



### Make an armadillo

Fabric, thread, your trusty sewing machine, polyester stuffing and an ingeniously designed pattern by Colette Wolff are all you need to make an acquaintance with the homely armadillo.

This soft sculptured stuffed animal would be most welcome in any child's or teenager's room. Made up in some faux leather it could be a real conversation piece in the den.

You can also make your armadillo a friend — a 4½-inch little bird to be embellished with your own embroidery or bead design.

Also offered with the pattern is a helpful booklet titled *The Fine Art of Stuffing Dolls and Stuffed Animals*. This booklet contains hints and information that you will not find anywhere else. Colette also supplies her catalog (36 pages) with other patterns, kits for dolls, pillows and toys with every order.

What makes these kits and patterns so unique is an innovative series of learn-as-you-go projects. These kits provide muslin, lining fabric, reusable patterns and complete instructions for projects that can be either stretched onto a

frame or stuffed and used as pillows. You supply the thread, pillow form or frame and the desire to learn decorative stitching.

The simplest kit teaches simple hand-stitching by outlining the silhouettes of a trio of chubby kittens. "Cording" is taught with the next kit, by making channels of stitching and drawing a cord through them. This results in a raised design.

"Night Flower," the third in the series, gives practice in quilting by hand through two layers instead of the traditional three layers of material.

The last kit results in an abstract soft sculpture with gatherings, tucks, ruffling, smocking and stuffed channels. Each piece will work up to measure 12-by-12 inches. Prices per kit run from \$12.95 to \$15.95.

So, if every time you pick up a needle and thread you feel like a duck out of water, you might consider consulting a Platypus ... Platypus being Wolff's company. Write for her catalog (\$1) at Box 396, Planetarium Station, NY 10024.



### Extension service offers family finance program

**MEDIA** — Your checkbook seems to have a negative balance at the end of the month. You can't find important receipts and cancelled checks at tax time. You have no idea what your family's assets are and what your borrowing capacity really is. You and your family buy things on a whim and can't seem to save any money.

If any or all of these apply to you, the Penn State Cooperative Extension Service may be able to help you establish a money management plan that will balance your checkbook at the end of the month and will adapt to the changing needs of your family, says extension home economist Greta C. Vairo. You can set up a budget that will see you through not only the next month but into the future, whether that includes a new home, education for your children, or a comfortable retirement.

"Families Managing Money in the 80's," a learn-at-home program offered by the extension service, will help you organize all

important financial and legal papers into a file system, to determine just what your family's net worth is now and what your family's goals are for the future, to set up a usable spending and saving plan, and to establish a credit history.

The program, developed by extension specialists at the Pennsylvania State University, is made up of an introductory meeting and five mini-lessons and is offered free of charge. Topics include a system for important papers, what and where; measuring financial progress; achieving financial priorities; and planning for saving and spending; and credit management.

### Make food choices carefully at fast food restaurants

**NEWARK, Del.** — Can you eat a balanced meal at a fast food restaurant? It depends on the establishment's menu and the food choices you make, says University of Delaware extension home economist Claudia Holden.

If your favorite fast food place has a salad bar, you should have no trouble obtaining the nutrients your body needs. A satisfying lunch might include a hamburger on a bun, a salad, and a shake made from real milk. If no greens are available, an orange or banana from home can help round out a burger-and-fries meal.

Critics of fast food restaurants complain about the high calorie and sodium content of the foods these establishments serve. Typical fast food meals contain from 900-1,800 calories and from 1,000-2,515 milligrams of sodium. Many fast food meals are also high in fat and low in vitamins A and C.

Obviously, Holden says, calorie counters and persons on sodium restricted diets must evaluate their choices carefully and limit their consumption of certain fast foods.

Studies completed several years ago indicate that younger persons consume most fast foods. Relatively few persons, it was found, depend on fast foods for the majority of their meals and nutrients.

Many fast food restaurants have had their menu items evaluated for nutritional content, and will supply this information on request. If you eat fast foods often, this information can help you evaluate your daily food and nutrient intake.

Whether you eat fast foods every day or only as a last resort, try to select those menu items that will combine to meet your daily nutritional requirements. If your fast food meal falls short in a particular nutrient area, try to make it up in the foods you consume during the rest of the day.

If you're not sure whether your meals are meeting your nutritional needs, you can get free educational materials from your county extension home economist in Newark (451-1239); Dover (736-1448); or Georgetown (856-5250).

**IT'S MAGIC**  
How quickly  
You Get Results  
From Our  
Classifieds!

**PHONE**  
717-394-3047  
or 717-626-1164



See your nearest  
**SPERRY NEW HOLLAND**

Dealer for Dependable  
Equipment and Dependable  
Service:

- |   |  |
|---|--|
| <b>Alexandria, PA</b><br>Clapper Farm<br>Equipment<br>Star Route<br>814-669-4465                        | <b>Lititz, PA</b><br>Roy A. Brubaker<br>700 Woodcrest Av<br>717-626-7766   |
| <b>Annville, PA</b><br>B.H.M. Farm<br>Equipment, Inc.<br>R.D. 1<br>717-867-2211                         | <b>Loysville, PA</b><br>Paul Shovers, Inc<br>Loysville, PA<br>717-789-3117   |
| <b>Beavertown, PA</b><br>B&R Farm<br>Equipment, Inc<br>RD 1, Box 217A<br>717-658-7024                   | <b>Lynnport, PA</b><br>Kermit K. Kistler, Inc<br>Lynnport, PA<br>215-298-2011  |
| <b>Belleville, Pa.</b><br>Ivan J. Zook<br>Farm Equipment<br>Belleville, Pa<br>717-935-2948              | <b>Martinsburg, PA</b><br>Forshey's, Inc<br>110 Forshey St.<br>814-793-3791  |
| <b>Carlisle, PA</b><br>Paul Shovers, Inc<br>35 East Willow Street<br>717-243-2686                       | <b>Mill Hall, PA</b><br>Paul A. Dotterer<br>R.D. 1<br>717-726-3471   |
| <b>Chambersburg, PA</b><br>Clugston<br>Implement, Inc<br>R.D. 1<br>717-263-4103                         | <b>New Holland, PA</b><br>A.B.C. Groff, Inc<br>110 South Railroad<br>717-354-4191  |
| <b>Davidsburg, PA</b><br>George N. Gross, Inc<br>R.D. 2, Dover, PA<br>717-292-1673                      | <b>New Park, PA</b><br>M&R Equipment Inc<br>P.O. Box 16<br>717-993-2511  |
| <b>Elizabethtown, PA</b><br>Messick Farm<br>Equipment, Inc<br>Rt 283 - Rheem's Exit<br>717-367-1319     | <b>Oley, PA</b><br>C.J. Wonsidler Bros<br>R.D. 2<br>215-987-6257   |
| <b>Everett, PA</b><br>C. Paul Ford & Son<br>RD 1<br>814-652-2051  | <b>Pitman, PA</b><br>Marlin W. Schreffler<br>Pitman, PA<br>717-648-1120  |
| <b>Gettysburg, PA</b><br>Yingling Implements<br>R.D. 9<br>717-359-4848                                  | <b>Quakertown, PA</b><br>C.J. Wonsidler Bros<br>R.D. 1<br>215-536-1935   |
| <b>Greencastle, PA</b><br>Meyers<br>Implement's Inc<br>400 N. Antrim Way<br>P.O. Box 97<br>717-597-2176 | <b>Quarryville, PA</b><br>C.E. Wiley & Son, Inc<br>101 South Lime Street<br>717-786-2895                                   |
| <b>Grove City, PA</b><br>McDowell Farm<br>Implement Co<br>Rt 173 North<br>814-786-7955                  | <b>Ringtown, PA</b><br>Ringtown Farm<br>Equipment<br>Ringtown, PA<br>717-889-3184  |
| <b>Halifax, PA</b><br>Sweigard Bros<br>R.D. 3, Box 13<br>717-896-3414                                   | <b>Silverdale, PA</b><br>I.G. Sales<br>Box 149<br>215-257-5135   |
| <b>Hamburg, PA</b><br>Shartlesville<br>Farm Service<br>R.D. 1, Box 1392<br>215-488-1025                 | <b>Tamaqua, PA</b><br>Charles S. Snyder, Inc<br>R.D. 3<br>717-386-5945   |
| <b>Honey Brook, PA</b><br>Dependable Motor Co<br>East Main Street<br>215-273-3131<br>215-273-3737       | <b>Troy, PA</b><br>Warner Tractor<br>& Equipment Inc<br>Troy PA<br>717-297-2141  |
| <b>Honey Grove, PA</b><br>Norman D. Clark<br>& Son, Inc<br>Honey Grove, PA<br>717-734-3682              | <b>West Chester, PA</b><br>M.S. Yearsley & Son<br>114-116 East<br>Market Street<br>215-696-2990                            |
| <b>Hughesville, PA</b><br>Farnsworth Farm<br>Supplies, Inc<br>103 Cemetery Street<br>717-584-2106       | <b>West Grove, PA</b><br>S.G. Lewis & Son, Inc<br>R.D. 2, Box 66<br>215-869-2214   |
| <b>Lancaster, PA</b><br>L.H. Brubaker, Inc.<br>350 Strasburg Pike<br>717-397-5179                       | <b>Churchville, MD</b><br>Walter G. Coale, Inc<br>2849-53<br>Churchville Rd<br>301-734-7722                                |
| <b>Lebanon, PA</b><br>Keller Bros<br>Tractor Co<br>RD 7, Box 405<br>717-949-6501                        | <b>Rising Sun, MD</b><br>Ag Ind<br>Equipment Co., Inc<br>1207 Telegraph Rd<br>301-398-6132<br>301-658-5568<br>215-869-3542 |
|   | <b>Washington, NJ</b><br>Frank Rymon & Sons<br>201-689-1464  |
|   | <b>Woodstown, NJ</b><br>Owen Supply Co<br>Broad Street &<br>East Avenue<br>609-769-0308                                    |