

Farm Women Societies

Society 2

Farm Women Society 2 met recently in the home of the president, Mrs. Andrew Low, Manheim.

A contribution of \$100 was made to the Band Parents of Manheim Central High School. The group will be sewing Ditty Bags for the soldiers in Vietnam at Christmas.

The Lancaster County Farm Women's Picnic will be held at the Lampeter Park on Aug 5 at 12 noon.

The program for the afternoon was a demonstration of breads with Mrs. Low in charge. The next meeting will be held at the home of Mrs Alvin Graybill, Manheim RD4, on July 11.

Society 3

The meeting of Society of Farm Women 3 was held recently at the home of Mrs. George Wealand, Stevens RD1, near Mt. Airy Mrs Wealand had charge of devotions

Farm Women Society 31 Organized This Week

Mrs Paul Trimble was named president of the Society of Farm Women 31 at an organizational meeting held in her home at Drumore RD1, Monday evening

Other officers of the new Society are Mrs Kenneth Rutt, vice president, Mrs Robert Kauffman, secretary, Mrs Robert Kreider, treasurer.

Mrs John N Hess, president of the Society of Farm Women of Lancaster County, conducted the organizational part of the meeting and the installation of officers. Mrs. Richard S King, County publicity chairman, also attended. Sixteen Charter members attended.

The new Society will meet

every month on the third Monday at 7:30 p.m. The next meeting is planned for July 20 at the home of Mrs Harry Spayd, Quarryville RD1

Charter members include Mrs Curtis Akeis, Mrs Robert Clark, Mrs David DeLong, Mrs Samuel Glick, Mrs Robert Groff, Mrs James Kreider, Mrs. Samuel Metzler, Mrs Ernest Nissley, Mrs Jay Schaeffer, Mrs Harry Spayd, Mrs Donald Trimble, Mrs William Ulrich, in addition to the officers. Mrs Kenneth E Riehl and Mrs. Robert Wenger are also charter members

Fifteen of the members are actively engaged in farming in Southern Lancaster County.

On roll call mysterious sisters were revealed and the lovely gifts received for birthdays and wedding anniversaries were shown. Names were drawn for next year, ending June, 1971

The Scholarship Committee with Miss Linda Stuber chairman, presented a gift certificate and a \$200 home economic scholarship award to Miss Susan Y. Kegerise, a graduate of Cocalico Union High School. Miss Kegerise will major in fashion design at Drexel University, Philadelphia

Other contributions were \$50 to the American Cancer Society fund, \$50 to the County Project for mental health, a donation to the migrant workers picnic fund, 20 kits for daily use of cleanliness to be made by members, and \$5 dues for membership to the Mental Health Organization

Members of group three who have reached the silver age group will be taken on a trip June 24. Mrs Harold Stuber, program committee chairman, is in charge.

Mrs Clarence Stauffer introduced her second son, Exchange Student George Rojas from Columbia, South America. Rojas graduated as an honor student from Ephrata Area High School recently.

Rojas described language, food, and living conditions of his country and what being an Exchange Student has done for him.

(Continued on Page 22)

Robert K. Rohrer

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Ladies,

Have You Heard? . . .

By Doris Thomas, Extension Home Economist



Food shopping would be quite simple if your family would eat only dry skim milk, flour, sweet potatoes, cabbage, and margarine. Specific amounts of these five foods would furnish all the food nutrients your body needs at a very low cost, but meal time would be unsatisfying and monotonous.

We still have to shop for food and everyone complains about it. But, you can cut your food bill if you give it a little planning and thought

It is possible to save from 10 to 15 per cent. For a family spending \$40 per week at the grocery store, that's a savings of \$208 to \$312 a year

Plan Before You Shop

Planning purchases before you go to the store and making a shopping list are the first guides to cutting your grocery bill. If you rely only on the food shelves as reminders of what to buy, you will fall prey to two of the most common budget smashes

You will likely make more impulse purchases such as high-cost, out-of-season products of snacks that add little food value but a lot to the food bill. Secondly you will probably forget to buy many of the items you truly need.

This means another trip to the store where you will again be exposed to the items you do not need or otherwise might not purchase.

So do some armchair marketing at home and make a shopping list.

Shop The Specials

Research has shown that food shoppers can save six to ten per cent on food bills by shopping the specials.

Over the years, retailers have increased the number of items put on special until now the variety offered each week makes it possible to plan complete menus at reduced costs

But the only way to really recognize a special is to know the regular price. Study the food ads in the newspaper and then plan weekly menus and your list to



THOMAS

foods as possible

Most stores have in-store features that are not advertised in the newspaper so keep your eyes open when you get to the store, too

National Brand, Private Label

You may have noticed that private label of store brand products in your favorite grocery store are generally priced lower than national brand products

National brands are controlled by a manufacturer who produces and markets his products, advertising them nationally.

Private labels are marketed by a supermarket chain or a group of independently owned stores with limited distribution and advertising. There are many instances where the same processor packs an item in both national and store brands.

If you are looking for ways to cut your food bill see if the private label will suit your family's taste

Grocery vs. Food Bill

If your food bill is getting out-of-hand maybe you should look a little more closely at what is in your grocery bags. More than 20 per cent of the value of those "groceries" you bring home is made up of non-food items

Consumers buy at the grocery store about 90 per cent of all cat, dog and bird food, more than half of the toothpaste, half of the aspirin, and nearly half of all the hair spray sold in this country. When you gumble about the food bill, remember the non-food costs as well

Moth Detection Event Planned by Counties

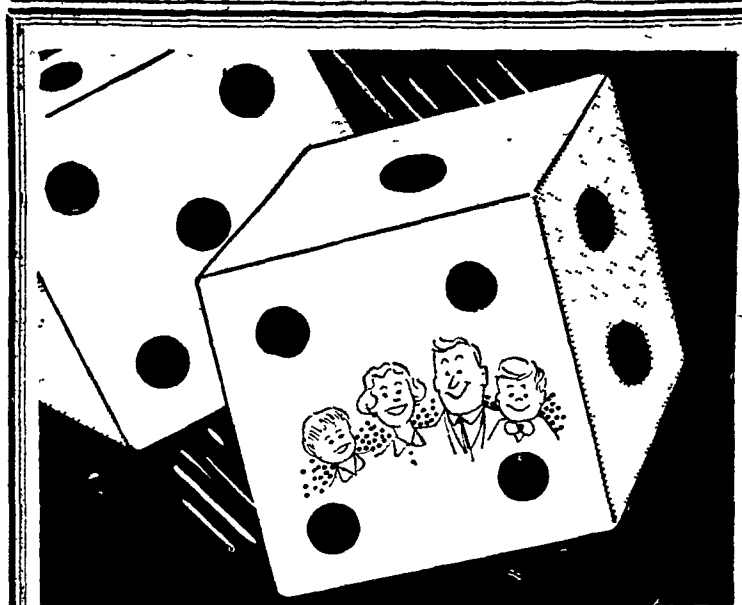
Lancaster, Chester and Lebanon Counties will be among 20 Pennsylvania counties that will be included in a gypsy moth detection program to begin next week.

According to the State Department of Agriculture, which is conducting the program, efforts are being made to detect the spread of the insects in previously moth free areas and to measure the level of infestation in other sectors

Approximately 16,000 traps will be placed in a checkerboard pattern at seven eighth mile intervals in the counties

While local officials report the moth is not yet a major pest in this area, the gypsy moth has been a persistent and highly costly pest in Pennsylvania for some time. Many areas in the northeastern part of the state have had tremendous defoliation from the moths in the

Whole forests have been killed by the attack of the leaf eating pest.



Don't Gamble With Security

Money laid aside for retirement, a college fund, or family welfare deserves special treatment.

It should be saved where there is no question about safety. It should be readily available without penalty. It should earn a good return.

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