



**On being a farm wife**

—And other hazards

By **JOYCE BUPP**

With a whoop of delight, I woke the big farmer as he snoozed before the TV set a few nights ago.

"Hey, I just read an article claiming that diet problems don't come from fats and cholesterol, but from a severe lack of fiber and bulk in American diets," I informed him.

"Ohisthatright?" he yawned, and dozed back off to sleep, without giving me a chance to elaborate on the possibilities of cashing in on this new trend.

Now, bran cereal advocates have pushed the

fiber-rich diet theory for years. It never seemed to get anywhere, maybe because the recommendation informed people of something that was good for them, instead of warning about one more "no-no" they should avoid.

In light of the above mentioned research on fiber diets, we'd like to introduce our new suggested breakfast foods of the future:

First, for your enjoyment, is "Weedies," a tasty, fiber-rich crunchy green nugget. "Weedies" are made from only the freshest, most wholesome, naturally grown weeds, raised with tender loving care in our organic garden patch. We especially recommend trying our flavor pack, with a new taste treat for each day of the week. There's burdock,

lambs quarters, foxtail, chirkweed, wild garlic, ragweed and a perennial favorite, Canadian thistle, a genuine mouth-tingling treat. Remember, "Weedies is for the winners."

Or if you prefer flakes in your breakfast bowl, how about "Shredded Leaf?" Their rich brown color comes from a long sun-dried curing process, lying around on our yard, after spending many months gently waving in the breezes high above the ground atop the maple trees. A must with "Shredded Leaf" is sweetening with a spoonful of honey. Besides securing them to your spoon for easier eating, the honey will help keep them from blowing all over the kitchen floor.

On second thought, how about waffles for breakfast???

**Farm Women Societies**

(Continued from Page 51)

The next meeting of the group will be January 25, 1978, at the home of Delores Gettys, Dover, Pa. The group is planning a bowling party, at the Weiglestown Bowling Lanes.

**York Co. Society 20**

York County Farm Women Society 20 met recently at the home of Mrs. Rosalie Winter. Twelve members were present.

A total of 54 bed pads were constructed during the meeting, to be presented for

use at Pleasant Acres. Squares were cut for a quilt to be sewn for the York Day Care Nursery.

Members are requested to prepare a wrapped gift, either for a man or a woman, which will be sent to guests at the Harrisburg State Hospital; they should be taken to the home of Sherrill Trimpey or Esther Zeigler by December 14.

The guess box was supplied by Lena Bubb and won by Ruth Hendricks.

December's meeting will be in the form of a luncheon, scheduled to begin at 11:30 a.m., December 20, at the home of Sherrill Trimpey. Entertainment will be a surprise program and secret pal gifts will be exchanged.

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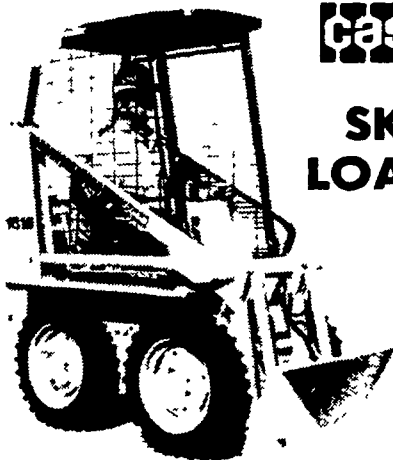
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