

FARM WOMEN NEWS

SOCIETY 12

Society of Farm Women 12 met recently at the Farm and Home Center with members of Society 15 as guests.

Mrs Willis Glick was in charge of devotions. The Business meeting was conducted by Miss Ethel Kindig, president.

A \$10 donation was given to the Lancaster Association for Brain-Injured Children. Suggestions are open to all members for a do-it-yourself program at the State Convention in Harrisburg.

Guest for the day was Mrs Mary Myers who gave a food demonstration.

Members of Society 12 have been asked to donate food and articles to the Cancer Society's Fair, to be held in September.

The next meeting will be held June 21 at the home of Mrs Paul Harnish, Conestoga R#1.

SOCIETY 8

Society of Farm Women 8 met at the home of Mrs Harold Frey, Marietta R#1 Mrs. Paul

Witman, vice-president, was in charge. Miss Mary Grace Martin was in charge of devotions.

Donations were given to 4-H Sewing Club, American Bible Society, Easter Seals, and Red Cross. Hostesses were Mrs Harold Drager, Mrs Sylvester Shuman and Mrs Lester Wolgemuth.

Speaker was Mrs Doris Thomas, extension home economist. She spoke and demonstrated salad making. The next meeting will be held at the home of Mrs Charles Felty, Milledale, on June 21.

SOCIETY 29

Mrs Allen Fisher, Milton Grove, presented a demonstration, "Cake Fancies" for Society of Farm Women 29 at a meeting held in the home of Mrs Joseph Russell, Mount Joy R#2. Twenty-three members were present. Mrs Richard Shellenberger was co-hostess and Mrs Gerald Ruhl conducted devotions.

During her demonstration, Mrs. Fisher used cakes that

were baked and frosted with a basic white frosting by members of the society. An auction of the decorated cakes was held following the program.

The society will take gifts and visit guests at Conestoga View on June 19 along with Society 28. Mrs. Scott Nissley, county president, will accompany both groups on this visit since it is the first time either society has participated in the county activity of visiting the home once each month. Both societies have been recently organized.

The next meeting will be held at the home of Mrs J Stanley Newcomer, Mount Joy R#1, when Mrs Paul Gerber, Elizabethtown, will present the program, "Child Talk."

SOCIETY 18

Miss Mary Hershey, a missionary from the Lancaster Church of God, who spent several years in Pakistan, spoke on the customs of that country at a meeting of the Society of Farm Women 18 recently. Miss Hershey is a teacher and advisor, now home on furlough. She will be going to Haiti in a missionary capacity in July.

The meeting was held in the home of Mrs Maris Smith, 1517 Lampeter Road, with Mrs Edward Wissler presiding. Mrs Robert Good was in charge of devotions.

Material to make 150 ditty bags for the American Red Cross was distributed to members volunteering to sew them. They will be returned for filling by September 15 for distribution to American soldiers in Vietnam at Christmas. Other county societies are assisting with this project through sewing or providing money for supplies. (Continued on Page 26)

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist



Is It A Bargain?

A large package can be more economical than a small one, but not unless you use all of the contents.

Some meat cuts are cheaper than others, but there may be no saving if they contain much bone and fat.

Sometimes you'll find very ripe fruits priced low. They're a good buy only if you can use them before they spoil.

Some vegetables lose some food value as they deteriorate, so quick-sale vegetables may not be a bargain. For example, sweet corn loses its flavor.

If you can use a lower priced product without excessive waste it can be a bargain.

Tips On Preventing Bacteria-Caused Illness

Don't let raw poultry or meat come in contact with other foods, especially foods to be eaten raw or lightly cooked.

Before you handle or prepare other foods, thoroughly wash your hands and any equipment that comes into contact with raw meat or poultry.

Keep your kitchen counter clean.

Keep foods properly refrigerated, especially "prepared" foods such as potato salad, precooked ham, and custards.

Keep cooked foods very hot

or very cold—don't hold them for long periods at room temperature.

Don't buy cracked or dirty eggs.

If you can freeze fruits, vegetables or other foods at home, be sure to sterilize them properly.

Don't use canned foods if the cans are swelled or bulged or

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