

# Farm Women Societies

## Society 8

Society of Farm Women 8 finalized plans for a bus trip to Moigantown for the Tri County Relief Sale on April 25 at a meeting held in the home of Mrs. Richard Warfel, Mount Joy.

The group will sponsor a bus trip to Camp Hill on May 5 to the Spring Rally. Mrs. William Heisey president, is in charge of reservations for both trips.

The group voted two new members into the group. They are Agnes Houseal and Mrs. Elias Musser. The group approved the closing of membership at 50 members.

A trio of young women including Bonnie Engle, Nancy Heisey and Mary Ann Engle presented several vocal numbers. Mrs. Arthur Wolgemuth presented humorous readings.

In other business, all members present contributed 50 cents and signed a statement favoring Lan-

caster City ordinance restricting X-rated movies.

The next meeting will be held on the bus enroute to the sale at Moigantown on April 25.

## Society 12

Society of Farm Women 12 met at the Evangelical Congregational Church, Conestoga, and heard an illustrated lecture on the customs of Greece by Mrs. Barbara Valavanis. She also showed costumes and handwork from her native land, although she has been a citizen of this country for more than 30 years.

Miss Ethel Kindig, president, conducted a business meeting in which she reported on the visit to Conestoga View along with Society 11.

The next meeting will be held April 18 at the Farm and Home Center. Members of Society 19 will be guests.

# Farmer Now Feeds 42

A century ago, the American farmer produced food and fiber to feed and clothe himself and three others.

By the 1940s, the figure had jumped to the farmer and 11 persons. Today, it's the farmer and 42 other persons.

## Flower Arranging

All of us have enjoyed the tune that goes "The flowers that bloom in the spring tra-la." And flowers do bloom in the spring. They appear in all sizes, shapes, and colors for your enjoyment outdoors and inside your home.

Arranging flowers gives you a chance to create something, to highlight some special spot, and to bring joy to those who observe your pleasing arrangement.

Beautiful and pleasing arrangements can be made, whether you have many blossoms from your garden or a few which you have purchased from a florist, if you know how to arrange them.

Clearly written and illustrated with pictures of mechanics, type of containers, arrangements, and the steps in corsage making, is a correspondence course offered by The Pennsylvania State University. The information is adequate for the novice and also a challenge to the person who is experienced in arranging flowers.

By sending \$3.00 to Flower Arrangement, Box 5000, University Park, Pennsylvania 16802 now, you will have the course in time to take advantage of the first Spring flowers. Make check or money order payable to Penn State.

# Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist



## Eight Point Posture Check

Your knees must be bent just a little to act as stabilizers for the body's balance and to act as a shock absorber.

Your abdomen is flat and you have a neat indentation at the waistline.

Your chest is held high, but not out and forward.

Your arms are at your sides, relaxed, with fingertips touching your thighs.

Your shoulders form a semi curve.

Head is erect with chin level.

You have a relaxed look on your face.

## Garment Pressing Tips

Good pressing helps restore the original shape of a garment after it has been worn.

Press in the direction of the grain, having the garment on your ironing board grainline straight.

Press from the wide to the narrow part of dress sections, as a general rule.

Press straight seams flat.

Press straight hems, hold the iron at right angles with the hem line.

Pressing around the hem or with a circular motion may stretch the edge of a hem.

Hold a flat curve, such as a neckline, on its curved position while pressing it.

Press on the wrong side of the fabric, if possible, otherwise use a pressing cloth if working with wool, synthetics or blends.

Don't overpress.

Use a light touch.

Hang the pressed garment on a well-shaped hanger until it is completely dry before storing or wearing it.

## Keep Knives In Good Condition

Knives stay in good condition through reasonable care, rather than frequent sharpening. This means:

Cutting on a board.

Protecting a knife in storage, not storing it with other tools.

Never use it to pry off lids.



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