



This team from Francis Scott Key high school near Union Bridge (Carroll county) placed second in the state FFA livestock judging contest May 2 on the University of Maryland campus at College Park. But the aggregation performed well enough to capture first-place 4½ months later in 12-state North Atlantic regional FFA competition during the

Eastern States Exposition at West Springfield, Mass. Shown are (left to right): William A. Curry, Extension livestock specialist at the University of Maryland; team members Mike Powell, George Taggart, Pat Talbert and Phil Bassler, alternate and their coach, Vernon Marshall, a vocational agriculture teacher at Francis Scott Key.

## Vegetables Can Be Appealing

Next time you're clearing the table, notice which foods are the leftovers. Most likely it will be the vegetables. According to Extension foods and nutrition specialists at The Pennsylvania State University, vegetables are the food Americans don't eat enough of. Vitamins A and C, found in vegetables, are lacking in many diets.

Making vegetables more attractive and tasty might help your family like them more. Before cooking any vegetable or a combination of two or more, add a pinch of an herb, such as marjoram or thyme. Or, after cooking, season with butter, margarine or drippings - or with salad oil and lemon juice, horseradish or garlic.

Or, sprinkle cooked vegetables with herb vinegar or crumbled bacon. You can wash a number of vegetables, remind the Extension specialists. Aside from mashed potatoes and sweet potatoes, mash turnips, rutabagas, kohlrabi, carrots and winter squash. Add hot milk or cream to moisten these vegetables. Season with salt, pepper and butter or margarine. Then beat until fluffy.

Or, you can cream peas, carrots, celery, cabbage, asparagus, broccoli, potatoes, snap beans, onions, lima beans, cauliflower or spinach. Use a medium white sauce. For quick creamed vegetables pour one can undiluted condensed soup over 3 cups drained cooked vegetables. Chill cooked vegetables and marinate them in sweet French or Italian dressing. Any of these should be more tasty than just plain unadorned vegetables, according to the Extension specialists.

## York County 4-H Council

The October meeting of York County Council was attended by 13 clubs. There will be a hay ride at the next meeting. The date--November 6.

It was announced that Ann Hoover will be Mistress of Ceremonies at Achievement night, (October 10). The Horticulture Club is trying to get real flowers for Achievement night and may get two philodendrons.


until the middle of November. If 4-H'ers sell a certain amount of boxes by a date in October there will be a discount purchase price.

A report on Regional Council was given. They decided to include a 4-H member from each county to participate at the meetings. Kevin Lehmen was voted as York County's representative. Jeff Roth is the substitute.

A lengthy report was given on York Fair. The petting zoo was quite successful with approximately 8,000 people attending. Next year demonstrations may be given in the Petting Zoo tent.

Paint Day was not too successful, (not many people attended), but there was some painting done.

Cookie and Candy sales have started and will last



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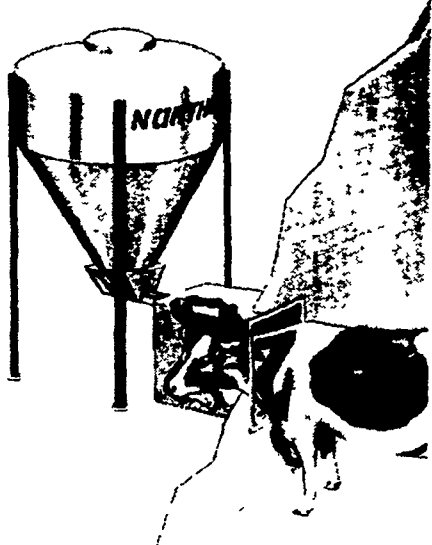
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**Marriages After 64**  
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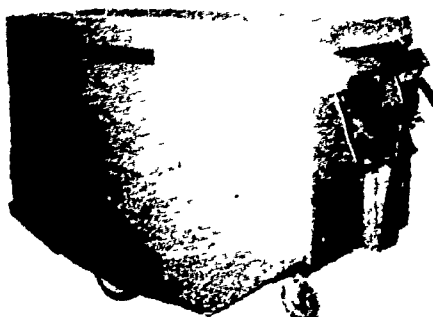


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