? . . .**

### Do You Know That . . .

It is estimated that one out of every three Americans or 63 million people are 20 percent or more overweight.

Milk is an essential food and should be included in weight control or weight reduction programs. Milk contributes more toward nutrient needs for the number of calories involved than any other food.

Cheese has protein of as high quality as meat and most of the food values of milk. You can use cheese often as a main dish for good eating, good nutrition, for your family, and an aid to the budget.

**Some Guidelines For Buying A Mattress**  
When a mattress reaches the valley stage, it has outlived its normal comfort-service expectancy.

Some indications of a mattress being worn out include sagging borders, broken stitching and a flabby packed down look. One sure sign of a worn-out mattress is how you feel when you get up in the morning. A worn-out mattress doesn't give you the even, equal support you need for relaxing, restful sleep.

Good mattresses have sturdy tickings and borders with reinforced ticking edges.

You can't judge comfort by sitting on or punching a mattress. The only way to test a mattress is to lie down on it . . . stretch out and see



THOMAS

if it's long enough, wide enough, and firm enough for you.

Long-size twin or double bed mattresses allow extra length, king size provides extra length and extra width.

Remember to buy the mattress that best fits the needs of the person who will be using it.

### Worth Trying

Instead of discarding white socks, launder them, then cut off the toes. Store the toeless socks with your emergency kit to use as a ready-made bandage for scraped or cut knee or elbow. Just pull the heel over the joint for a snug protective cover.

Rubber gloves last longer if you keep them clean. Put the gloves on, then wash with sudsy water just as you wash your hands. Then work the gloves off with the wrong side out. Squeeze the gloves through clean suds, then hold them under running water to rinse off both sides. Wipe the gloves and hang them with spring clothespins. When dry, sprinkle talcum powder inside to keep the fingers from sticking together.

Wash before wearing is always a good rule for napped fabrics in bright or deep colors. Red flannelette sleepwear may rub off on skin or sheets unless you flush away the excess surface dye with a series of sudsings and rinsings.

A bowl of piping hot chili con carne can be a meal in itself when you serve it with crisp crackers and a glass of milk or buttermilk. If you don't have a favorite recipe that you enjoy making, look in your collection of cookbooks until you find a recipe that makes chili just like your family enjoys. Chili is even better the day after you prepare it so you can make chili ahead of time.

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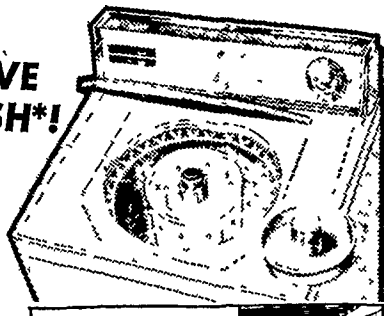
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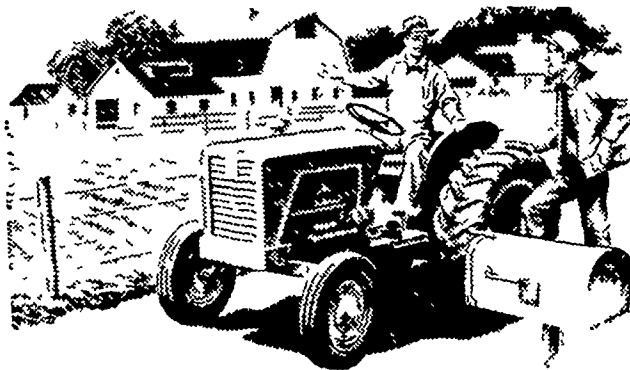
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