

Farm Women Societies

SOCIETY 18

The Society of Farm Women 18 installed a new member, Mrs. Henry Nissley, at a meeting recently at the home of Mrs. Gladys Good of 929 Bohrerstown Road., Lancaster. Mrs. Lester Kreider, president, conducted the meeting.

The club made plans for a 25th anniversary celebration in April. During the program, each member displayed an antique and told the story behind it.

Two contributions were made: to the Craig Harnish fund and for groceries to a needy family.

SOCIETY 3

The Society of Farm Women 3 recently held a "Happy February

Party" at Mount Airy Fire Hall for members and their families under the direction of Mrs. Harold Stuber, program committee chairman.

The 76 persons present enjoyed a noon meal and later games and contests. Beautiful handmade decorations were awarded as door prizes.

At the society's recent meeting in the homes of Mrs. Walter Trumbauer, Ephrata RD1, the Ephrata Recreation Center was awarded a \$50 donation.

The Conestoga Valley Association was the selection for the society's county project.

Miss Linda Stuber, scholarship chairman, read the general



Presto! Crocheted cover-ups transform a box and roll of tissue paper into decorative assets. Go way out with color when you select the two shades of knitting worsted required for the graceful, overlapping shell pattern. This set provides a fresh touch for a neglected bathroom. Free instructions are available by sending a self-addressed, stamped envelope to the Needlework Editor of this newspaper along with your request for Leaflet PC 4189.

rules for the 1970 scholarship award of \$200 to male or female graduate of the Ephrata Area or Cocalico Union High School furthering their education in home economics or agriculture.

Awards of paper weights engraved in gold for the Ephrata area 4-H Club leaders were mailed to Mrs. Clarence Stauffer, 1969 program chairman, and were awarded to the leaders, Miss Susie Benn, Mrs. Ivan Eberly, Mrs. Harold Fry, Mrs. Harlan Farlow, Mrs. Robert Gregory, Mrs. Ernest Hartranft, and Mrs. Alfred Schwankl.

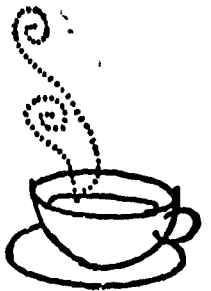
President Mrs. Robert Gregory appointed Mrs. Harry Usner and Mrs. George Wealand to the scrapbook committee.

The flower committee reported fruit baskets and flowers were sent to numerous sick and hospitalized members and families.

Mrs. Trumbauer, program committee member, introduced the speaker, Lancaster Trooper Alan McNult, who spoke on "Wide Use of Drugs." A general discussion was held on the drug situation.

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist



Variations For Vegetables

Add a pinch of herbs or a tablespoon of minced onion, green pepper, or chives before cooking fresh vegetables. These add flavor, without calories.

Season after cooking with a flavorful fat — bacon drippings, butter, or margarine — or with salad oil to which a little lemon juice, horseradish, or garlic has been added.

Sprinkle lemon juice or herb vinegar on boiled vegetables for a pleasantly tart touch.

Mash vegetables, beat in a little hot milk, add butter or margarine, and season with salt and pepper.

Serve with a tasty sauce, such as mushroom, cheese, onion, celery, white, or hollandaise.

Make The Most Of Your Own Fashion Personality

Concentrate on one focal point, and dramatize it. Don't wear too many exciting things at one time.

Always think of your hair-style in relation to what you're wearing.

Your posture is more important than your proportions.

The most inexpensive dress can be made to look better if it fits, if excess trimmings are removed, and if you use the right accessories.

Don't make the mistake of

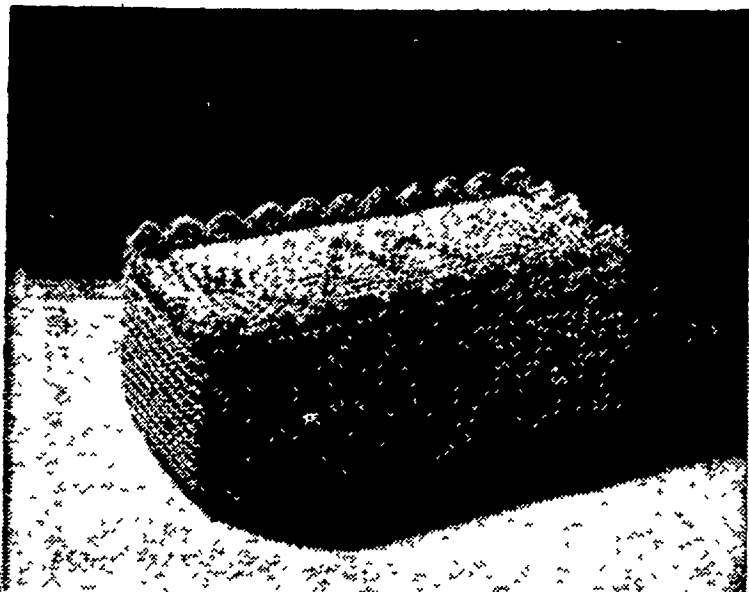
wearing something that attracts more attention to what you're wearing than to who is wearing it. Clothes should be an integrated part of you so people will admire the whole effect.

Good grooming is essential to fashion.

Coordinate your wardrobe. Take an inventory of the clothes you have, concentrating on the

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THOMAS



This gold brick is a fake, but it makes an honest door stop. Clever givers will recognize its gift value. To make one, you use an authentic clay brick with a slipcover crocheted of gold metallic "KNIT-CRO-SHEEN." The recipient's initials are written on top in diamonds, also unreal. Free instructions are available by sending a self-addressed, stamped envelope to the Needlework Editor of this newspaper along with your request for Leaflet PC 4595.

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