

Annual Mennonite Relief Sale Scheduled April 25

The fourteenth annual Twin County Relief Sale of the Mennonite Central Committee will be held Saturday, April 25, at Twin Slope Farmer's Market west of Morgantown, Pa. All proceeds are tagged for the alleviation of world wide hunger and suffering.

Begun out of concern over the destitute condition of much of the world's population, the first sale was held on a local farm.

Individuals volunteered merchandise they felt would sell at public auction and also the labor required to organize and 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 merchandise to generate about \$4,000. Each sale since that time

has been handled in much the same way. The 1969 sale cleared \$34,400.

The proceeds are given to the Mennonite Central Committee, the relief and service arm of the Mennonite church, for use in their world-wide relief program. Begun fifty years ago as a Mennonite agency for aiding families caught in the economic chaos created by the Russian Revolution, it quickly expanded its program to include people of all countries. Today MCC has a total of 700 volunteers, of which 400 are working in 30 countries outside the U.S. and Canada.

The sale, located in the heart of the Pennsylvania Dutch country, offers a variety of merchandise. An abundance of Pennsylvania Dutch legendry is 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 their 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.

This year three antique calico print quilts, each over 100 years old, will be sold at the quilt auction.

A fund-raising dinner will be held in the Twin Valley High School on Saturday, February 28. Proceeds are used to defray the expenses of sale day. Rev. Don Augsburg will be the featured speaker.

A filmstrip entitled "What'll You Give?" depicting the development and activities of the 1969 sale and other information is available by writing Twin County Relief Committee, Box 144, Morgantown, Pa. 19543.

Twin Slope Farmer's Market, Morgantown, Pa., is located at the junction of state highways 23 and 10, and Interstate 176. There are three motels and a Trailways bus depot nearby.

Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist



Fashion Trends In Capsule Form

Teenagers are becoming hat wearers. Last summer, it was "fun hats" and you saw them everywhere. Now it's floppy felt, a neat-shapeless raw hat body with dressy high crown and wide brim, reminiscent of the 30's.

White shirts are making a comeback for dress occasions 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, jeweler'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 rather 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

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

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

Choose foods more carefully so you get all nutrients you need, but fewer calories.

Develop food habits while reducing that you'll practice later to help maintain your weight loss.

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 or paper to provide a cushion for glassware.

Arrange glasses with rims up. Never stack glasses or cups one on top of the other.

Don't store and forget glassware, rotate it for daily use.

Flower bowls and vases need a shelf of their own. Arrange them by height, tallest in back, shallow in front.

Be very careful of you fine crystal. It can be scratched if you slide it across hard surfaces. If you must stack it, put a protective pad of soft material or foam rubber between the pieces.

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Farm Women Societies

Society 26

Farm Women Society 26, Manheim, held its meeting at the home of Mrs. J. Harold Esbenshade, Manheim RD 2. Mrs. Harry Hershey was co-hostess. Devotions were in charge of Mrs. Josie Buckwalter. Mrs. Kenneth Martin, president, conducted the business meeting.

It was announced that the Spring Rally will be held Tuesday, May 5, in the Penn Harris Motor Inn Harrisburg. The group planned a bus trip to Cherry Hill Shopping Center this week.

Guest speaker was Frank Dana, Lancaster State Police, who spoke on drugs. The next meeting will be March 19 at 7:30 p.m. at the home of Mrs. Robert Graybill, Lititz RD 2.

Society 11

Farm Women Society 11 met at Mechanic Grove Brethren Church with Mrs. Esther Musser, president, in charge. A moment of silence was a tribute to the late Mrs. May J. Heri, a charter member.

Devotions were in charge of Mrs. Irene Shank. Mrs. Dennis Emmert was introduced and showed slides of her three years spent in Nigeria as a missionary. She also displayed articles made by the natives.

A social hour followed the meeting with refreshments served. The next meeting will be at the home of Mrs. Herman Shirk, Quarryville RD, on Thursday, March 26.

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