

Macrame, ancient art

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ferent plant hangers" She has made a variety of other gifts, but her most involved project to date was a knotted wreath which she estimates took about 25 hours to complete. The wreath is a work of art, consisting of a series of square knots done in groups of four. There are 540 square knots in the finished project. Charlotte says, "I enjoyed doing it. It was exciting to see things coming out as I worked."

So far she has enjoyed attending craft shows and getting ideas from others. She says, "I try to always have something to work at. I haven't made anything to sell, and I think it would be hard to set a price, but some day I hope I can sell some pieces."

She has taught her two oldest children to macrame, and she has shared her enthusiasm by demonstrating the craft for the fifth grade class at Farmdale Elementary School where her children attend.

While she continues that she does very little except macrame, she has many of the usual activities of a mother and some other duties as well. Since her husband runs his business from his home, it is Charlotte's cheerful voice which most customers hear when they call for service. Charlotte also helps with the billing.

The Charles' family belongs to the East Chestnut Street Mennonite Church where Charlotte teaches the fifth and sixth grades

which she says, "are a fun age to teach."

A family hobby is raising horses and riding together. Naturally that involves cleaning stables for the five horses and recent foal. Charlotte adds, "We used to do a lot of trail riding. Now Jim and Mike are team roping."

Both Mike and Melissa are members of the Boots and Saddles 4-H Horse Club and Charlotte says, "They both like to ride in shows - but they have butterflies before the show starts." Charlotte also does her share of participating in horse shows, so they are truly family affairs.

In addition to the work with the horses, the family also works together in Charlotte's large garden. "I like it and can hardly wait to get out and work," she said as this interview was conducted on a grey Winter afternoon. She also takes care of the lawn and fills two big freezers in addition to canning a lot of fruit. Charlotte says she loves to cook and try different recipes.

She is also concerned about physical fitness and she is a familiar sight to neighbors on her bicycle in good weather. She feels regular exercise is important and goes to the Health Spa in Park City up to three times a week to work out for about an hour or more. She says, "I really enjoy doing it." When she doesn't go to Park City she exercises regularly to a television exercise program.

Pork continues as excellent value

LANCASTER — Consumers can expect pork prices to remain at current levels for the first half of 1981. According to the National Pork Producers Council, the supply of pork continues to be plentiful and economical retail prices will make pork an excellent value for the consumer.

Estimates had been made by some that pork prices would rise by as much as 25 percent. Now, this is not expected to happen. The change in expectations has been caused by a higher than expected number of hogs on America's farms.

To take advantage of 1981's good

pork prices, remember to buy by cost per pound. This will help you determine the best buys for your meat dollar.

One serving is equal to 1/4-1/3 pound of boneless meat, such as ground pork, 1/3-1/2 pound of meat with little bone, such as chops, and 1/4-1 pound of meat with much bone, such as spareribs.

When you buy pork, you are buying great nutrition, as well as value. Today's pork illustrates a new concept for many consumers—nutrient density. Pork is a "nutrient-dense" food, meaning it's high in nutrients for the calories consumed.

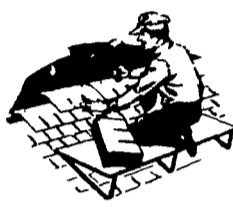
With all of pork's good value and nutrition, why not freeze some for future meals? To freeze, wrap closely and seal tightly with moisture-vapor-proof material. Be sure to label the package with the name, weight (or number of pieces) and date placed in the freezer.

Freeze at 0°F or less for a maximum of one to three months for ground pork, three to six months for other fresh pork and two months for smoked ham, loins and picnics. Store canned hams and canned picnics according to package label instructions.

Even the busiest of mothers needs time for themselves, so perhaps a craft like macrame would brighten your schedule and shorten the days until real spring is here.

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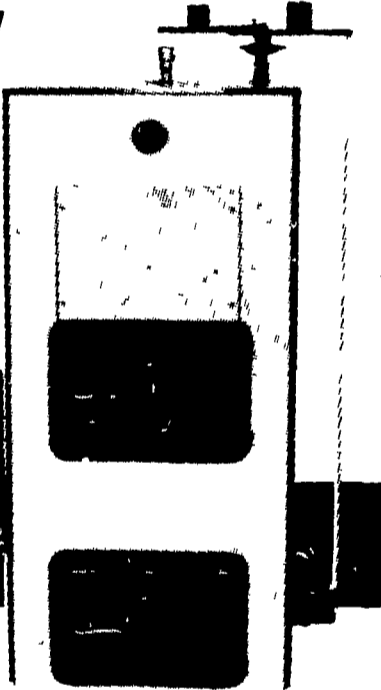
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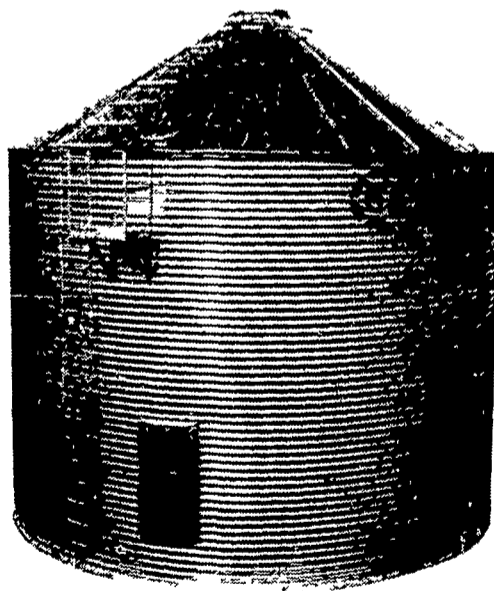
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