

Families return to natural methods of childbirth

By JOANNE SPAHR
 Editor's note: Conscious Cooperative Childbirth, otherwise known to the layman as natural childbirth, is fast gaining in popularity. It has become such a topic of interest and concern that television shows have used it as a base for stories, and movies have been centered around the life of childbirth coaches. Lancaster Farming heard of such a childbirth coach in a rural area of Lancaster

County and was interested in hearing her story. She consented to tell her experiences because she feels that it is her mission in life, and she is more than willing to inform women on an easier and better way to have their babies.

MANHEIM, Pa. - "Ever since I was a child on the farm, I have had a very natural feeling about childbirth," says Mrs. Henry Blank, Manheim R2. "I

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These women are practicing their relaxation exercises at the home of Mr. and Mrs. Henry Blank. The ladies assisting are taking the role of the

husband and are coaching the women lying on the pillows.

More farmers each month prefer to buy their

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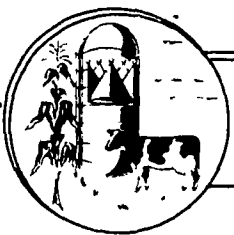
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Salads

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set. Add other ingredients, shaping cream cheese into marble-size balls. Spoon into mold and chill till set.

Variation: Substitute walnuts for pecans and 1/2 cup stuffed olives, sliced, for the pineapple.

For more salad recipes, look for the March issue of "Home on the Range." And, if you want to liven up a meal, take Doris Thomas' suggestion and try looking through cookbooks for new salad ideas.

Know Where the Activities Will Be?
 Read the Farm Women Calendar.

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