

FARM WOMEN NEWS

SOCIETY 3

Society of Farm Women 3 met at the home of Mrs. John Edwards, Ephrata R1. The hostess led devotions. Mrs. Willie D. Stober conducted the business meeting.

On April 16, eight women will sew at Ephrata Community Hospital. On April 18, six women will take treats to Conestoga View Hospital.

Mrs. Robert Gregory is chairman of the scholarship committee. Scholarships are open to students interested in agriculture or home economics. They must be in the graduating class of Ephrata High School or the Cocalico High School District.

Anyone interested may contact Mrs. Gregory, Lititz R1, or Mrs. Harold Stuber, Schoeneck.

Contributions were given to the Ephrata Recreation Center, American Cancer Society and Easter Seals.

Mrs. Ivan Eberly, program

chairman, introduced the speaker, Mrs. Michael Valavanes, whose subject was "Village Life of the People of Greece."

On April 6, Society 3 will be entertained by members of Society 1 in the Lutheran Church social room, Lincoln at 12:30 p.m. The next regular meeting will be April 20 at 1580 Fruitville Pike with Mrs. Harvey Gehman as hostess.

SOCIETY 12

Society of Farm Women 12 met recently at EC Church, Conestoga. Devotions were led by Mrs. Donald Lownsbery.

Miss Ethel Kindig, president, was in charge. A cash donation will be given to the Easter Seal campaign. The guest speaker was Mrs. Doris Thomas, Lancaster county home economist, who gave a pie baking demonstration. A covered dish social was held.

The Society will make a tour

CHURCH CRAFTS SALE

A crafts open house and sale will be sponsored by the Cheer Lenders Sunday School Class of Paradise Mennonite Church, on Thursday, March 28 from 1 to 8 p.m. in the basement of the church.

Mrs. J. N. Byler, manager of the Mennonite Central Committee overseas needlework and crafts project, will display and sell handcarved wooden animals, embroidered aprons, fiber mats, dolls, sleepwear, wooden bowls and needlework done by refugees from Jordan, Hong Kong, Taiwan, India, Haiti, Korea, and Algeria.

The Crafts program provides a means of livelihood for needy women in these countries.

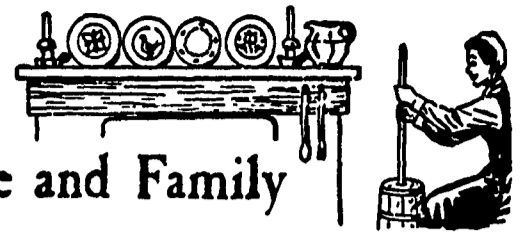
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SOCIETY 8

Society of Farm Women 8 met recently at the home of Mrs. Ada Greider, Mount Joy R1. Twenty

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For the Farm Wife and Family



Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist

Pork Doesn't Have To Be Fattening
Today's diet conscious consumers want pork leaner, so that's what pork producers are providing.

Pork has a similar calorie value to other red meats. You can trim the outside fat off pork cuts and enjoy the rich flavor.

Select pork with a grain or texture that's smooth, fine, and velvety with tiny streaks of marbling throughout the lean.

Lean meat should have a delicate rose or grayish-pink color.

Lean pork is an excellent source of thiamine — one of the B-vitamins.

Wardrobe Buying Tips

Decide on a price range before you shop.

Buy a bargain only if it fits in with your present wardrobe.

Don't rush into a decision. See how each dress fits and looks when you walk, sit, and reach.

Careful attention to the way the garment is cut, stitched, and finished will be well worth it. Look for seams that are finished to prevent raveling and generous enough to permit alterations.

Stitching should be uniform and even, and topstitching should be straight.

If the garment is made from a patterned, napped, or pile fabric, the design should all go in the same direction.

Zippers and plackets should be flat and inconspicuous. Hooks, eyes, and snaps should be sewed on securely.

Machinemade and bound buttonholes should be well-made and fit easily over buttons.

After selecting a garment, keep the hangtags and labels and give the garment the care recommended.

Low-Calorie Meal Hints

You can serve appetizing, slimming, and well-balanced

low-calorie meals if you cut down on calories without cutting out important protective foods.

Choose a low-calorie, protein-rich main dish for each meal including breakfast.

Prepare meat by roasting or broiling it.

Take advantage of fish and poultry which are low in fat.

Avoid gravies and other rich sauces.

Add tomatoes, lemon, celery, and herbs for gourmet flavor without extra calories.

Use a variety of vitamin-rich raw and cooked vegetables, especially leafy green and yellow vegetables rich in vitamin A.

When serving a starchy vegetable, choose a second low in starch.

Cook vegetables in bouillon or skim milk and season with lemon, celery, onion, or herbs instead of the usual fat.

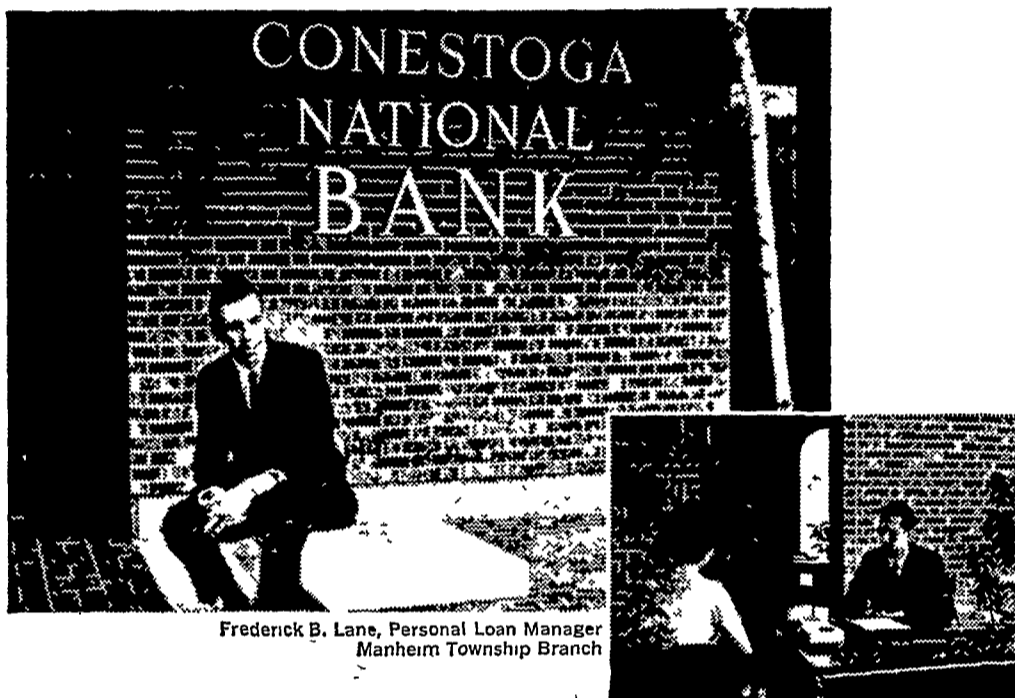
Serve generous salads with low-calorie dressing.

Select whole grain or enriched bread and rolls.

For variety include thinly sliced bread, small rolls, bread sticks, melba toast, and sesame wafers.



THOMAS



Frederick B. Lane, Personal Loan Manager
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You may apply for a "Time-Saver" Personal Loan at our Manheim Township Branch during regular banking hours . . . Monday thru Friday. If these hours are not convenient, simply call Fred Lane at 392-8791 and he will arrange an after-hours appointment at a time convenient for you.

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