



Valentine and bring it along for a valentine judging contest

Lebanon Co. Society 14

Farm Women 14 of Lebanon met at the home of Lorraine Yeoger. Twelve members attended.

President Doris Alger and vice president Lorraine Yeoger gave a report of the Farm Women convention at Harrisburg.

Plans were made to help out Women in Crisis in the near future.

York Co. Society 9

Farm Women 9 met in January at the home of Ruth Knaper.

Past county president, Genet Sellers installed new officers. They are president, Mildred Anderson, first vice president, Ruth Collins; second vice president, Arlene Hyson, secretary, Gladys Fitz, treasurer, Patsy Shue.

A report on the state convention was given by delegates Anna Mae Butcher and Genet Sellers.

A bus trip to Three Little Bakers for May was planned.

A gift of \$25 was given to a kidney patient for medical expenses and a special gift for an honorary member of society 9 for February was voted on and approved.

The February 11 meeting will be at the home of Erma McDowell.



Ladies Have You Heard?

By Doris Thomas

Lancaster Extension Home Economist



KEEP NONSTICK SURFACES FREE FROM STAINS

Nonstick cooking surfaces on pots, pans and skillets make cleaning easier than ever. Stains may affect the nonstick characteristics. It is important to wash these surfaces thoroughly after every use in hot soapy water. Use a plastic pad to coax away stubborn spots.

Some staining may occur from overheating or failure to clean the surface thoroughly. The build-up may be gradual and not noticed but eventually will cause sticking.

To correct the problem

and renew the surface, make a solution of two tablespoons baking soda, one-half cup liquid chlorine bleach with one to two cups of water. There should be enough solution in these proportions to half fill the utensil. Simmer the solution in the cooking utensil for five minutes. The solution will foam so be careful to avoid getting the mixture on the outside of the utensil; it may

stain it. After treatment, wash the pan thoroughly in sudsy water, rinse, dry and reseason with cooking oil. There are also commercial stain removers available. If you use one of these, follow package directions very carefully.

DIETARY FIBER—THE NATURAL WAY WITH REGULAR FOODS

If you want to add more fiber to your diet, you don't have to buy specially formulated products. You can do it the natural way by selecting foods containing

dietary fiber and perhaps baking your own fiber breads.

Foods containing natural fibers include whole grains, fruits and vegetables. Not only will you be adding fiber to your diet by eating more of these foods, you'll be improving your daily intake of necessary nutrients for good health.

Be aware, however, that some foods although they may be in the fiber category, have more than others. For example, green beans contain more than twice as much as carrots, cabbage has more than five times more fiber than oranges.

How you prepare foods rich in natural fiber also has a bearing on the ultimate fiber in the diet. For example, a cucumber served with the skin or rind has almost three times more fiber than a peeled cucumber. Potatoes eaten with skins on have six times more fiber than do peeled potatoes.

Breakfast cereal products that contain fiber and are considered old standbys don't have to be abandoned in favor of the new 'fiber' cereals. But your old cereal favorites have different amounts of fiber. Shredded wheat products have three times more fiber than corn flakes, total bran cereals have nearly one and one-half times more fiber than shredded wheat.

If you want to add fiber to your diet in the form of breads you can buy commercially baked whole wheat instead of white bread. Or bake your own whole grain breads and add whole grain cereals to the recipe. Whole grain flours are now available in most larger supermarkets. Baking your own bread may or may not save you money. It depends on how much bread you make, how well you can store it, and how much you value your time.

If you are adding fiber to your diet the 'natural' way, you don't have to buy your supplies from stores specializing in health or natural foods. Fruits, vegetables and most whole grain flours are available in regular supermarkets. You may have to go to a specialty store for some particular ingredients. But if you are trying to add fiber to your diet economically, shop at stores which do a larger volume of sales and can therefore sell the products at a lower price.

Wool payments available

LEBANON — Under the National Wool Act of 1954, wool is recognized as an essential commodity not produced in sufficient quantity in the United States.

The Secretary is directed to establish an incentive price for shorn wool which will encourage production.

Payments will be made to wool producers after the marketing year is over.

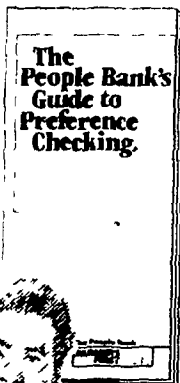
Producers of wool and unshorn lambs should make application for incentive payments at the Lebanon County ASCS Office, 2nd Floor Agway Bldg., 16th & Cumberland Sts., Lebanon, Pa. by Jan 31, 1981 or call 717-273-9321 for information on the program.

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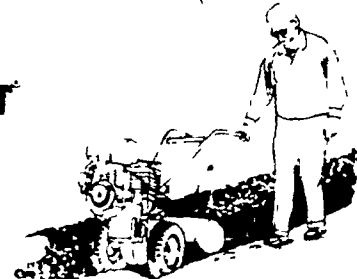


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