

Enjoy Dairy Foods Often This Summer

FARM WOMEN NEWS

SOCIETY 11 Mathias, of Oxford, will show Society of Farm Women 11 slides of Europe. recently entertained the ladies of Society 13 in the Quarryville Memorial Methodist Church.

The Rev. Murray Wagner showed slides of his Far East daughter dinner.

The ladies will make sandwiches for the USO on June 22 and cookies for the open house of the Farm and Home Center on June 9.

Mrs. George Baker was guest soloist, accompanied by Miss Helen Snyder.

The next meeting will be held June 25 at which time Thomas

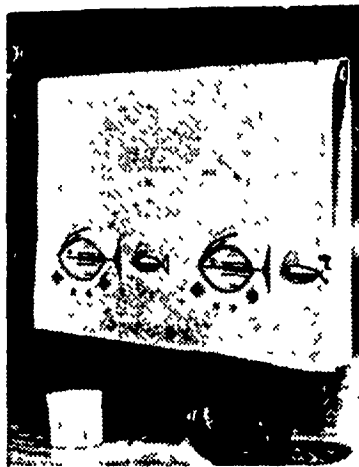
SOCIETY 23 Society of Farm Women 23, Washington Boro met recently in the home of Mrs. Abram Groff, Mt. Joy at a mother-daughter dinner.

Prizes were awarded to Mrs. Louella Brenner, Mrs. Marian Mowrer and Mrs. Margaret Flinchbaugh.

Mrs. Robert Kauffman recited poetry, with a musical background on the piano provided by Mrs. Ralph Garber.

Cookies and sandwiches for the USO dance on June 22 will

(Continued on Page 26)



SOMETHING IS "FISHY." It may be these guest towels, embroidered with fanciful aquatic creatures. The fish designs are worked in tropical colors on huck toweling. You can obtain free instructions, including drawings and stitch details, by sending a self-addressed, stamped envelope to the Needlework Editor of this newspaper along with your request for Leaflet PE 3994.

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist

Get Full Value From Canned Vegetables
To get the full nutritional value from canned vegetables, serve liquid in the can or jar along with the vegetables.
You can use the liquid in gravy or add it to soup.
Soon after canning, water-soluble nutrients in vegetables distribute themselves evenly throughout the solids and the liquid which makes up about one-third of the total can contents.
Solids therefore contain about two-thirds the soluble nutrients and the other one-third are in the liquid.



THOMAS

Consider Leg Fashions For Total Look
Textured and colored hose call attention to legs.
Appropriate hose can make legs look thinner, longer, shorter, or more shapely.
Heavy legs will appear thinner in the wet-look stockings that give legs a shiny look
Very fine vertical stripes also make legs appear more slender
Iridescent colors or lace hose give a slimming effect
Medium to dark colors, such as brown, taupe and grey tend to make legs appear more slender
Thin legs will look more shapely or heavy in white stockings, opaque hose, fishnets, geometrics and pastels or bright colors

Make short legs look longer by choosing hose that gives a continuous color from waistline to shoes
Select stocking weight slightly lighter than the weight of the dress fabric
Heavy wool fabrics call for heavy textured or opaque hose
Lightweight wool crepe and opaque crepe hose look good together
Lightweight nets or laces go well with cotton and linen garments
For stockings and shoes to blend in color, hose should be the lighter color

Tips On Cheddar Cheest
The family of cheeses known

(Continued on Page 26)

ROOM BEAUTY BEGINS
with a visit to
IRIS Drapery Shop

9 South Duke St., Lancaster
Our assortment of curtains, draperies, cafes, cottage sets, window shades, etc., are meant for your home.

Complete selection of Kirsch Drapery Hardware.
Estimates on custom made draperies.

For appointment call 392-1221

SAVE AT SAVE RITE MARKET

743 S. BROAD ST. LITITZ, PENNA.

Need . . .

HAY - STRAW - EAR CORN

Buy Now and Save!

More and more farmers are buying from us for better value and all around satisfaction.

Delivered — any quantity

Phone Area Code 717 687-7631

Esbenshade Turkey Farm
"America's Oldest"
PARADISE, PA.

ENJOY A PREPAID VACATION

Prepare for next year's summer vacation in the same way that thousands of Conestoga Bank Vacation Club members did a year ago. Small, regular deposits add up to a prepaid vacation when the happy time arrives.

Visit the nearest office of your Headquarters for Money Matters and take out a membership in The Conestoga Bank Vacation Club.

THE Conestoga NATIONAL Bank

HEADQUARTERS FOR MONEY MATTERS

LANCASTER/CENTERVILLE/LANDISVILLE/LITITZ
MANHEIM TOWNSHIP/MILLERSVILLE/ROHRERSTOWN

A Trustee for The Lancaster County Foundation

Two important things when borrowing money

You need a sharp pencil plus the specialized financial advice of Farm Credit to determine how your financial needs can best be served. Farm production must be maintained, even increased if possible. Providing the financing to insure this is Farm Credit's job. Farm Credit loans are available now for any sound farm need. And, at realistic rates. Farm Credit interest is based on the unpaid balance of the loan. That saves you money.

Farm Credit ASSOCIATIONS

411 W. Roseville Rd., Lancaster Ph. 393-3921
Agway Building, Lebanon Ph. 273-4506