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Entertaining Made Easy

To describe entertaining possibilities is like trying to get a shoe that fits everyone. A plan which fits your schedule may be the opposite of your neighbor's plan. You are you and Mrs. Wealthy is someone else. Your friends enjoy you because you are you, so build on your assets. Simplicity and informality of life today makes entertaining less demanding. However, do not mistake casualness for carelessness. Whether barbecue or banquet, entertaining should have several things in common: Good food attractively served, pleasant surroundings arranged for the comfort of guests, a note

of festivity in the air, and a gathering of persons who share common interests.

For those who are looking for new entertaining ideas and would like to relax and enjoy their own parties, The Pennsylvania State University offers a course titled "Guides to Entertaining." The course is designed to give you confidence and the know-how to make your entertaining successful.

You'll find ideas for food to serve, decorations, and management. Correct forms for invitations, clothes for the occasion, good grooming practices, and etiquette are included.

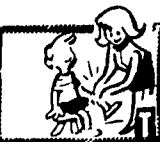
One lesson in the course is titled quick and easy meals. There you'll find suggested combinations of foods for quick meals when guests drop in, and foods that can be successfully prepared ahead.

To get the course, send \$4.40 to Guides for Entertaining, Box 5000, University Park, Pennsylvania 16802. Make check or money order payable to Penn State.

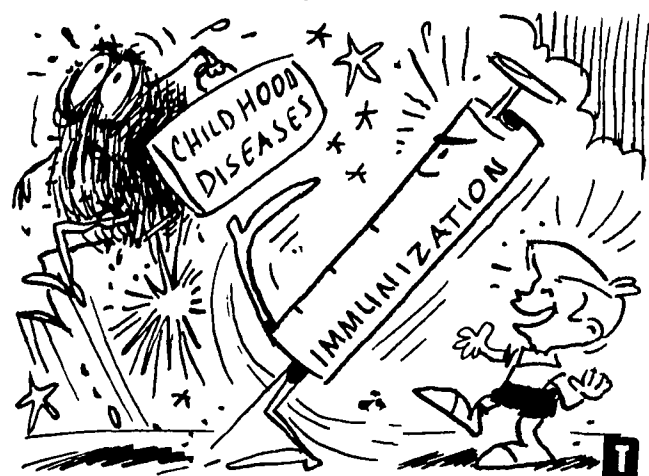
Urges Crop Rotation

James H. Eakin, Jr., Extension agronomist at The Pennsylvania State University, emphasizes that good crop rotation should provide for a least a third of the crop land to be in sod at all times, and the fields fertilized according to the rotation used. Every acre of cropland needs an annual application of fertilizer.

FAMILY HEALTH



Protect Your Child Against Childhood Diseases



For many years parents feared that their children would come in contact with those dreaded childhood diseases—measles, diphtheria, tetanus, whooping cough, rubella, mumps and polio. Then, through the discovery of vaccines and the availability of immunization programs, parents were able to protect their children.

Unfortunately, when the number of children with the diseases dropped—parents became lax. As a result, there has been an alarming increase in the diseases since 1969.

"Most parents wait until an outbreak occurs before they check their children's vaccination records," said Dr. Jack Wolfie, of The Equitable Life Assurance Society of the U.S. "A child's immunization program should begin when he is two months old and continue at specific intervals until he reaches his teen-age years."

Each of the seven diseases can be detected by their particular symptoms. These symptoms include:

Regular Measles--causes a rash, fever, inflamed eyes, cough and a running nose.

Diphtheria--causes a fever, sore throat, and swelling in the neck.

Tetanus--more commonly known as lockjaw, causes muscle spasms and convul-

sions in its early stages, and has absolutely nothing to do with the old rusty nail superstition.

Whooping Cough--starts when regular cold symptoms develop into a severe series of cough spasms.

Rubella or German Measles--is a mild three-day version of the regular measles.

Mumps--causes fever, headache and swollen glands.

Polio--the most dangerous childhood disease, infects the spinal cord, causing paralysis in the arms, legs and breathing muscles.

To avoid these diseases and their serious complications, a child should be on a consistent vaccination program. At two months old a child should be vaccinated against tetanus, diphtheria, whooping cough and polio. These immunizations should be repeated when the child is four, six and 18 months old and between the ages of four and six. When children are a year old they should receive measles, mumps and rubella vaccines and a tuberculin test. Also, between the ages of 14 and 16, children should be vaccinated again for tetanus and diphtheria.

Parents should protect their children's good health by maintaining an immunization program and regular doctor's visits. Remember, your child's good health begins with you.

Meat-Saving Ideas

Use less tender cuts of meat made tender by-

-- Cooking slowly with moisture -- pot roasting, braising, simmering, or stewing.

-- Grinding, cubing, pounding, or scoring.

-- Marinating or cooking with acid ingredients, such as tomatoes or vinegar.

-- Using commercial tenderizers.

Make the most of the flavor and food value from meat, poultry, and fish by using-

-- Small pieces in casseroles,

salads, and sandwiches.

-- "Meaty" bones in soups and stews and for seasoning vegetables.

-- Broth in gravies, sauces, soups and stews, and other combination dishes.

-- Drippings in gravies and sauces, for pan frying, and for seasoning vegetables.

Caution: Cool leftover meat, broth, and gravies quickly, and store, well covered, in the refrigerator. Use within one to three days after cooking.

Extend some of the meat, poultry, and fish you buy by combining with -

-- Mild-flavored foods, such as dry beans or peas, macaroni products, rice or potatoes in casseroles, stews or soups.

-- Breads or cereals as stuffings or in meat, poultry, and fish loaves, patties or balls.

-- Sauces served on bread or biscuit, rice, or macaroni products.

Replace the meat in some meals with these less expensive sources of protein -

-- Dry beans, peas, and lentils.

-- Peanut butter

-- Eggs

-- American or swiss-type cheese

-- Cottage cheese

+++

Save up those small slivers of soap, put them in a jar, add a little water and moisten the soap, cover and put aside for several days. Put into molds or roll into balls and let dry in a cool place and have recycled bars.

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