

# Fulton Grange 66 Installs Officers

Richard Holloway was installed Master of Fulton Grange 66 for a second term at their regular meeting October 12 at Oakryn Charles McSparran was installation officer, assisted by William Ambler as marshal, Peggy Jackson emblem bearer, Edith Ambler regalia bearer, Mary Lou Wesley pianist and Mrs Richard Hanks soloist.

Other officers installed were Overseer, David Wissler, Lecturer, Mrs Stanley Stauffer Jr Steward, David Knight Assistant Steward, Lloyd Welk, Chaplain, Alfred Overly, Treasurer, R Clair Murphy Secretary, Mrs Charles McSparran Gatekeeper, Earl Smoker, Ceres, Mrs Ira Welk, Pomona, Miss Sylvia Shuk Flora, Miss Joyce Galbreath, Lady Assistant Steward, Miss Donna Welk, Junior Matron, Mrs Jacob Fantom and Executive committee member, J Robert Reed

Mr and Mrs Richard Holloway will be delegates to the

State Grange convention to be held at Meadville October 28-29

Plans were made to host Lancaster County Pomona Grange at 8 p.m. Saturday, October 17. The hospitality committee is Mrs Gyles Brown, Mrs James Brown, Mrs Charles Reath and Mrs Ira Welk. All grange ladies are asked to bring food or some object made of apples in observance of National Apple Week. These will be sold. They should also bring the recipe for their apple dish.

The following committee chairman were named for the year: Women's Activities, Mrs Charles Reath; Hospitality, Mrs Clifford Holloway Jr; Youth, Mrs Elaine Stoltzfus; Legislative, Norman Wood and Membership, Miss Sylvia Shuk.

A meeting of the newly elected officers and committee chairman was set for 8 p.m. October 20, at the Grange Hall.

when plans will be made for this year's activities.

Fulton Grange Women's Tug of War team won first prize at the Southern Lancaster County Community Fair and then float won first place in the Best Appearing Farm Group class.

The Grange will again sponsor a Junior Girl Scout and a Brownie Troop.

Jesse Cutler was elected to represent Fulton Grange on the committee that is trying to solve the medical doctor shortage in the Solanco area. Their meeting is scheduled for October 20 at Quarryville Municipal Building on Catherine Street.

Mrs Stanley Stauffer Jr, Lecturer, will have a Halloween program at the October 26 meeting.

Fulton Junior Grange 343 met October 12 with a large attendance.

Winners in the yarn picture contest were: Ages 5-9 — 1 Karen Holloway, 2 Robert Sawyer, 3 Tim Hanks; Ages 10-14 — 1 Mary Sawyer, 2 Eddie Campbell, 3 Steve Sawyer; and Best of Show — Karen Holloway. The Subordinate Grange furnished monetary prizes for the winners. First place winners will compete in the State Grange contest.

The Junior Grange will trick or treat for UNICEF in the Quarryville area. They will conduct a scrap paper drive at their November 9 meeting. Their next meeting will be October 26.

## Ladies, Have You Heard? . . .

By Doris Thomas, Extension Home Economist



### Vegetables Are Vital To Good Nutrition

Vegetables play a vital role in good nutrition. However, they are too often neglected in meal planning.

Then bright colors—red, green, yellow and white—give zest to any menu. Vegetables offer an endless variety of flavors, from robust cabbage to sweet pea corn. The texture of vegetables ranges from crisp crunchiness of carrot sticks to the tender leaves of spinach. They come in shapes and colors to add interest to your meals.

Think of vegetables as fun foods 'round the clock! They are versatile enough to debut at breakfast or brunch, lunch and dinner. They are great as a low calorie snack, too. Vegetables offer infinite variety to menu planning as tasty appetizers in soups and chowders, main dishes and casseroles, salads and relishes, even sandwiches and breads.

Vegetables are a powerhouse of nutrition. Everyone should have four or more servings from the Vegetable-Fruit Group of the Basic Four. They are an excellent source of vitamins and minerals. There is no need to take vitamin pills or resort to so-called "health foods" when your diet includes the recommended amounts of the Basic Four Food Groups.

Include a wide variety of fresh, canned and frozen vegetables



THOMAS

in your diet. Fresh vegetables are at their highest quality and lowest price when they are in season. Plan to buy just enough at a time and store them properly so as to conserve their precious nutrients.

Canned vegetables are economical, offer wide variety and consistent quality. They are cupboard convenient. Most leading companies harvest their vegetables at their peak moment of perfect flavor and pick them within hours after harvest, so there is a minimal loss of nutritive value. Because some food nutrients dissolve in the water in which the vegetables are canned, it is wise to save the liquid to use later in soups, gravies and sauces.

Frozen vegetables are comparable to fresh ones in nutritive value. They should be cooked in as little water as possible in a covered pan, and just until tender. This will preserve their nutritive value.

It is your challenge as a mother and homemaker to make certain that your family is getting vegetables in their meals which are so important for good health, and so often forgotten!

**A Fall Cookout — Why Not?**  
Hold it! Don't put your barbecue gear into mothballs yet. Those crisp days of autumn are perfect for a cookout. Turn your October into Indian summer with the sizzle sound of a thick juicy steak broiling over charcoal. Select steaks cut at least one inch thick — or even better yet, 1 1/4 or 1 1/2 inches.

A quick review of bic labels.  
(Continued on Page 25)

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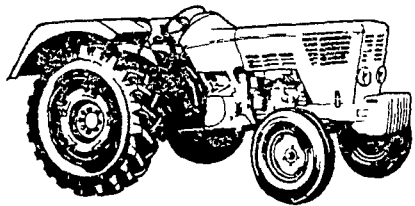
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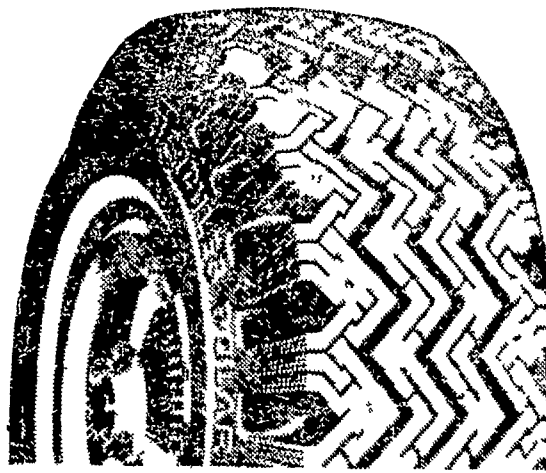
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