

York 4-H Plans Promotion Week

The annual "4-H Promotion Week" will highlight the month of March during which the York County 4-H Council along with the numerous community clubs will be sponsoring promotion activities. Starting the week off will be several 4-H members making radio spots at local radio stations proclaiming the week as "4-H Promotion Week" and will introduce briefly a few of the many aspects of 4-H work. These radio spots will be broadcast during the week of March 1 to the 8th. A Poster Contest involving all interested York County 4-H members will be entered at the Family Fun Night.

These posters will be displayed at restaurants, banks, stores, and any other business where the public may observe the posters. These posters will be judged by parents, leaders, and 4-H members present at the Family Night. The posters will contain a theme dealing with the 4-H program. The winning poster will be sent to the state poster contest. The local community 4-H clubs will be displaying club exhibits out in the community to publicize 4-H. To finish out this outstanding week will be the York County 4-H Family Night on March 8. Here 4-H members and their parents can have a high kicking fun

time after feasting on great Pennsylvania Dutch cooking in the form of a covered dish which will precede the evening fun at 7:00 p.m. at the 4-H Center. The evening entertainment will include square dancing for all the people that have a lot of youth in them and love a high kicking time; bingo, for those people who are not as energetic, but still crave fun and excitement; mixers and relays for the Teen bunch, and for the little tots, 'story Hour' and many more surprises. The nationally recognized "4-H Promotion Week" is a week whereby 4-H is publicized to show the public

what 4-H does. 4-H is an exciting and educational experience and if you are between the ages 8 and 19 years of age, you can join the organization. Adult Leaders are also needed and if you are someone who wants responsibility, fun, and a place to learn, 4-H is for you. To join, please contact the York County Extension Office at 848-2101.

Holstein Completes Record

A Registered Holstein cow owned by Willow Maple Farm, Newmanstown, has completed a production record exceeding 30,000 lbs. of milk according to the Holstein Friesian Association of America.

Willow Maple Reflection Mae 6594935 (GP) actually produced a total of 30,620 lbs. of milk and 1,137 lbs. of butterfat in 357 days.

Her record started at the age of 7 years 5 months. On a two times-per-day milking schedule, she averaged nearly 40 quarts of milk each day throughout her testing period. This Holstein's production is more than three times that of the average dairy cow.

Willow Maple Reflection Mae was sired by Lime Rock Reflection Oscar 1453923 (GP)

Production sampling, weighing and testing operations were supervised by Pennsylvania State University working in cooperation with the national Holstein organization.

COOKING CHEESE

One cardinal rule to remember when cooking with cheese a little cooking at low heat. Cheese, like other protein foods, is toughened by high heat and overcooking.

Twin Valley YF Welding Course Set

A adult arc welding school will begin on Monday, February 24 at 7:30 p.m. in the vocational agriculture shop of the Twin Valley High School. Ronald L. Frederick and Wayne K. Lutz, teachers of agriculture, will instruct the class. The special adult program will be for beginners and others wishing to improve their welding skills. The course will be designed to meet the needs of farmers and farm related occupations. Areas of study will include welding in flat, horizontal, vertical, and overhead positions; welding cast iron; and hard-surfacing.

Classes will meet on four consecutive Monday evenings - February 24, March 3, 10, and 17. Each session will begin at 7:30 p.m. Featured on March 10 will be the Berks Welding Supply Co. demonstrating the capabilities and versatility of the arc welder. A nominal fee will be charged to defray the cost of electrodes and electricity.

BONES

It is estimated that bones take up about 25 to 30 percent of the space allocated to meat in your freezer. Leave out the bones and you can use that space for more food.



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