

Chester County 4-Hers named state winners

Two Chester County young adults, who have compiled outstanding records in 4-H work, today were named state winners in the 1975 4-H National Awards program. They are Dorothy Minshall, 18, of Ewart Road, R1, Avondale, state winner in foods and nutrition; and Sarah Weinstock, 18, of 1234 Pothouse Road, Phoenixville, state nominee for an Edwin T. Meredith Foundation Scholarship.

Dorothy will receive an expense-paid trip to National 4-H Congress in Chicago, November 30-December 4, and compete for awards at the national level. Sarah's 4-H records will be entered in national competition with scholarship recipients to be announced at the Chicago conference.

Mr. Carroll L. Howes, associate 4-H youth division leader at The Pennsylvania State University, who announced the selections, said they were judged on the basis of project work, leadership ability, and participation in county and state activities.

They were picked from among the 145,000 youth who annually take part in the Extension Service educational 4-H program.

The daughter of Mr. and Mrs. J. R. Minshall, Dorothy is a sophomore at Millersville State College. She has been a 4-H member for 10 years.

A member of the Kaolin 4-H Home Economics and Kaolin 4-H Community

Clubs, she served as president, vice president, secretary, treasurer, song leader, and game leader. She also assisted as a teen leader in sewing and cooking projects.

The state foods and nutrition contest winner completed projects in 13 units of food and nutrition, clothing, recreation, handyman, bicycle, photography, citizenship, health, town and country business, careers, veterinary science, and gardening.

Locally, Dorothy participated in the 4-H demonstration day, public speaking, dress revue, picnic, officers training, fair, achievement night, camp, poster contest, and roundup.

She also took part in the Regional 4-H Demonstration Contest, Regional 4-H Public Speaking Contest, Regional 4-H Dress Revue, District 4-H Camp, Regional 4-H Teen Leaders Retreat, Pennsylvania 4-H Leadership Congress, State 4-H Achievement Days, and Pennsylvania Farm Show.

Dorothy won county 4-H awards in public speaking, safety, child care, gardening, and photography. She also helped write the winning county 4-H song, and placed fifth in the state in the 4-H Automotive Contest.

Commenting on the values of the educational youth program, Dorothy said: "4-H has made me more self-confident, has taught me how to cook and sew, and

broadened my knowledge in many fields."

The daughter of Dr. and Mrs. Joseph Weinstock, Sarah is a freshman at The Pennsylvania State University. She has been a 4-H member for nine years.

A member of the Tri-Community 4-H Club and Che-Del-Be 4-H Dairy Goat Club, she served as president, vice president, secretary, treasurer, news reporter, game leader, and song leader. She also assisted with club activities and events as a teen leader.



The state scholarship nominee completed projects in dairy goats, dairy foods, teen leadership, corn, veterinary science, babysitting, and pet care.

In Chester County, she participated in the 4-H teen retreat, poster contest, picnic, roundup, and fair.

She also took part in the Regional 4-H Teen Leaders Retreat, District 4-H Dairy Show, Regional 4-H Demonstration Day, Pennsylvania Association of Farmer Cooperatives Summer Youth Institute, State 4-H Achievement Days, Pennsylvania 4-H Leadership Congress, State 4-H Capital Days, State Farm Show, and Citizenship Short Course.

"Through 4-H work I have gained a better knowledge of

Sunflower becoming popular

The stately sunflower now used and grown in many parts of the world was used in North America first by the Indians - centuries ago, according to Mrs. Ruth M. Hand, Extension Home Economist, Schuylkill County. The Indians used the seeds for oil and food and the stems for fibers for weaving rugs and petals for dye. It's one of the fastest growing crops in North Dakota - currently the leading sunflower producing state.

Other countries in the world, however, such as the Soviet Union, Argentina, Bulgaria, Romania, Turkey and South Africa produce considerably more sunflowers than we do.

The non-oil variety sunflower seeds can be eaten as food in a variety of ways, dehulled and eaten without processing, dehulled, roasted in oil and salted; or salted in the shell.

Sunflower oil is pale yellow. When refined it is colorless with a good flavor and is good for cooking or using as salad oil. It's popular for popping corn,

people and how to relate to them," Sarah said. They are two of 40 Commonwealth 4-H members being selected as state winners in the various project categories.

deep-frying foods and other uses when a liquid oil with a high smoke point is needed. It's high in poly-unsaturated fatty acids.

Even the meal that remains after the oil is extracted is a high protein supplement for poultry and livestock - and is used in bird feeders. The hulls, themselves, are also used. They have been used for making a fuel log and for poultry litter so far, but many other possibilities exist.

Then there is sunflower seed flour which is fluffy and light gray in color. It can be mixed with other flours up to one-fourth of the total amount - anymore, however, affects the flavor.

Preparing Sunflower Seeds At Home

Raw mature seeds may easily be prepared at home by covering unshelled seeds with slated water (2qts. of water to ¼ to ½ cups salt). Bring to a boil and simmer 2 hours. Drain and dry on absorbent paper. (Or you may want to soak in salt solution overnight.)

Put sunflower seeds in a shallow pan in a 300 degree oven for 40 to 40 minutes or until golden brown - stir occasionally - take out of oven and add 1 teaspoon of melted butter or margarine to one cup of seeds. Stir to

coat. Put on an absorbent towel. Salt to taste. Deep fry hulled seeds at 360 degrees. For every cup of seeds allow ¼ cup cooking oil. Cook until golden brown. Skim off and drain seeds on absorbent paper. After salting, store tightly covered.

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