

# 1975 - Women's Year

Governor of the Commonwealth of Pennsylvania, do hereby proclaim the year 1975 as INTERNATIONAL WOMEN'S YEAR in tribute to the major role women have played in the two hundred years of American history and the efforts they will continue to make toward the economic growth, political effectiveness, social progress and educational development of this Commonwealth. . . . I urge that both men and women of Pennsylvania join together to do all in their power with practical and constructive measures to make 1975 an outstanding year for the advancement of the status of women in Pennsylvania."

With these words of tribute, Governor Milton J. Shapp launched International Women's Year in Pennsylvania as it has been proclaimed nationally by the president and internationally by the General Assembly of the United Nations.

Launching day, appropriately named "Amelia Earhart Day," is January 11, the day on which that dauntless woman pioneered the first non-stop flight from Hawaii to the mainland.

Her courage, vision, perseverance and dedication to a non-conventional career symbolize many of the qualities associated with International Women's Year. Expectations are high that 1975 will be a year in which women of all nations join together to examine and analyze their problems of the past and their mutual hopes for future progress. Some areas of greatest concern will certainly include: equality in law; economic rights; family responsibilities; decision making at all political levels and access to health care.

In Pennsylvania, individuals as well as

organizations have IWY activities planned for the entire year. These range from the frivolous to the solemn, including parades and sporting events as well as an appraisal of women's current place in business and government.

The Pennsylvania Commission on the Status of Women has targeted several areas of prime concern to women in this International

Women's Year. Chiefly these include: placement of women on Boards and Commissions within State government; review of the laws of the Commonwealth under Pennsylvania's Equal Rights Amendment, with revision and-or rescission where necessary and, finally, exerting all possible effort towards passage of the national ERA.

## Food Shopper: Peanuts

Virginia Department of Agriculture & Commerce Snack time may be anytime. In today's fast paced society, often snack time is the common food denominator of the day. The scheduled three planned meals of yester year is losing ground to more frequent and smaller mini-meals.

Along these lines, the thoughts of proper food intake is still important. The question is how to get the required foods into the diet and still have light quick snack times. In other words, snack time should be nutrition time, too.

One answer to the nutritious snack dilemma lies in proper planning and in one of Virginia's finest agricultural food products. Consider, if you will, peanuts. Peanuts come in many forms and may be used in interesting ways.

Peanuts are, of course, a great "eat out of hand" food. They may also be incorporated and become the main ingredient in soups and salads. Or, dress up vegetable dishes with a sprinkling of crushed peanuts. One real fun idea is a dip which may be used as a quick snack food. Simply make a recipe of the dip; store in the refrigerator, if keeping for several days. Makes an interesting ingredient, too, in packed

lunches. Simply spoon a quantity into a small covered container, include fresh apple slices which have been sliced into a little salt water or sprinkled with any citrus juice (lemon, orange, or grapefruit). Be sure to leave the peel on the apple for a little extra nutrition. Also, pack separately from the dip.

One good peanutty dip follows. It's called Creamy Peanut Dip for Apples, but this one may be used with other fruits, too.

### Creamy Peanut Dip For Apples

- One-third cup creamy peanut butter
- 2 tbsps. minced crisp bacon
- 1 cup dairy sour cream
- 1 tsp. prepared horseradish

Combine peanut butter and minced crisp bacon; beat in sour cream. Stir in horseradish. Makes about 1 1/2 cups. Really enough to serve eight or more guests, if serving as a hors d'oeuvre.

## Farm Women No. 6 Of E-town

The January meeting of Farm Women Society 6 met at the Church of the Brethren in Elizabethtown with Sara Holsberg, Margaret Bowers, and Martha Eshleman as hostesses.

Mary Thome led devotions with thoughts and scripture for the New Year. Members answered roll call by telling of an experience in a snow storm. Letters were read thanking the society for fruit baskets and other gifts during the holidays.

Anna Geyer conducted the business meeting after which the program was presented by Mr. and Mrs. William Heisey.

Mr. Heisey showed slides of the candle making processes, displays at conventions, and ways in which candles have been used in home and church decoration. The Heiseys displayed candles and Mary Thome won the door prize by almost guessing the exact weight of one of the candles shown on a slide. Each woman was given a souvenir candle.

The February 1 meeting will be at the home of Mrs. Milton Eberly.

**Wash Synthetic Hair**  
Synthetic hair needs almost as much washing as real hair, reminds Mrs. Ruth Ann Wilson, Extension clothing and textiles specialist at The Pennsylvania State University. She suggests you wash hairpieces, falls and wigs after every eight to twelve wearings—more often if you use hairspray.

# Bucks Countians Top Vegetable Competition

Lancaster Countians managed to latch onto half the celery awards at this year's Farm Show, and nearly half the awards in squash competition. But other than that, it was Bucks County nearly all the way. Bucks County growers had the best farmers display, best growers collection and best county exhibit in vegetable competition. They also dominated virtually every other category except for mushrooms, where the Chester Countians quite predictably won everything.

D. A. Brubaker and D. B. Brubaker, both of Ephrata R1, brought home prizes for their beets, cabbages, radishes, turnips, onions, pumpkins, salsify and squash. Amos and Fred Funk, Millersville R1 were the celery growers who gave the Bucks Countians a run for their money.

Other Lancaster County vegetable men who placed in the competition were Jay Long, Lititz R1, for onions, and Roy B. Mull, Lititz R4, for pumpkins and squash.

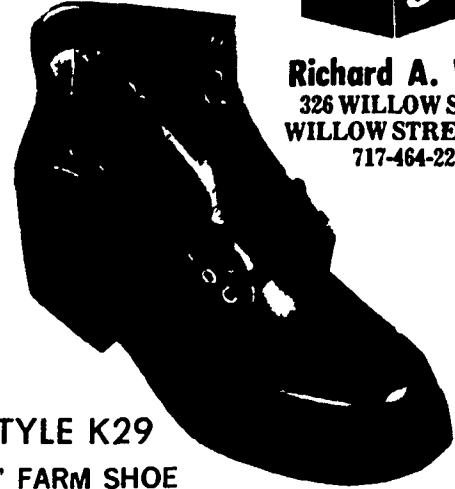
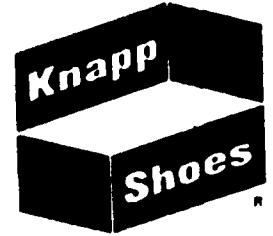
Maynard Hess, Stewartstown R2, York County, dominated the open classes in potato judging with first-place ribbons in four different varieties: Katahdin, Kennebec, Superior and Norland. His Kennebec display was the best of the open classes.

Glenn Frey, of Germansville, Lehigh County, won the grand championship of the potato classes. His winning entry was a Katahdin display that earlier was picked as the best of the 4-H

entries. Timothy Billig, of RD1, New Tripoli, Lehigh County, topped the vocational classes with an exhibit of Penn 71 variety potatoes.

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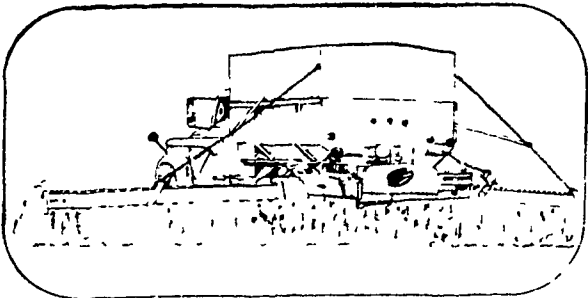
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