

## Nut Growers To Convene at F&M

While the rest of the country indulges in heavy debate over the worsening food situation in general, some 200 persons will be locked in a discussion of nuts at Franklin and Marshall College. The campus has been selected as the site of the annual Northern Nut Growers Association convention being held from Sunday,

August 19, through Wednesday, August 22.

One of the main topics to be discussed during the convention will be the growing demand for nut trees and the increasing scarcity of nut tree nurseries in the world.

"There is a much bigger demand for nut trees than ever

before, a demand greater than we're able to fulfill," ex-president George G. Weber of 748 S. Queen St., York, announced.

"The nut tree," Weber explained, "is much more difficult to propagate than a fruit tree which is budded. Nut trees must be grafted and that's why so few nurseries take the pains to propagate them, it's an exacting procedure involving the cutting of grafting twigs in Fall or Winter during the tree's dormant period and keeping the graft twigs cool and moist until late April or May, the grafting period."

The Northern Nut Growers Association, Weber said, has a present membership of about 1,200 hobbyists and commercial growers. The organization was founded in 1910 and has since numbered many professional men including professors, doctors and lawyers among its United States and Canada membership. In addition to its annual conventions at which knowledgeable speakers address special techniques and problems, the association publishes an annual report believed to be the most comprehensive of its type in the world. The group's Nut Growers Handbook authored by 25 esteemed members, has recently had its third printing.

The most popular nuts in this region, he said, are the English or Persian walnut black walnut, shagbark and shellbark hickory and the filbert. The pecan, which is a huge commercial crop in southern states, has generated its own specialized offspring of the organization with some cross membership.

### +++ Ant Talk

Many ants spend the winter asleep underground. Worker ants may live as long as seven years, and queen ants as long as 15 years.

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### Low Cost Housecleaning Products Can Do The Job

Lots of women spend more money than they need to in order to keep their houses clean. That's because they buy products they don't really need. Instead why not make use of lower cost cleaning products you probably already have and which work just as well?

There are many cleaning tricks that make use of common household products sitting on your shelves. For example, ammonia diluted in water can be used to clean solid upholstery and carpets, windows, mirrors and glassware, plastic shower curtains and as a wax remover for non-wood floors.

You can clean your oven by placing a saucer filled with undiluted ammonia in a cool oven. Leave it in overnight with the oven door closed. The next day, you can remove the grease with a cloth dampened in a solution of one cup ammonia in a pail of water.

Baking soda is another handy cleaning product. Baking soda and water do a good job of cleaning stainless steel appliances, painted woodwork and bathroom tiles. To remove the grease stains from carpets, rub dry baking soda into the nap of the carpet, let it stand and then vacuum. Copper appliances will come out shining if you wet them, sprinkle with baking soda and then rub with half a lemon.

Other household products which often come in handy for cleaning are borax, vinegar, washing soda, bleach, lemon juice, turpentine and cream of tartar.

If your clothes don't really look clean, try washing them with one and one-half cups of non-precipitating water conditioner. Don't use a detergent. The detergent curd left in the clothes from previous washings that gives the clothes a gray look will be dissolved.

Use a paste of lemon juice or

vinegar and salt to polish copper and brass. For a high luster, polish with fine abrasive powder and a soft cloth. For a dull finish, add linseed oil to rottenstone until it looks like thick cream. Rub it on, wipe off the excess, and polish with a soft cloth.

Using these cleaning tricks and others like them can save you a lot of money. And they work as well as many specialized cleaning products.

Just a note of caution: Do remember to use only one chemical at a time for the job at hand. Mixing of strong chemicals can produce toxic fumes which can cause serious side effects, as well as adding unnecessary extra costs.

### Suggestions For Getting Your Daily Milk Requirement

Everyone needs milk each day. Your needs vary from two to four cups a day. Children under eight years of age or adults need at least two cups per day. Children between the ages of nine and twelve and teenagers should have three or more cups of milk each day.

But you don't always have to drink your daily quota of milk, you can eat it if you prefer.

The following chart lists the amounts of other foods which provide the equivalent of an eight-ounce glass of whole milk. Eat two or three of these foods to get your daily requirement:

- 1-1-3 cups cottage cheese
- 1 ounce Swiss cheese
- 1 cup yogurt
- 1-1-3 cups ice cream
- 1 cup milk cocoa
- 3/4 cup homemade macaroni and cheese
- 1-5 of a 14-inch pizza with cheese topping
- 1 cup homemade oyster stew
- 1 cup milk and cornstarch pudding
- 1 milkshake made with 2-3 cup milk and 1/2 cup ice cream

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