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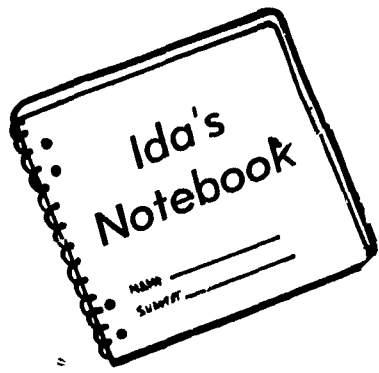
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Ida Risser

June is the month of graduations, weddings, school and college vacations plus strawberry and pea-picking time. As most of the things mentioned above will happen in our family, I'm sure this will be a busy and exciting month.

One boy comes home from Penn State and another three

children are looking forward to a school vacation. Some of them plan to work off the farm this year. Another son will be married in Washington, D. C.

Usually, the peas and strawberries take up most of the first two weeks in June. This year we shall have to make many jars of jam and jelly as our supply is

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Apples And Pears Favored in Europe

Fond of fruit? So are Europeans. The average European consumes 45 pounds of apples a year and 17 pounds of pears. In the U.S., the average individual consumes about 27 pounds of apples annually and close to five pounds of pears.

This European fondness for fruit was revealed recently by Walter Mueller of the Swiss Federal Research Station at Wädenswil, Switzerland, a counterpart of the U. S. Department of Agriculture. Mueller is observing apple production in the United States on a six-month leave of absence.

The Swiss horticulturist has been traveling and examining the fruit processing industry of the southeastern Pennsylvania counties. Working with him have been Dr. George M. Greene and associates of the Fruit Research Laboratory at Biglerville. The lab is operated by the Agricultural Experiment Station

low. Even though we have a smaller family circle, the children seem to eat more as they grow older.

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Recently I spent several hours helping other church members pack clothes for the Lancaster Clothing Bank. When the boxes were delivered we learned that they had no use for little girls dresses. It seems they simply don't wear them. Styles have changed and pants are in vogue.

Even in my own home, I've learned not to turn up frayed cuffs — they want them that way. Shirts are worn hanging out and not tucked in; underwear keeps getting smaller and smaller. There's no use fighting the trend.

XXXX

It doesn't seem possible but we are now looking for a college for our fourth child — how time flies! I comfort myself by thinking it is a year till she leaves but I know it will pass rapidly.

From past experience, I've learned that when they leave for college it somehow severs the home ties; which is as it should be. We want them to be independent but still it hurts

at The Pennsylvania State University.

In Switzerland, says Mueller, cider and wine are used extensively at mealtimes. Swiss use of apples is divided equally between fresh fruit and apples processed into juice and wine. As in the U. S., the amount of fruit consumed varied from year to year depending upon the crop and the market situation.

Switzerland has two horticultural research stations, one to meet the needs of German-speaking citizens near Zurich, and the other at Lausanne for those who speak French. In addition, says Mueller, there is a research substation in the southern area, near the Italian border, for Swiss who speak Italian.

Mueller believes his countrymen are about 10 years ahead of the U. S. in using dwarfing rootstocks for fruit trees. Seventy per cent of the apples produced in Switzerland are now grown on dwarf and semi-dwarf trees.

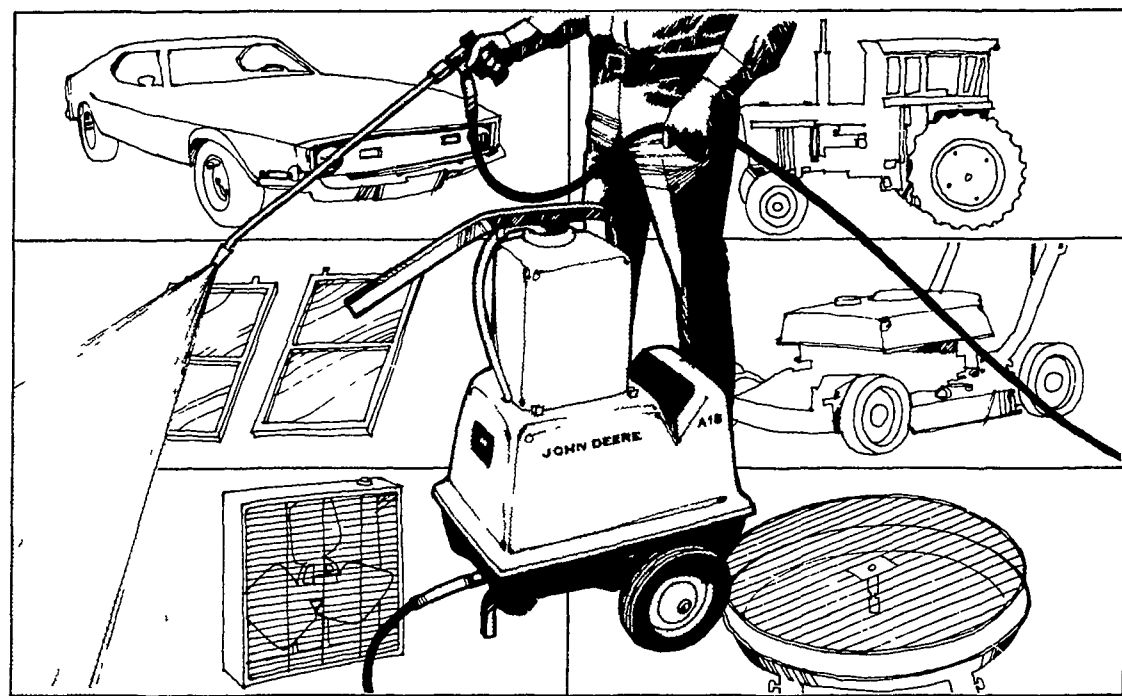
Milk Nightcap Provides A More Restful Sleep

There is a popular belief that a glass of milk at bedtime helps you sleep better. Now there is scientific proof from both sides of the Atlantic that milk is a sleep inducer, reminds Joe S. Taylor dairy specialist at The Pennsylvania State University.

Researchers have even isolated the component of milk, an amino acid called tryptophan, that acts as a mild sleep inducing sedative.

At the University of Oklahoma Medical School, research workers state that their data has proven that after consuming a glass of milk you fall asleep sooner, sleep more deeply, and will not wake up so often during the night.

Physicians at the Royal Edinburgh Hospital in Scotland, state that milk consumed at bedtime diminished restlessness in their younger subjects and enabled older adults to sleep longer.



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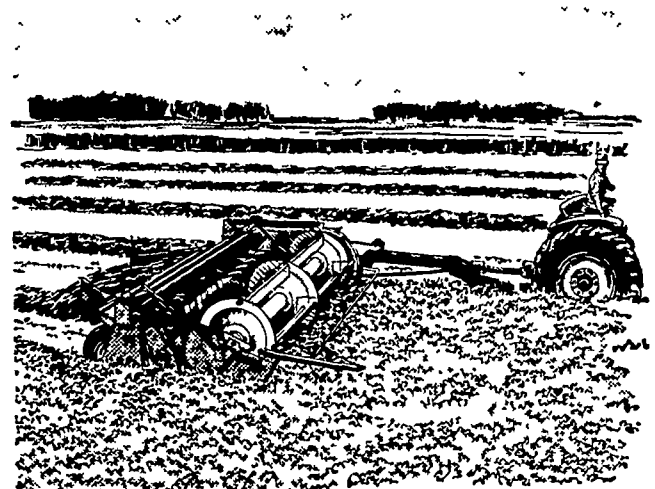
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