

FARM WOMEN NEWS

Society #6

Farm Women #6 met on Saturday at the home of Mrs. H. Martin Hoffer, E-town. The Pres. Mrs. Martha Eshelman presided.

The meeting was opened with a poem, "Thankful For My Country," and the theme song "Brighten The Corner Where You Are." Devotions were in charge of Mrs. Esther Frey.

One new member was admitted to the group. It was voted to give \$25.00 to the Needlework Guild at Mt. Joy. 16 members attended the Co. Convention.

The Ways and Means Committee reported that a dinner will be served at the Wyeth Laboratories at Marietta on November 20th.

Two short readings were given by Mrs. Laura Snyder. Rev. J. R. MacDonald from the United Methodist Church of Milton Grove gave a very interesting talk on Thanksgiving.

The next meeting will be the Christmas Party at the Rheems Fire Hall on Dec. 7th. The husbands will be guests.

Assisting Mrs. Hoffer were Misses Lela and Stella Coble, Mrs. Alice Markey and Mrs. Jennie Haines.

Society #7

Farm Women Society #7 met at the Willow Valley Restaurant on November 9 for their annual birthday luncheon. Mrs. Earl Beane, vice-president presided. Mrs. John Weaver, Jr. led in devotions. Special music was provided by Miss Lucinda Brackbill with a flute solo and Miss Dolores Buckwalter, a vocal solo. The main feature of the

meeting was Rev. Elwood Mehle, pastor of Heller's United Methodist Church, who painted two pictures in chalk. These pictures were then presented as door prizes to Mrs. John Shirk and Mrs. Horace Lantz. The table centerpieces were presented to: Miss Joanne Lichty, Mrs. John Ressler, Mrs. George Spotts and Mrs. Horchler.

Mrs. Marvin Rice and Mrs. Frank Lichty were appointed to audit the treasurer's books. Members of the society went on a bus trip to King of Prussia shopping Center on November 11.

The next meeting will be held December 14 at the home of Mrs. John Denlinger at 2:00 p.m. Members are asked to bring a donation for Christ's Home and a \$1.00 exchange gift.

Colder Weather

The month of November usually means colder weather with the risk of sudden snow storms and freezing weather. I can readily recall the sudden snow storm of about 10 years ago that dumped 15 inches of snow on the ground with strong winds the first weekend in November. I mention it at this time to suggest that things need to be done before freezing weather. The cooling systems of all kinds of motors should either be drained or prepared with anti-freeze solutions. Water pipes should be buried or wrapped with heating cable. Many pipes are not buried deep enough (at least 30 inches) to be safe from normal cold weather in this area.

Until a Boy has fallen in love, it's impossible to get him to shine his shoes.

For The Farm Wife

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mayonnaise. Chill. Makes 4 servings.

And for a dessert, try this — GINGERBREAD CUPCAKES WITH PUMPKIN ICE CREAM CUPCAKES:

¼ cup shortening
¼ cup sugar
1½ cups sifted flour
teaspoon baking soda
¼ teaspoon salt
¼ teaspoon cinnamon
½ teaspoon ginger
¼ teaspoon cloves
1 egg, beaten
½ cup molasses
½ cup hot water

PUMPKIN SPICE ICE CREAM:

1 quart vanilla ice cream
1 cup canned pumpkin
1 tablespoon sugar
½ teaspoon ginger
½ teaspoon mace

Cream shortening and sugar in a small mixing bowl. Sift together flour, baking soda, salt, and spices. Combine egg, molasses, and water. Add sifted dry ingredients alternately with liquid ingredients to creamed mixture. Beat until smooth. Pour batter into muffin pans that have been well-greased, filling each cup half-full. Bake in a moderate oven (375 degrees) 20 to 25 minutes. Let cupcakes cool 5 to 10 minutes before removing from pans.

To fill cupcakes: Using a knife with a serrated edge, remove the center to make a well in each cupcake. Fill each well with a scoop of Pumpkin Spice Ice Cream.

For ice cream: Let ice cream soften at room temperature. Mix together ice cream, pumpkin, sugar, and spices. Place in freezer trays. Freeze until ready to serve. Makes 12 cupcakes.

A quiet, serious, sensible guest will just about run a modern part.

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist



Growing Youngsters Need New Shoes Often

A growing child between the ages of six and ten needs a pair of new shoes every two or three months.

New shoes are needed often because the foot changes in size.

Even though shoes may not be worn out, they may be outgrown at a rapid rate.

It's important for the child to have both feet fitted each time a pair of shoes is bought. If one foot is larger than the other, fit the larger foot.

To fit properly, a shoe should be one-half to three-fourths inch longer than the longest toe and one-fourth inch wider than the widest part of the foot.

To be sure the shoes fit all over, let the child stand and walk in them.

Check to see if there's ample toe room and that the shoe conforms to the natural arch of the foot.

The counter of the shoe should fit the heel snugly without rubbing or slipping up and down.

A good shoe will have uppers and soles that are flexible and counters which are firm but not stiff.

Check for smooth linings that are smooth and free of rough spots, humps, or nails.

The outside finishing should be neat and all seams evenly stitched.

Shop at reliable stores where employees are trained to do the fitting.

Stores should stand behind their merchandise in case there's a defect in the shoe.

It pays to buy good quality shoes which are properly fitted in order to prevent permanent damage to the child's foot.

Include Enough Calcium in Diet
You can eat calcium as well

as drink it in milk. Just be sure the amount of food you substitute offers as much calcium as whole milk.

Cream soups, creamed fish, eggs, meat, or vegetables usually offer one-fourth to a half cup of milk.

Cream pies, custards, and puddings vary from one-fourth to two-thirds cup of milk for each serving.

Substitute cup for cup when you use low fat or skim milk, buttermilk or diluted evaporated milk—each one gives you the same calcium as whole milk.

One and one-third ounces of cheddar cheese, one and one-half cups of cottage cheese, or two cups of ice cream provide the same amount of calcium as in one cup of milk.

Milk drinks containing fruit, fruit juices, syrups, ice cream, ice milk, or milk sherbets can
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THOMAS

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