

Canning, freezing clinic slated

Are you one of the 30 million Americans who rushed out to beat inflation this spring with a garden hoe and a jar lid or freezer? If so, are you using the most up-to-date methods of canning and freezing to insure quality and safe foods?

The old way of doing things, especially canning foods, is not always the best according to Mrs. Joan Lamberson, Extension Home Economist. Despite your grandmother's success with preserving foods, research has proven that her methods and equipment were not the safest. Today we have information that can help you preserve foods safely and without the "hot or miss" technique our ancestors were forced to use.

To give you the most up-to-date information available on food preservation, the York County Extension Service of Penn State University has scheduled the following meetings. Anyone is invited regardless of sex,

race, color, or national origin. Please call the Extension Office in the Court House to register, 848-3301, Ext. 276.
Canning-do it safely

June 7, 7 p.m., York Vo-Tech School, Practical Nursing Room

June 9, 1-3 p.m., 4-H Center, Bair

June 10, 7 p.m. Shrewsbury Fire Hall, Shrewsbury Freezing Tips

June 16, 1-3 p.m., 4-H Center, Bair

June 17, 1-3 p.m., Shrewsbury Fire Hall, Shrewsbury

June 21, 7 p.m., Vo-Tech School, Practical Nursing Room

In A Jam About Jellies
June 22, 10 a.m., 4-H Center, Bair

In A Pickle About Pickles
August 12, 10 a.m., 4-H Center

Stephen Grellet was a French-born Quaker who died in New Jersey in 1855. Grellet would be unknown to the world today except for a few lines which made him immortal. The familiar lines, which have served as an inspiration to so many people, are these:

"I shall pass through this world but once. Any good that I can do, or any kindness that I can show any human being, let me do it now and not defer it. For I shall not pass this way again."

Regional Ladies' Day Out program slated

Phyllis Gross, chairman for the women's committee for York County Farmers' Association, has announced plans for the Regional Ladies' Day Out for Pennsylvania Farmers' Association members July 13, at the Penn Ram Motor Inn, Mechanicsburg.

Incoming Pennsylvania Secretary of Agriculture Kent Shelhammer will be the keynote speaker. Mr. Shelhammer sees his upcoming position as a challenge with much to do for agriculture.

Sharon Gros, Dover R2, secondrunner up in the York County talent contest in May, will compete against four other county winners as entertainment for the day. Winner Molly DeHoff, Dallastown, will be unable to attend.

Tentative arrangements with Wilbur Stark, Lancaster County, will bring Benjamin Franklin in costume and spirit to chat with farm women this Bicentennial year.

Conducting a PFA Awareness panel will be

staff members from the Camp Hill office.

York County's OSHA skit featuring Joyce Bupp, Susan Gross and Gail McPherson portraying OSHA Annie, OSHA Sam and Sorry Sally in a melodramatic situation of what happens when the inspector comes to the farm unprepared for him will round out the day.

Price of the event will run \$5.65 with York County's Board picking up \$2 of the total cost per lady member attending. "We need at least 30 ladies," advises Mrs. Gross, Manchester R2, "to shoulder our portion of the program cost. In the past, we've had no trouble recruiting ladies to go. This year is especially exciting for the county since our OSHA skit is on the program."

Reservations must be turned in to her by phone or mail by July 5, along with payment of the registration balance. Please indicate if ladies going will drive or not and what interest there is in having the York County delegation wear Bicentennial dress.

Society 8

Farm Women Society 8 met recently for a meeting in the home of Laverne Balthaser with 19 members present. A housewares party preceded the business affairs.

It was announced that a rummage sale would be held at Leesport and that a ham sandwich sale is slated for June 5.

The Society will be presenting awards to

graduating seniors at the Tulpechocken Area School. Awards will be granted to one boy and one girl in agriculture and home economics respectively.

Sooner or later a busy person learns to write things down. It's the best way to capture things we are apt to forget. "The strongest memory," says an old proverb, "is weaker than the palest ink."

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