

On being a farm wife -And other hazards Joyce Bupp



Each year, I find greater difficulty in generating excitement over the routine involved in the day-to-day responsibility of housekeeping.

I mean, how mentally challenged can you feel over dirty socks and jeans strewn across the bathroom floor or find exhilaration behind the controls of a vacuum cleaner? Still, someone has to do it — and in spite of all the hoopla about women's lib, the greatest majority of that work is still being done by women.

So, does it come as a surprise, then, that both full-time and part-time, urban and rural homemakers, are turning to thrill-

seeking in their housewifery careers?

I'm talking "couponing" here. You know, couponing. Clipping all those little cents-off slips of paper for the weekly game you play at the supermarket.

This game has become a national pastime, right up there with baseball and watching television. Equipment to play is cheap. If you doubt that, compare the price of a catcher's mitt to the cost of sharp scissors.

Playing grounds for this sport are abundant, warm, fairly accessible and have no membership dues. And since the game is played by individuals, each participant

can depart the starting line at his own schedule and pace.

Players range from the die-hard professionals, shopping with a thousand neatly clipped slips filed in a hundred labeled compartments in a shoebox, to those of us more amateurish contestants juggling their playing cards from old envelopes with slapped-on divider tags.

While it's every man for himself in the coupon game, the God-given bonus of a kid who adores clipping coupons from old magazines and newspapers will definitely add to your potential high score at the goal line.

There is one method of term play I've discovered, an underground fellowship of other players who will share their wealth of unused coupons. The shared goal of saving money can result in some very deep mutual friendships.

Couponers share a silent kinship along the playing aisles, our eyes meeting with a sense of conspiracy against the economy, patiently waiting while those of the sisterhood and an occasional man or two plot their strategy against the shelves.

Non-couponers are obvious by their accusing stares at you as you hold up a line of 10 other shoppers hurrying for the exits. We tolerate their impatience knowingly, remembering how we, too, felt

before we grew addicted to this redeeming pastime.

Minor snags in the game include a mandatory rule (or so it seems) that all expiration dates be printed in letters the size of ant tracks. A second hangup is that when you do finally locate the date, in the pain of eyestrain, it expired yesterday.

A perfect score in couponing, naturally, is to leave the store with several bags of groceries obtained totally free, after all coupons, doubled coupons and instant-redeem coupons are whizzed through the computerized checkout system.

While there are professionals who do attain that level of achievement occasionally, most of us are simply happy to knock 10 or 15 bucks from the bottom line.

One of the ultimate thrills of

couponing is finding a doubled-50-center that expires the day you're shopping on a desperately-needed item that was just marked down to a dollar as a weekly special.

Bingo. The grin that crosses the face of a couponer so blessed is reminiscent of a gambler whose slot machine has just piled his lap full of silver dollars.

The only real loser in his exercise is the weary and beleaguered checkout clerk who must tally the hand while explaining to some irate shopper why a certain coupon is unredeemable.

Hats off to all retailers who aid and a bet us coupon fanatics. I have but one suggestion.

How about a slow-moving-vehicle lane along supermarket thoroughfares?

Observe Nutrition Month

MEDIA — The Delaware County Nutrition Education Council is presenting timely topics in nutrition for interested Senior Citizens.

Food Facts and Fallacies will be presented at the Upper Darby AARP on Sat., Mar. 10 at 1:30 p.m. at Christ Lutheran Church, Madeira Rd. & Walnut Sts. Edith Tarbet R.D. will be the speaker.

At St. John's Episcopal Church, Lansdowne Ave., near Baltimore Pike, Joyce Hofto, R.D. will speak on Diet For A Long and Happy Life on Wednesday, March 14, at 2 p.m.

Also on March 14, at 1 p.m., Donna Neary, of Delaware County Home Health Service will speak to St. Andrew's Senior Citizens Group on Food & Drug Interaction. They meet at Christ Lutheran Church.

Maryetta Dorricott, Extension home economist, will speak on Food & Drug Interaction at the Chichester Service Building, Market St. and 52nd on Friday, March 23 at 1 p.m.

The Marple-Newtown AARP will hear Diet For A Long And Healthy Life by Greta C. Vairo, Extension home economist. They meet at the Marple-Newtown Community center (the former Junior High 1st

floor on Wednesday, March 28 at 1:45 p.m.

There will also be a nutrition for the Asian language group that meets at Christ Lutheran Church. Pat Saedlo, Delaware County Home Health Service, will be the speaker.

According to Maryetta Dorricott, the Delaware County Nutrition Ed. Council is an organization of nutrition professionals aimed at identifying and meeting nutrition education needs in Delaware County. For more information on the Council call 565-9070.

Dairy 4-H Club

The Eastern Berks Dairy 4-H Club elected officers at a recent meeting. They are: President, Kevin Schlegel, Boyertown; Vice President, Mark Price, Douglassville; Secretary, Naomi Herbert, Kutztown; Treasurer, Stacey Meyers, Kutztown; and News Reporter, Sherri Zollers, Mertztown.

The next meeting will be March 16 in Fleetwood.

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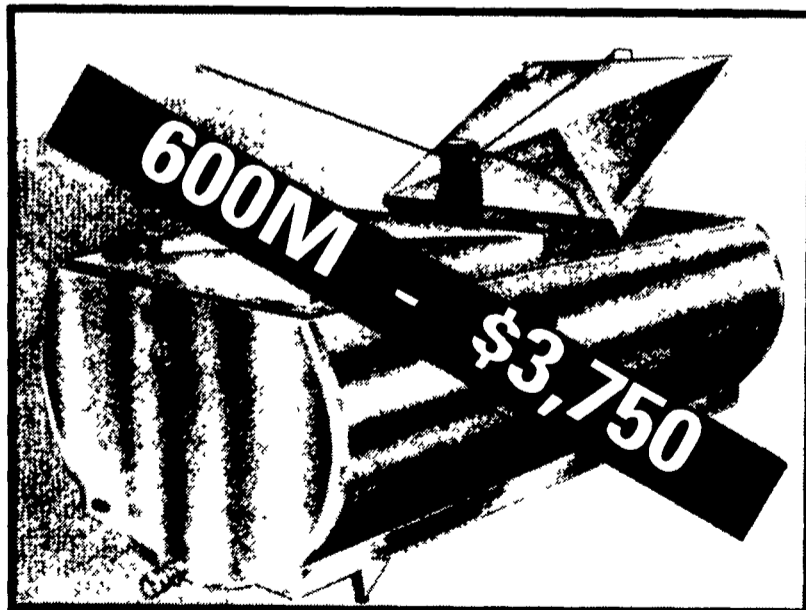
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MONDAY, MARCH 19, 1984 - 7:15 P.M.
Lebanon County Vo-Tech School Auditorium
833 Metro Drive, Lebanon, PA

TUESDAY, MARCH 20, 1984 - 7:15 P.M.
Brushstown Fire Hall, On Rt. 116
6 Miles West of Hanover, PA.

THURSDAY, MARCH 22, 1984 - 7:15 P.M.
Sheraton Berkshire Inn, Woodland & Paper Mill Rd.
Off Rt. 422 By-Pass, Reading, PA

FRIDAY, MARCH 23, 1984 - 7:15 P.M.
Treadway Resort Inn
222 Eden Rd., Lancaster, PA