## Annual Mennonite Relief Sale Scheduled April 25

The fourteenth annual Til- has been handled in much the This year three antique calico County Relief Sale of the Men- same way The 1969 sale clear- print quilts, each over 100 years nonite Central Committee will ed \$34,400 be held Saturday. April 25, at The proceeds are given to the tion.

Twin Slope Farmer's Market Mennonite Central Committee. A fund-raising dinner will be and suffering

Begun out of concern over the destitute condition of much

public auction and also the countries outside the US and 144, Morgantown, Pa 19543 labor required to organize and Canada carry out a sale of this nature

As all merchandise was donated, there was little way of knowing what and how many items would be available for sale. But when sale time arrived, there was enough meichandise to generate about \$4,-000. Each sale since that time

hes caught in the economic tured speaker chaos created by the Russian

Pennsylvania Dutch legendry is Trailways bus depot nearby exemplified in the original Dutch foods prepared from recipes handed down for generations and in the uniquely colorful patchwork quilts made by women who learned the art from then mothers and grandmothers many years ago Up to 200 man hours are required to complete some of them

A variety of antiques always find their way to the sale also



743 S. BROAD ST. LITITZ, PENNA Hours: Mon. thru Sat. 9 to 9 Sunday 9 to 5

old, will be sold at the quilt auc

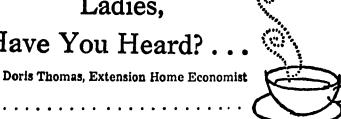
west of Morgantown, Pa All the relief and service arm of the held in the Twin Valley High proceeds are tagged for the al- Mennonite church, for use in School on Saturday, February leviation of world wide hunger their world-wide relief program 28 Proceeds are used to defrav Begun fifty years ago as a Men- the expenses of sale day Rev nonite agency for aiding fami. Don Augsburger will be the fea-

A filmstrip entitled "What'll of the world's population, the Revolution, it quickly expand- You Give?" depicting the de first sale was held on a local edits program to include people velopment and activities of the of all countries Today MCC has 1969 sale and other information Individuals volunteered mer. a total of 700 volunteers, of is available by writing Tuchandise they felt would sell at which 400 are working in 30 County Relief Committee Box

> Twin Slope Farmers' Market, The sale, located in the heart Morgantown, Pa, is located at of the Pennsylvania Dutch the Junction of state highways country, offers a variety of mer- 23 and 10, and Interstate 176 chandise. An abundance of There are three motels and a

### Ladies, Have You Heard?...

By Doris Thomas, Extension Home Economist



Fashion Trends In Capsule Form

Techagers are becoming hat wearers. Last summer, it was 'fun hats" and you saw them everywhere Now it's floppy felt, a near shapeless raw hat body with diessy high crown

and wide brim, reminiscent of the 30's White shirts are making a comeback for

diess oceasions with colored shirts still popular Metal trims are still popular on men's shoes but there is a trend away from the bold and brassy toward a more refined newcler's touch.

Steps To Safe Slimming Substitute fresh fruits for other desserts, or

give up desserts completely Trim all visible fat from meat and broil lather than fry meats

Drink coffee or tea without sugar or cream Eat only fresh fruits or raw vegetables between meals, or eat nothing between meals



THOMAS

# Farm Women Societies

#### Society 26

er. Mrs Kenneth Martin, presi- charter member dent, conducted the business

group planned a bus trip to missionary She also displayed Cherry Hill Shopping Center articles made by the natives

Robert Graybill, Lititz RD 2

#### Society 11

Farm Women Society 26, Farm Women Society 11 met Manheim, held its meeting at at Mechanic Grove Brethren ducing that you'll practice later the home of Mrs. J Harold Church with Mis Esther Mus-Esbenshade, Manheim RD 2
Mrs Harry Hershey was coment of silence was a tubute to hostess Devotions were in ment of silence was a tribute to charge of Mrs Josie Buckwalt- the late Mrs Mary J. Herr, a

Devotions were in charge of It was announced that the Mrs Irene Shank M1s Dennis Spring Rally will be held Tues- Emmert was introduced and day, May 5, in the Penn Harris showed slides of her three Motor Inn Harrisburg The years spent in Nigeria as a

Guest speaker was Frank A social hour followed the Dana, Lancaster State Police, meeting with refreshments servwho spoke on drugs The next ed The next meeting will be at 7 30 pm. at the home of Mrs Quarryville RD, on Thursday, on top of the other.

Select low-calone foods Get more regular exercise. Eat smaller servings Keep track of everything you

Give up alcoholic beverages. Substitute cottage cheese for cream cheese or sour cream Drink skim milk or butter-

Choose foods more carefully so

you get all nutrients you need, but fewer calouies. Develop food habits while 1e-

to help maintain your weight

Check with your physician about the proper diet for you.

#### Correct Glassware Storage Prevents Breakage

Store tableware in upright racks to save storage space and encourage you to use all of the dishes, not just what is on top of the pile.

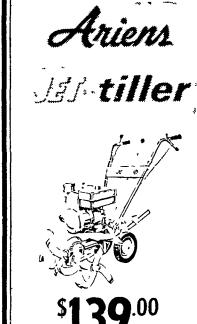
Line shelves with felt of paper to provide a cushion for glass.

Arrange glasses with rims up. meeting will be March 19 at the home of Mrs Herman Shirk, Never stack glasses or cups one

> Don't store and forget glassvare, rotate it for daily use

Flower bowls and vases need shelf of then own Anange them by height, tallest in back, shallow in front.

Be very careful of your fine ciystal It can be sciatched if you slide it across haid surfaces If you must stack at, put a protective pad of soft material or foam lubbel between the pieces.



Jared Stauffer Martindale, Penna. Phone 445-6465

March 26.

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