

Farm Women Societies

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The next meeting will be at the home of Mrs. Earl Mowrer, 135 Ruby Street, Lancaster.

Society 15

A true and false quiz on the by-laws was conducted by vice president, Mrs. Robert Horner at the Farm Women Society 15 meeting held Thursday, Feb. 21 at the home of Mrs. Martin Greenleaf. In absence of the president, Mrs. Horner also conducted the meeting, with Mrs. Greenleaf leading devotions.

Twenty-eight members responded to roll call, telling something of interest about the place where they live. Mrs. Richard Maule read the minutes and Mary Howett gave the treasurers report. An invitation was read from Society 20, asking the Society to be their guests at a covered dish luncheon on May 2 at the Quarryville Methodist Church.

Reports were given from the County Farm Women Executive Board, including the State Spring Rally, May 8, in York Co. It was reported that there are now 1025 Society members in Lancaster County.

Three County projects were named, with Mental Health Society chosen by majority vote as the project for the year. Farm Women of Lancaster County will make a return trip to Wayne County, Michigan, June 4 to 7. The ladies from Wayne County visited Lancaster County a year ago, and were guests of Farm Women Societies here.

Farm Women Society 27 will be featured on "Noonday on 8", channel 8, March 22. It was also announced at the meeting that the State Convention will be held Nov. 2 at the Lancaster School of the Bible.

Ways and Means chairman, Janet Frantz told of plans for a chicken barbecue and supper foods sale to be held on Saturday, May 25 in Kirkwood, at the Shaubs Auction. Foods for supper are also to be brought to the March meeting for auction. Mrs. Melvin Boyce of the Sunshine committee reported a fruit basket had been given to Mr. and Mrs. Guy Miller, honoring their 65th wedding anniversary. A letter of thanks was received from the Crippled Childrens Society for the gift of money given them at Christmas.

Mrs. Emory Wagner, chairman of the Tripping Committee, told of the plans

for an eight day trip by bus from June 22 to 30 to Nova Scotia. A bus trip is also being planned for the Easter Show in New York in April.

Mrs. Ida Rinehart reported the Society had sewn 30 dozen pads, and 10 bed pads for the Cancer Society.

Hostesses assisting Mrs. Greenleaf were Kathleen Groff, Mrs. Richard Maule, Mrs. Robert Horner and Mary McLaughlin. The March meeting will be held at the home of Mrs. Emily Greenwald. The program will feature Vera Albert on "Herbs of the Bible."

Society 18

Farm Women Society 18 entertained Society 3 on Saturday, Feb. 16 at the Farm and Home Center in Lancaster. The business session was conducted by president, Mrs. Jay E. Landis.

The Society is delivering food twice a week to one of its members, who is a shut-in.

The program was devoted to the 12 months of the year, and tables were decorated appropriately.

The next meeting will be held March 16 at the home of Mrs. John Herr.

Society 21

On February 14, Farm Women Society 21 met at the home of Mrs. James Landis. President Mrs. James Long called the meeting to order. The county project for the year will be the Circle J. C. Camp for the mentally retarded and disabled. Also a donation of \$25.00 will be given to a local project, "Meals On Wheels" by the Society.

Notices were sent out to unpaid membership dues. It was also announced there will be a bus tour to Michigan by the Home Makers from June 4th to the 7th.

Roll call was answered by members with a home-made

Valentine to their sweetheart with a prize given to the best one. The program included games by Mrs. James Long and Mrs. Wilmer Kreider.

Refreshments were served by Mrs. Parke Ressel, Mrs. Clair Delong, and Mrs. John Delong. Next meeting will be held at Stauffers for a workshop.

Society 27

Farm Women Society 27 will be guests on "Noonday On 8," WGAL-TV, Friday, March 22. Included in this visit will be a guided tour of the WGAL-TV facilities.

Society 27 will conduct the food stand at Christ Miller's Sale, Elizabethtown RD1, March 19.

National Nutrition Week Starts Sun.

The Second Annual National Nutrition Week, designed to provide the public with the latest information about nutrition and food selection for health, opens March 3 and continues through March 9.

Sponsored by the

American Dietetic Association and its 25,000 members, the week-long observance has as its theme, "Nutrition Saves."

Cooperating is Dairy Council Inc., of Southampton, Pa., whose staff of professional nutritionists present audio-visual nutrition programs and workshops for educational and professional leaders in Pennsylvania, New Jersey and Delaware.

"With fluctuating food costs and new lifestyles changing meal patterns, Nutrition Saves is a doubly important message for everyone," said Robert C. McKinley, Dairy Council president.

He explained that proper nutrition will save on dollars spent on the weekly food budget and also save and enhance good health. Daily food intake, including snacks, should be built around the basic Four Food Groups—meat and fish, fruits and vegetables, enriched or whole-grain breads and cereals, and milk and dairy products.

McKinley advises preparing a shopping list before going to the store and be sure it includes items from the Four Food Groups. Eating these foods daily will not only provide better health, but will also yield savings by replacing nutritionally inadequate, yet often more expensive, items.

Dairy Council nutritionists offer these suggestions: Instead of potato chips, buy fresh potatoes; replace soft drinks with orange juice or milk; substitute candy and cookies with cheese or bread sticks; buy meats, fruits and vegetables that are in season; combine lower-cost protein items, such as beans, peanut butter or cheese with higher-cost meats. Whenever possible, avoid "convenience" foods.

McKinley concluded: "We hope people will think about the importance of sound nutrition not only during National Nutrition Week, but throughout the year. Sound nutrition is important to everyone and can be attained without straining the food budget."

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Turn the thermostat down 10 degrees at night, you can save approximately 10%.

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Install 6 inches of attic insulation. This could save you up to 20%.



Caulk window & door frames. Weather strip windows & doors. Savings up to 4%.

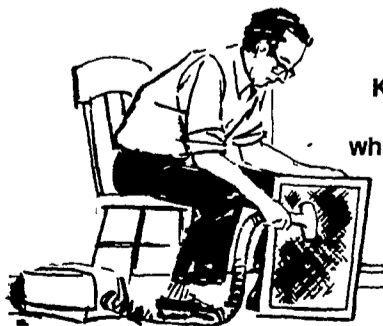
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