

Farm Women

Farm Women Board Met To Set Plans

The executive board of the Society of Farm Women of Lancaster County met in the home of Mrs. Samuel S Wenger, Paradise, to set plans for County activities for 1968.

Attending were County officers: Mrs. Scott Nissley, presi-

dent; Mrs. Everett Kreider, secretary; Mrs. John Frantz, treasurer; Mrs. John N. Hess, first vice president; Mrs. Aaron Denlinger, second vice president, and the 27 local Society presidents.

Mrs. E. Robert Nolt, Society 4, former Lancaster County representative to the state board of Farm Women, who is also on the board of directors of the Farm & Home Foundation, outlined suggestions for the use of the new Farm & Home Center.

She explained that meetings

may be held in the Home Economics Extension area, housing the demonstration kitchen featuring cabinets financed by Farm Women of Lancaster County. The room will seat 250 persons. There is service for 60 in stainless steel utensils and a coffee maker available as a part of the Extension Service equipment.

Mrs. Nolt stated that all meetings should be scheduled through Howard Campbell, 1212 Valley Rd. He is retired from Armstrong and was employed in the fields of purchasing and personnel.

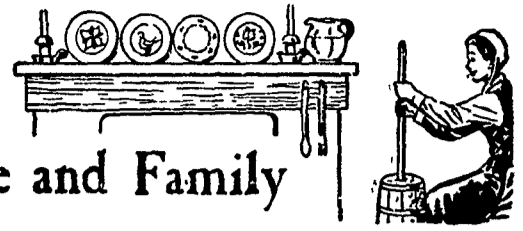
The auditorium of the Center may be used for larger meetings including dinner or luncheon meetings, but they must be catered by the caterer designated by contract for the year, according to present rulings.

County Farm Women voted to hold their annual convention at the Center on Nov. 2. Mrs. Nissley appointed four representatives to the Community Council. They are Mrs. J. N. Hess, Society 18, Mrs. Edward Wissler, Society 18, Mrs. Glenn Nauman, Society 25, and Mrs. Richard S. King, Society 4.

A letter was read from Heart Haven thanking members for folding heart seals for mailing. Societies 25 and 26 will visit the County Home on March 21 to distribute fruit and cookies.

The Executive Board and members from Societies 8 and 27 will usher at the lecture of the Baroness Maria Von Trapp scheduled for March 23 in the auditorium at the Centerville Junior High School. A limited number of tickets will be available at the door. Tickets purchased for the performance originally scheduled for Nov. 4, 1967 will be honored at the March 23 performance. However, if a refund is desired, the tickets may

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For the Farm Wife and Family

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist

Selecting Fresh Fruits And Vegetables

When you buy fresh fruits and vegetables buy only quantities you can keep without waste.

The largest sizes aren't necessarily the best.

Defects may not affect the quality of the produce, only the appearance.

Sometimes the blemish is removed when the product is prepared.

Avoid handling fruits and vegetables unless it's necessary.

A small bruise quickly causes spoilage in very perishable foods.

Wasteful shoppers can create higher total cost of produce by rough handling.

You can select fresh produce just by sight if you know what to look for.

To wrap Meat or The Freezer

Here's a method for wrapping meat recommended by the American Meat Institute:

Use enough freezer paper so the edges can be folded down at least three times.

Place the meat in the center of the paper.

Separate individual servings (such as steaks, chops, or ground meat patties) with sheets of freezer paper so the meat will come apart easily before cooking.

Bring two edges of paper together above the meat and fold down in one-half to one-inch folds until the paper is tight against the meat.

Press the wrap closely to the meat to force out air.

Seal edges carefully with freezer tape, or fold over ends at least twice and tie securely.

Mark each meat package to show content, number of servings, and date of freezing.

Freeze meat quickly and store at zero degrees temperature or lower.

How to Buy at Clothing Sales

Clothing sales may offer an opportunity for you to buy clothing at reduced prices without sacrificing quality, but sales also may cause you to buy gar-



THOMAS

ments you don't need or really want.

Have a definite wardrobe plan to help avoid impulse buying.

Learn store policies, find when various items will be reduced, and whether the sale items are returnable.

When possible, shop the first and last day of a sale. The best selection is offered the first day, and further price cuts may be offered the last day.

Try to know the original prices of sale items. Then compare prices to be sure you're getting real price reductions.

Examine merchandise carefully. Check size, color, style, and condition of the garment.

Inspect seconds and irregulars. They may be good buys unless flaws affect their use.

Check guarantees on sale merchandise.



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and SAVE

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ALLEN H. MATZ

Denver — New Holland

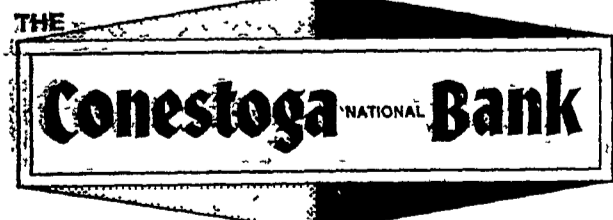


GET BACK IN THE BLACK WITH A PERSONAL LOAN

Ray Wiggins, a Teller at the Conestoga National Bank, is well known in shooting circles. In this field of competition he is regarded as an outstanding marksman. Ray likes to point out that good marksmanship and good money management have one common aim . . . to get in the black, and stay there.

'Knowledgeable business men and individuals know that sometimes borrowing money is the wisest thing to do. For example: to meet emergency medical expenses, to consolidate accumulated small bills, for urgently needed home improvements or for major purchases such as a color television, washer or refrigerator.

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FEB. 17-24



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