

**● Farm Women**  
(Continued from Page 20)

Ressel, president, opened the meeting. Devotions were conducted by Mrs. Helen Ressler.

Reports were given by the secretary and treasurer. An armchair travel along the Susquehanna River was given by slides by Donald Campbell Committee chairman reported.

Plans were made by the ladies to prepare cancer dressings on Thursday, Oct. 16 in the home of the president. The next meeting will be held Oct. 30 at the Eagle Gun Museum, Strasburg.

**Society 23**

Robert Millard, speech therapist at the Cleft Palate Clinic, was speaker of Farm Women 23 as they entertained Society 26 in the Millersville Fire Hall. The meeting was a covered dish luncheon with 28 persons attending.

Millard showed slides of the work at the clinic and explained in some detail the activities there.

Mrs. Clayton Charles, president, reported that 160 cancer pads were sewn by the group this year and that the 50 ditty bags sewn by the Society for the American Red Cross were completed.

The group sent \$10 to fill the bags to be distributed by the Red Cross to American servicemen in Vietnam at Christmas. They heard a report on the visit to Embreeville State Hospital,

where the group played with the patients, had group singing and provided refreshments. Wendell Funk accompanied at the piano and Mrs. Charles led the singing. Money was sent for a Christ-

**If You Must Reduce, Follow Sensible Plan**

Avoid getting a case of "calorie confusion" when you're trying to lose a few pounds, suggests Mrs. Ruth J. Buck, extension foods and nutrition specialist of The Pennsylvania State University.

When you skip one or two meals a day, it's easy to develop calorie confusion, and you usually end up eating more food at other meals and often uncontrolled snacking. What happens is that you often tally up more calories during the day than if you had stuck to a normal meal routine.

The same kind of calorie confusion happens with the potato. A small potato has about the same number of calories as a slice of bread. It's the extras, such as sour cream, gravy, and butter, you put on the potato that add to the calorie count. Toast stays in the same calorie grouping as bread. It's just bread with lower moisture content.

Calorie confusion can make dieting difficult. Fad or notion dieting can still leave you in the heavy-weight class yet deprive

mas gift for Lin Sam Yul, the 14-year-old Korean boy "adopted" by the Society Refreshment stands will be in service at the farm sale of John Murry, Washington Boro R1, on Oct. 18, and a household sale on Oct. 11 at the Jacob Hess residence, Lancaster R2.

The next meeting will be held at the home of Mrs. J. Newlin Groff, Lancaster R2, when election of officers will take place and dues will be paid. A hanky exchange will be featured.

you of much needed nutrients, reminds Mrs. Buck. A wise plan is to get milk, meats, fruits and vegetables, bread and cereals into your everyday eating pattern. You'll know the number of calories in a serving of each kind of food. This means you'll follow a good calorie-counting guide and know how many calories your meals will provide.

Don't skip meals, cautions Mrs. Buck. Have more "little" meals if you wish. Just save some foods from main meals and eat them between regular meals. Remember to keep the calorie count within the day's budget.



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**Ladies, Have You Heard? ...**

By Doris Thomas, Extension Home Economist



**To Wrap Meat For The Freezer**

Here's a method of 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 the 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.



THOMAS

**When You Buy Men's And Boy's Clothes**

The sizing system for men's and boys' clothes is not uniform. The system that is used is based on body measurement. When you shop for men's and boys' clothes —

Have these measurements handy — current weight, height, and body proportions.

Measurements used are height, chest, waist, trouser inseam, arm length and circumference of head and neck.

Coats and jackets for men and

boys are sized by height and chest measure.

Trousers, slacks, shirts, and jeans are sized by waist measure and length of inseam.

For best results, have your man or boy along on a shopping trip — garments should be tried on for fit, comfort, and appearance.

**Furniture Terminology**

Traditional — great periods of furniture style reproduced or imitated. Every generation borrowed something from the past, closer to contemporary than to any historical precedent.

Reproduction — a copy of an old piece of furniture of historic style. If it is accurate in all details, it is a replica; if it follows the general external form, it is a reproduction.

Adaptation — a reproduction that preserves the spirit of the original piece which inspired it.

Authentic — genuine, an exact replica.

Style — a distinctive manner of designing typical of any given time, place, person, or group.

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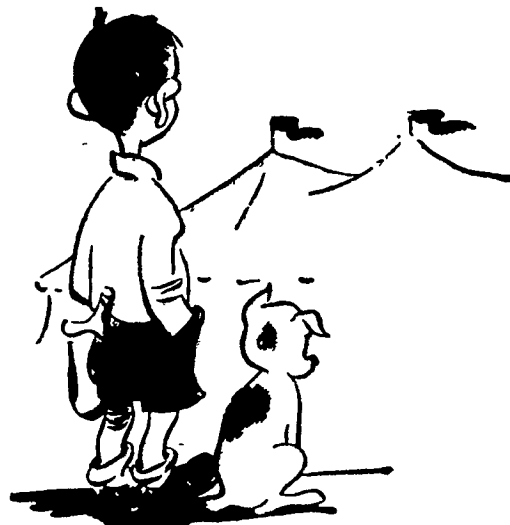
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