

Thirteen Pennsylvanians 4-H'ers



DEBORAH LINTON

A 17-year-old Berks County girl, who did intensive research on parasites in horses, has been named one of six national winners in the 4-H veterinary science program by the Cooperative Extension Service.

A. Deborah Linton, of 1530 Oak Lane, Reading, received an \$800 scholarship from The Upjohn Company, sponsor of the program.

The six winners received their awards at the 54th National 4-H Congress in Chicago, Nov. 30-Dec. 4.

Miss Linton, daughter of Mr. and Mrs. Jack A. Linton, is a high school senior and plans a career in veterinary medicine. She has worked part-time for a local veterinarian and for the local Humane Society to gain additional knowledge.

The Berks County girl did research on the various types of parasites in horses and then prepared a written report on the subject.

Miss Linton became interested in veterinary science while acting as leader of a horse club. She helped members with their projects and became hooked on veterinary science while taking it as a project with other club members.

The nine-year 4-H'er said that two years ago veterinary science became her major interest and horses became second. "Through my acquaintances with a local veterinarian, I was invited to spend a few days assisting him in his large animal practice," she said.

Miss Linton also became a volunteer for the Humane Society and learned to give shots, how to rescue and transport injured animals, and how to disinfect cages. Last August, she had the opportunity to work with a small animal veterinarian and helped him with his daily

routine, and she observed a disc operation.

"Dedication seems to be a major factor in veterinary medicine," Miss Linton said. "Patience and hard work make a good veterinarian."

Her other 4-H projects have included clothing, horse, public speaking, safety, citizenship, music and recreation, and community service.



DOROTHY MINSHALL

A 19-year-old Chester County coed, who experimented with less expensive ingredients in food dishes as a way to curb rising food costs, has been named one of six national winners in the 4-H food-nutrition program.

Dorothy J. Minshall, of Rt. 1, Avondale, received an \$800 scholarship from General Foods Corporation at the 54th National 4-H Congress in Chicago, Nov. 30-Dec. 4.

Winners were selected by the Cooperative Extension Service. General Foods Corporation is sponsor of the 4-H food-nutrition program in which some 800,000 young people are enrolled across the nation.

Miss Minshall, daughter of Mr. and Mrs. Jay R. Minshall, is a sophomore at Millersville State College, and plans a career in music education.

The Chester County 4-H'er embarked on a specialized project in food preparation using less expensive ingredients. "I checked on prices of foods and made decisions as to which of the more expensive foods could be cut out or decreased in usage, such as sugar," the 10-year 4-H'er said.

"I found that buying foods that are in season, such as peaches or lettuce, also helps to lower the food bill. The way in which foods are prepared influence costs too," Miss Minshall came up

with an interesting array of casseroles that "proved to be relatively inexpensive and tasty."

The coed said that in her project she learned "how to prepare complete, balanced meals for my family or company." She noted that "Foods From Other Lands" and "Foods With an International Flavor" introduced her to exotic and unique dishes that help make meals more exciting.

Miss Minshall introduced her to exotic and unique dishes that help make meals

Miss Minshall has kept pace with the latest in technology by making a special study of microwave cooking. "Many products now give microwave instructions," she said.

Her other 4-H projects have included clothing, photography, bicycle, forestry, child care, dress revue and public speaking.



KAREN RUBENSTINE

An 18-year-old York County miss, who feels that 4-H work has helped her choose a career, has been named one of six national winners in the 4-H bread program.

Karen Raubenstine, of York County, received an \$800 scholarship from Standard Brands Incorporated, sponsor of the program.

Miss Raubenstine is the daughter of Mr. and Mrs. Harold Raubenstine, Route 1, Hanover, Pa.

Regarding her first experience with yeast breads as a challenge, Miss Raubenstine's persistence was rewarded with winning first place sweepstakes for yeast rolls at the Pennsylvania Farm Show. Since then, she has decided on a career in baking and currently works as a baker. She eventually hopes to attend a good baking school

and own her own business.

Several of her bread demonstrations including "Sticky Buns" were presented on television programs. Although the cost of flour rose substantially over the last year, Miss Raubenstine was able to keep the cost down by baking her family's bread.

In eight years, the winner has produced a variety of bread products. She has demonstrated skills to others, exhibited her baked foods in county and state shows.

Her other 4-H projects include clothing, health, home furnishings, photography, wildlife, candlemaking, food preservation, citizenship, music and riflery.



SUSAN BENNER

Susan Renee Benner, 18, Route 1, Gettysburg, has been selected by the Cooperative Extension Service as one of six national winners in the 4-H dairy foods program.

Each winner received a \$1,000 scholarship donated by Carnation Company.

A firm believer in the nutritional benefits of milk, Miss Benner has been an avid promoter of dairy products throughout her six years in the program. She has presented numerous skills and demonstrations, and reached the public through the mediums of radio, TV and newspapers.

Miss Benner has promoted dairy products in her 4-H Club by preparing special dishes for picnics, banquets, suppers, and as refreshments at club meetings. Serving tasty dairy dishes to members, she feels, has been more effective than

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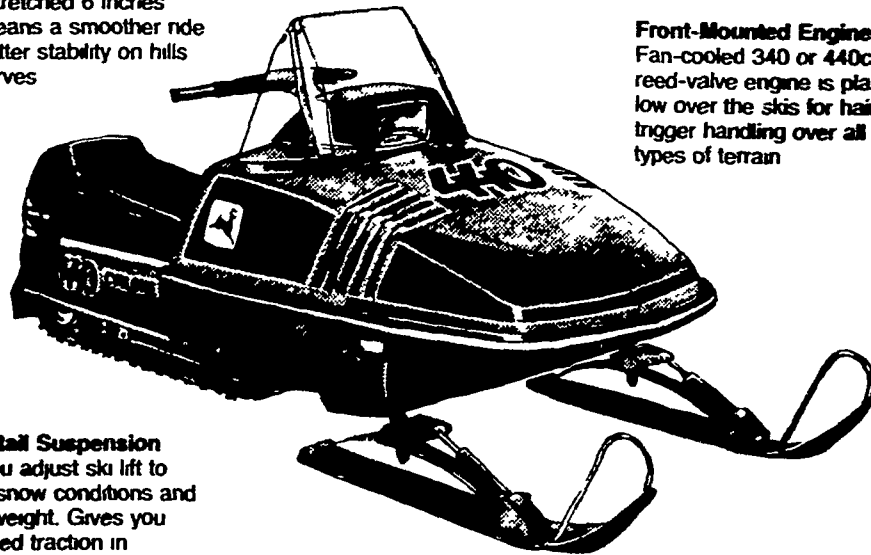
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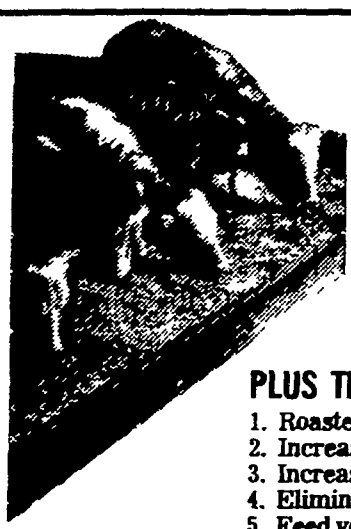
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