

Mrs. Johnson Is Co. Farm Women Vice President

The executive board meeting of the Society of Farm Women of Lancaster County was held recently at the Central Manor Camp Meeting Grove, Washington Boro RD1.

Mrs. Carl Johnson, Quarryville RD1, member of Society 15, was named to fill the unexpired term of second vice president held by Mrs. Glenn Myer, Kirkwood, also a Society 15 member. Mrs. Myer resigned from the position because of illness.

Mrs. Johnson, who is presently Lancaster County Farm Woman of the year, will move to the position of first vice presi-

dent at the November 6 convention.

At that time, she will be officially elected to the position and a second vice president will be named. Mrs. Robert Gregory, Society 3, and Mrs. Dale Hiestand, Society 29, have been nominated for the office of second vice president.

Mrs. John Hess, president, was in charge of the August executive meeting and covered dish picnic which was attended by about 100 Farm Women and families. Mrs. Robert Rohrer and Mrs. Dale Hiestand were in charge of food service. Mrs. Kenneth Warfel led devotions.

In other business, plans were finalized for "An Evening with Nan Wiley," a syndicated food columnist. She will speak in the Centerville Junior High School auditorium at 8 p.m. Friday, October 1 following an informal covered dish reception dinner at the Farm and Home Center for the executive board, their husbands and a limited number of guests hosted by the County president and her husband, Mr. and Mrs. John N. Hess. The dinner, prepared by members of the Board, will include representative Lancaster

County Dutch foods with recipes.

Tickets will be available to the general public after September 1 through each of the 31 local presidents. Mrs. Jack Henderson is general chairman of ticket distribution. Each society was allotted 35 tickets with priority sales to members. Non-members may be placed on a tentative list by contacting Mrs. Henderson.

If sufficient public demand indicates the need for seeking a larger auditorium, the Farm Women will try to accommodate all interested in hearing Mrs. Wiley. Mrs. Hess reported unofficially.

A picnic for 60 retarded children in the Hempfield area was held at noon August 13 at Hempfield Park, near Mountville. Mrs. Donald Horning, Society 30, was in charge. Food was donated by various Societies. Games were played. The children range in age from 7 to 13 years.


Entertaining at Conestoga View in August is Society 16 assisted by Society 17; Societies 18 and 19 will visit in September, and Societies 20 and 21 in October.

Mrs. Hess requested that all entries for the Pennsylvania Farm Woman of the Year award are to be sent to her immediately. Each of the 31 societies may send one representative to the Lancaster County contest. One woman only will represent Lancaster County in the State competition in January.

The next meeting of the executive board will be held at 1:30 p.m. October 5 at the home of Mrs. Lloyd Herr, Lancaster RD6.

Ladies, Have You Heard?

By Doris Thomas, Extension Home Economist



Create With Sandwiches

According to Webster, a sandwich consists of "two slices of bread usually buttered and having a layer, as of meat, cheese, or savory mixture, spread between them."

Today sandwiches also can include only one slice of bread or roll served open-face with the filling on top, points out Louise Hamilton, Penn State Extension foods and nutrition specialist.

Open-face sandwiches are popular with people counting calories.

But you have to consider more than just the calories in the bread when you evaluate sandwiches. Sandwich fillings should provide protein in your diet. Protein can be in the form of meat, poultry, fish, eggs, cheese, or peanut butter. A sandwich with enough protein filling to taste good contributes to your over-all nutrition.

You can use leftover roasts or pot roasts instead of always buying luncheon meats. Make a

different and interesting sandwich by using crisp, sliced cucumber, tomato slices, and lettuce on slices of cold roast beef. If you wish, grind the last of the toast, add some sliced hard-cooked eggs, catsup, and other seasonings for a savory sandwich filling.

Make delicious open-face sandwiches with canned or leftover cooked fish, and add a touch of lemon, sliced hard-cooked egg, and cucumber slices. Peanut butter is the start of many different sandwiches. For example, try peanut butter with grated raw carrots, raisins, or sliced banana.

You can be original with the sandwiches you serve. You don't have to depend on expensive cold cuts for the filling between two slices of bread.

Prolong Cut Flowers?

This is the season for fresh flowers and cut flowers to add to the beauty of your home. They'll last longer and give you more enjoyment if you follow these suggestions.

Cut flowers in the late afternoon. Flowers produce their food through photosynthesis dur-

ing the day and use up the largest amount of food at night. As a result, flowers cut in the morning will not last as long as those cut in the evening, because their storage of food is low.

Immediately after cutting, place flowers in a pail of warm water, preferably while you're still in the garden. This prevents them from losing too much water.

After cutting, place the pail of flowers in a cool room or basement over night to condition them.

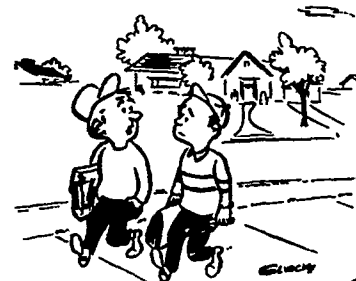
Coarse-stemmed flowers absorb more water if you press the lower two inches of their stems with a piece of wood or hammer. Do this for phlox, chrysanthemums, stock and lythe. Otherwise they'll have difficulty taking up enough water.

When you cut flowers, use sharp shears or knives. Dull cutting tools tend to close off the water conducting vessels in the stems.

Protect your flower arrangements by keeping them out of sunny or drafty places. Drafts and heat from the sun speed up water loss through foliage and shorten flower life.

Perhaps you've heard theories about the proper angle to cut flower stems and the relationship of the angle to the cut-flower life. However, research indicates that if you give plants proper care, the angle of the stem cut makes little difference in prolonging flower life.

My Neighbors



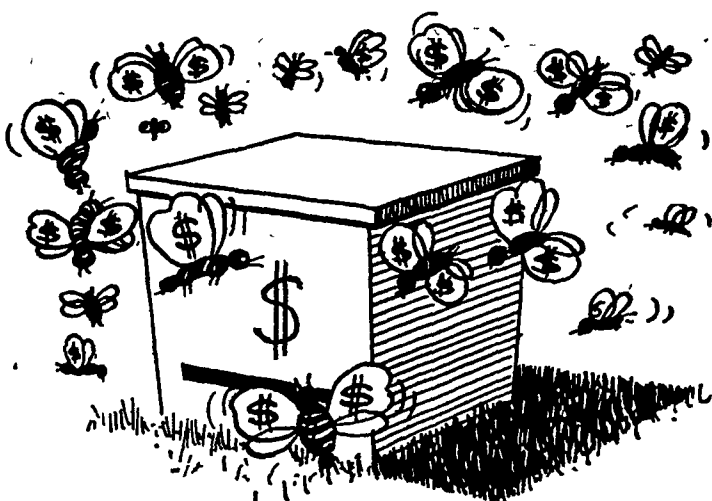
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