

# Farm Women Societies

Ladies,  
Have You Heard? ..



### Some Food Facts

True or false? Older people need less protein than young adults. Fried foods are difficult to digest. Whole grain breads are more nutritious than enriched white breads. Butter has more calories than margarine. Toast has fewer calories than bread.

You may be surprised to know that the answer to all these statements is false. Here's why:

An older person needs the same amount of protein as a young adult of the same body size. Our body's need for protein continues throughout life.

Digestion of fried foods is as complete as that of other foods, but fat takes longer to digest than carbohydrates or proteins. Because fat coats food when fried, it remains in the stomach for a longer period of time.

Most white breads that have been enriched are as nutritious as whole grain breads. Be sure to watch for the word "enriched." Unenriched white breads have less vitamin B and iron.

One tablespoon of butter or margarine contains exactly the same amount of calories — 100. The price may be different, but the caloric content is the same, and nutritive value is similar. Both are fats.

A slice of bread when toasted loses moisture, therefore, toast is lighter in weight than bread. But the number of calories in a slice of bread does not change with toasting.

Remember the facts next time you're wondering which is fact or fancy about the foods best for you to eat.

### The Versatile Vacuum

To lessen your household cleaning chores and get better results at the same time, use your vacuum cleaner attachments.

Don't limit the vacuum cleaner to cleaning rugs. Use the dusting brush attachment to dust objects such as venetian blinds, table and chair legs and bookcases. This attachment also works well for cleaning pictures, window sills, cane and wicker furniture, suede and felt clothing and baseboards.

The upholstery nozzle will efficiently clean any fabric furnishings including sofas, chairs, mattresses and draperies. Use it slowly and thoroughly to get



THOMAS

best cleaning results.

Hard-to-reach places pose no problem for the crevice tool attachment. Use it to clean the edge of the wall-to-wall carpeting, the radiators, under cushions or in any nook and cranny.

You can vacuum hardwood, tile and linoleum floors as well as rugs and carpets. Because a vacuum cleaner doesn't redeposit dust, it works more efficiently than a dust cloth, dry mop or broom.

Vacuuming your rugs and carpets daily and curtains and upholstery frequently will prolong their life. Remember, your vacuum cleaner is a versatile appliance. Use its many attachments and lighten your household cleaning chores.

### Society 1

Farm Women Society 1 went on a Pennsylvania Dutch County tour for their June meeting. They left Erb's Church at 9 a.m. with Mrs. John Buckwalter as tour director and toured the Weavertown School, Mill Bridge Craft Village, Soudersburg, Kitchen Kettle, Intercourse and other Amish areas. They had lunch at the Bird-in-Hand Restaurant. Forty members and guests attended.

Mrs. Graybill Hollinger, president, presided over a short business meeting after lunch and announcements were made. Society 3 will entertain Society 1 on July 12 at 7:30 p.m. at the Quarryville United Methodist Church. Society 1 will entertain Society 9 on Aug. 7 at the home of Mrs. Noah Kleider, Manheim RD 3. Mrs. Simon Snyder reported on the State Farm Women Rally held at Stokesay Castle, Reading, May 12.

Next meeting will be on June 26 at 6:30 p.m. This will be a Family Picnic covered dish to be held at the Middle Creek Church Pavilion. Entertainment will be games and a social time.

### Society 10

Farm Women Society 10 entertained Society 18 and County Farm Women officers at a covered dish luncheon June 5 at the Farm and Home Center.

Guest speaker for the meeting was the Honorable Edwin D. Eshleman, United States Congressman from the 16th district, who discussed "The Good Things in America".

Mrs. Jacob Evans, president of Society 10, commended Mrs. Morris D. Miller, Mrs. William Fox and Mrs. Mahlon Delp for their outstanding performance of duty in arranging the program

and carrying out the patriotic theme in the red, white and blue decorations. Miss Ida Kunkle was in charge of devotions.

During the business portion of the meeting, the group decided to open to interested non-members the few seats available for the bus excursion to Hopewell Methodist Church on Saturday

evening, June 19 to attend the Passion Play presented by the Hiltoppers. Reservations may be made with Mrs. Frank Hodecker, 907 Rohrerstown Road, Lancaster (393-5924) or Mrs. Clifford Shoemaker, 9 Casey Drive, Willow Street (464-3407).

The next meeting of Society 10

(Continued on Page 23)



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