

Farm Women Societies

Society 3

Society of Farm Women 3 met recently in the home of Mrs. Harry Usner, Stevens R1, Mt Airy.

It was announced that the Misses Mary N and Ada S Royer were resigning after 20 years on the committee in charge of making and delivering cancer dressings. Mrs. Jay Miller will assume the position.

Miss Debra Gregory, daughter of the president, has been selected to attend a two-week national event of the Girl Scouts of America in Boone, Iowa. A gift of \$25 was presented to Miss Gregory for her expenses.

Other donations were given to the Easter Seals and the Hemophilia Fund.

Guest speaker was John G. Fish, Lancaster, who gave an illustrated lecture called, "A Changeable Talk About the Wind."

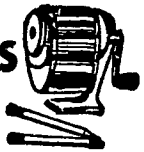
Society 10 will be guests of Society 3 on April 18 at noon in the Lincoln Lutheran Church social room.

Society 26

Society of Farm Women 26, Manheim, met recently at the home of Mrs. Robert Graybill, Litz R2, with Mrs. J. Nelson Hess as co hostess.

Each member contributed 50 cents and signed a statement supporting the Lancaster City Council's ordinance restricting X-rated movies. Members also voted to give more donations toward the Farm Women's Scholarship Fund.

Correspondence Courses



Are you proud of your figure when you look in a full length mirror? If your posture isn't good, and you aren't happy with your size, you can work toward improving it before the bathing suit season arrives. Something that can help you is a correspondence course from The Pennsylvania State University.

One section of the course has diagrams showing exercises for slimming your hips and midriff. There are illustrations showing you how to practice good posture while doing your household chores such as cleaning the bathtub or making a bed.

There's more to the course than just posture. It's a self-improvement course to help you develop and charm. The calorie values of foods are given to guide you in choosing foods to help control your weight. Charts illustrate hair styles to bring out your most attractive features. A discussion of personality traits will help you understand better the actions of yourself and others.

You'll want to be in shape for the summer and now is the time to start by sending for the correspondence course from Penn State.

All you do is put \$2.65 in an envelope with your name and address. Address the envelope to Grooming, Box 5000, University Park, Pa. 16802. Check or money order should be made payable to Penn State.

● Have You Heard

(Continued from Page 21)

er and holder tacs and bars, plus revival of stick pins.

Plan Center For Sewing

An area where you can sew without having to pick up your equipment after each sewing job can save you time and energy. This is true whether you devote one room to your sewing center or just a corner of a room.

Decide on a suitable place for your sewing center. It may be part of your dining room, kitchen, or bedroom. But wherever it is, the sewing area should be away from the main traffic lanes in your house. This alone can save countless interruptions.

The amount of space you need for your sewing center will de-

pend on the kind and amount of sewing you do and the sewing equipment you have and need.

Because you need a large flat surface for cutting, your garment pieces, you may have a table large enough for the job in a room other than the sewing center. Adequate lighting, electric outlets, and space to set up the ironing board and other equipment.



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