

Ida Risser

The end of March and the beginning of spring planting are at hand. Oh, I've bought my seeds, after carefully studying the catalogs, but, somehow I'm not as anxious to start a big 100 x 100 foot garden this year. Maybe it is the cold and rainy weather as I write this, or maybe I've lost some youthful enthusiasm.

Could it be the lack of enthusiasm? Somehow it is difficult to see the years passing and accept what they do to us. We "know" the children are almost grown

and no longer underfoot. We "know" that we've slowed down a bit and don't accomplish as much in a day. Yet, it is hard to accept our place in life at this point in time.

Guess I'll go outside and prune some grapes and blueberries just as a start on 1974's work.

xxx

As new 4-H clubs are organized this year, we look forward to seeing new faces and greeting old members. Many boys and girls will have wonderful learning

experiences through completing various projects. They will learn to sew and cook; they will grow things, build things and collect things.

When I distribute flyers to various schools in the area, I realize that many a child will start in 4-H but never finish and show their project at Achievement Day in August.

Of course there are many reasons for this, but I believe mostly its lack of support from the child's family. Often, they need encouragement to weed that garden, lead that calf or hem that skirt.

All too soon they are grown and we can only hope they will remember 4-H as a happy experience.

Recently a lady told me she observed that when parents don't know where their children are, then, in that same family, the children don't know where the parents are either.

Plan Snacks

As Part Of Daily Food Intake

Snacks are often referred to as the "fourth meal of the day." If snacks play an important part in your family's eating habits you'll need to plan them as part of the day's menu.

Penn State Extension foods and nutrition specialists point out that you get your best value by using snacks from the four food groups - milk, meat, fruits and vegetables and bread and cereals.

For more buying and serving information on snacks, and other foods necessary for good health, write to: FOOD, Trudy Dougherty, Chester County Extension home economist, 402 North Wing, Courthouse, West Chester, Pa. 19380.

Farm Women Societies

Society 8

Farm Women Society 8 met at the home of Mrs. Mary Sarver and Mr. and Mrs. Paul Witman, Mount Joy RD2 on March 26th. Twenty nine members and twenty seven visitors attended. Society 24 was entertained by Society 8 for the evening.

Anna Mae Eby, president, presided. She led several songs sung by the group. Miss Mary Grace Martin gave the secretary's report and roll call followed.

Lois Erb, Harrisburg RD1, first vice president of the Farm Women of Pennsylvania, gave impressive devotional thoughts directed toward Easter time. She stressed a constant forgiving spirit as a necessary attitude for all, at all times.

Sandra Heisey sang several selections, and accompanied with her guitar.

Mrs. Sylvester Shuman gave the treasurer's report.

Chipper Weidman amused the ladies as he very capably performed some magic tricks; thus alerting the senses of his audience.

The special feature was an illustrated slide presentation by school nurse Sadie Brooks. She has served several times with the Christian Medical Society in

Farm Women Calendar

Tuesday, April 2
Lancaster County Farm Women Society executive board meeting, at the home of Ann Nolt, 3650 Meadow Spring Rd., Lancaster.

Wednesday, April 3
8:45 a.m. - 12 noon - "You and Your Preschooler", sponsored by the Lancaster County Extension Service, St. Peter's Lutheran Church, Lititz Pike and Delp Rd., Lancaster.

Thursday, April 4
Farm Women Society 20 take mothers out, featuring lunch at Historic Strasburg, and a visit to Wenger's Easter Flower Show.

Friday, April 5
2-5 p.m. Farm Women Society 14 bake sale at the Strasburg Bank.
7:30 p.m. - Farm Women Society 13 meeting, Mrs. Elvin Groff, and Mrs. John Bare, hostesses.

Saturday, April 6
10:15 a.m. - Farm Women Society 31 tour Hickory Farms, Park City, Lancaster.

12:30 p.m. - Farm Women Society 1 entertain Society 17 at the Farm and Home Center, Lancaster.

1:30 p.m. - Farm Women Society 19 meeting at the home of Mrs. Henry E. Martin Jr., 154 Owl Hill Rd., Lititz.

Farm Women Society 4 bake sale at Columbia Market.

High Growing!
In Nepal, farmers prefer rice to other grain crops and cultivate the highest paddies on earth, as high as 9,000 feet above sea level.

area. Mary Sarver also accompanied her on one of these trips.

All enjoyed seeing the historic farmhouse as well as the refreshments so carefully chosen and prepared by hostesses, Arlene Witman, Mary Sarver, Ruth Drager, Elizabeth Witmer, Georgiana Forney and Patsy Warfel.

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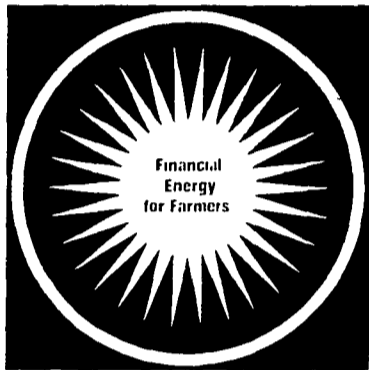
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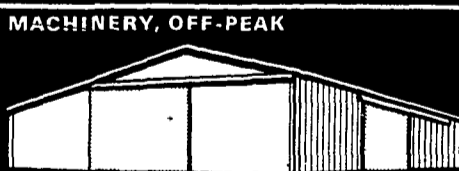
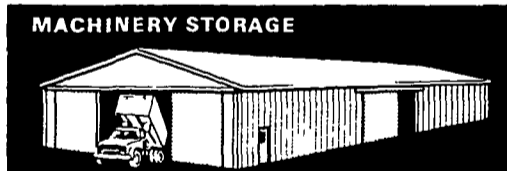
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