

## Winners named at Capital Region Fashion Revue

**BY SUZANNE KEENE**  
**CARLISLE** — Seven 4-H seamstresses won top honors for their sewing projects at the Capital Region 4-H Fashion Revue held last Thursday afternoon at Cumberland Valley High School in Carlisle.

The girls who won gold ribbons and who will compete with top winners from the other eight regions at the State Fashion Revue on August 6 through 8 are: Cindy Harnish, Lancaster; Heather Hoffman, Dauphin; Noel King, Adams; Amy Magaro, Franklin; Michele Morrison, Perry; Stephanie Schach, Lancaster; and Melanie Shenk, Lancaster.

In addition to the gold ribbon winners, ten girls received blue ribbons in the senior category for their sewing projects. These girls are: Lorri Rutt, Lancaster; Sylvia Royer, Lebanon; Jill Clapsadl, Cumberland; Denise Haldeman, Lancaster; Karen Eckerd, Cumberland; Staci Baldwin, Cumberland; Elaine Clark, Lancaster; Tammy Orner, Cumberland; Daphne Shenk, Lancaster; and Yvonne Stoops, Franklin.

In the junior division of competition five girls received gold ribbons. They are: Audrey Ebersole, Lancaster; Diane Hershberger, Lancaster; Heather Reinhard, Dauphin; Debra Shenk, Lancaster; and Jennifer Zemba, Lebanon.

Five girls in the junior division received blue ribbons. They are: Lisa Shenk, Lancaster; Kathleen Grim, Adams; Lisa Romberger, Dauphin; Gretchen Hoffman,

Dauphin; and Andrea Ebersole, Lancaster.

Capital region winners who will be traveling on to state competition at Eisenhower Auditorium on the University Park campus of Penn State University will be judged on how well they constructed their garments, how difficult the garment was to make and how good it looks. They will also be judged on their modeling ability.

At the state competition, ten 4-H'ers will be named finalists and will be eligible to complete a national awards form, outling their total 4-H experience. The com-

bined revue and awards form scores are used to determine the state winner.

The top award includes an expense-paid trip to National 4-H Congress held in Chicago in November.

By participating in the series of county, regional and state revues, 4-H clothing project members have a chance to turn self-consciousness into self-confidence. They learn about wardrobe selection, the importance of good posture, physical fitness and other aspects of grooming. Sharing their new knowledge and skills with other participants is also an important part of the program.



Senior winners at the Capital Region Fashion Revue are back row from left: Noel King, Stephanie Scherich, and Heather Hoffman. Center from left are Cindy Harnish and Amy Magaro. In front from left are Michele Morrison and Melanie Shenk.



Junior winners are in rear from left: Audrey Ebersole, Diane Hershberger, and Debra Shenk. In front from left are Heather Reinhard and Jenny Zemba.

### Crafts specialist to discuss marketing techniques

**NEW BLOOMFIELD** — Mary Saylor, arts and crafts specialist from the Penn State Cooperative Extension Service will be speaking on Thursday, August 9 at 7 p.m. The program will be held at the New Bloomfield Fire Hall.

Dr. Saylor, an artist and craftsman as well as an educator, will discuss marketing and exhibiting home produced items as well as managing a home-based business. Also to be included in her presentation is information on professionalism, professional organizations, and self-

development as your home-based business flourishes.

Anyone is welcome to attend. This meeting is especially important to those involved in home-based businesses, particularly crafts.

This is your chance to meet an expert and get answers to your questions about the development of your business. Don't miss this exceptional opportunity.

This program is free but pre-registration is requested. Call the Extension Office at 582-2131 to do so. Refreshments will follow.

### Summer is a good time to repot plants

**MEDIA** — Many of your houseplants might be getting too large. Now is a good time to act, because plants are in more vigorous growth, whether indoors or outside for the summer.

According to C.R. Bryan, Jr., Delaware County Cooperative Extension Service Director, there are several approaches that one might select to keep the plant living and make it beautiful once again. Selectively prune it back to a desirable shape and size. With greater light intensity and duration at this time of year, drastic pruning and more frequent fertilization can be exercised. This will permit new growth to fill in and make the plant more uniform in size and shape before fall arrives.

Always know what the natural shape and habit of the plant should be and selectively prune to enhance this habit of growth. In other cases, the plant may be completely out-of-shape and of basal growth habit. Although pruning would not be acceptable with these plants, there are two possibilities; first, propagation by division. If the plant has many crowns, it is easy to take it out of the pot and carefully divide into as many sections as desired.

Now is an ideal time to start new plants by terminal, leaf section, and/or leaf petiole cuttings. After the cuttings have rooted, pot them up singularly or in groups of three to six in a three to five-inch pot, depending upon the type of plant. Be sure to use a pot with a drainage hole and incorporate a sterilized potting mix. With good care, in a few months you will have a plant that is much more desirable than the original overgrown one that you started with.

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