

For Full Market Reports Read Lancaster Farming

Sawdust Makes Good Mulch

Contrary to popular belief, sawdust does not make your soil turn acid enough to worry about, says James O. Dutt, extension home gardening specialist at The Pennsylvania State University. No sawdust, except that from walnut wood, has a toxic effect on soil. Sawdust mulch holds water well.

Fulton Grange to Enter Teams In Southern Fair Tug of War

Richard Holloway, Master of Fulton Grange 66, presided at its regular meeting August 24 when plans were made to have a men's

and a ladies' team enter the Tug of War contest at the Southern Lancaster County Community Fair

The committee in charge of the teams is David Wissler, Earl Smoker, Mrs Harold Alexander and Mrs Norman Wood

The Chestnut Level Sewers and Stewers 4H Club provided the program which featured a fashion show of the clothing the girls made this summer.

Leaders and helpers of this club are Mrs Stanley Stauffer, Jr., Mrs Robert McSparran, Mrs Jacob Gicker, Mrs Jesse Cutler, Mrs Joseph Sinclair, Caroline Wenger and Junior Leaders Mary Douts and Anna Deaver

The program opened with group singing. Miss Martha Burkins entertained with saxophone solos "Home On The Range" and "Blue Tail Fly." Miss Anna Deaver narrated the fashion show

First year girls: Joyce Aument fashioned a tote bag; Martha Burkins, shippers; Joanne McMichael and Patty Deaver, aprons

Second year girls made A-line skirts. Bonnie Findley, Debbie Wimer, Julie McMichael and Diane Dunham

Third year girls made sleeveless dresses. Diane Kreider and Pam O'Donnell.

Fourth year, dresses with sleeves. Jane McSparran, Donna Findley, Jonell Aument, Donna Wimer, Linda O'Donnell, Sharon Roland and Joanne O'Donnell.

Free lance Mary Douts and Anna Deaver. Jane McSparran played two numbers on her flute

Cooking club leaders are Mrs Nancy O'Donnell, Mrs Barbara Keperling, Mrs. Everett Kreider and Mrs Glenn Deiter. They put on a skit "Maw and Paw." Taking part were Diane Kreider, Julie and Joanne McMichael, Patty Deiter and Jane McSparran

All first and second year 4H members received pins from the leader, Mrs Stauffer, as did Mrs Robert McSparran for a number of years service to the club

Election of officers will be held at the next meeting, September 14. The Lecturer, Mrs Stanley Stauffer Jr., will be in charge of a black and white and a colored photo contest. She is asking members to contact her for details to enter their photos. The annual covered dish supper and Booster Night program will be held at 7 p.m. September 28 and the public is invited to attend

Meal Planning Course

The uninformed consumer spends more money and buys less nutrition than the informed one. With the cost of food products, can you afford to remain uninformed about the nutritional value of the different food items you buy?

It's a responsibility to plan meals, shop, and prepare food to feed a family, but there are available aids. Pennsylvania State University offers one such aid in the form of a home study course

The course discusses Time waits for no one; you can spend money only once; food or pills; lean husbands may live longer; your figure and your future; and don't be fooled by food fads

The aim in each lesson is to help you plan and serve more nutritious meals — making the best use of time and money; to help homemakers, their husbands, and children develop good food habits, and to look to reliable sources for accurate nutrition information

To get the course send \$2.65 to Box 5000, University Park, Pennsylvania 16802. Make check or money order payable to Penn State.

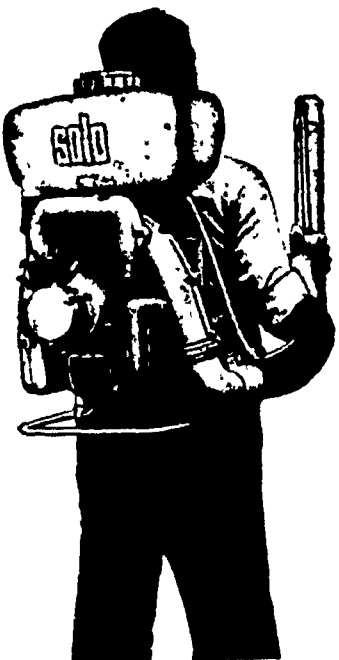
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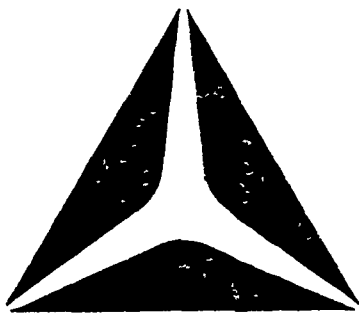
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