

Rachael Hixenbaugh named Wool Queen

BY BARBARA RADER
HARLANSBURG — Rachael Hixenbaugh, the daughter of Mr. and Mrs. Joseph Hixenbaugh, was selected Lawrence, Butler, and Beaver County's Lamb and Wool Queen during their recent mid-winter annual meeting.

Rachael, 16, is following in the footsteps of her sister, Kathy, who was Lamb and Wool Queen in 1981 and a runner-up in the state Wool Queen Contest in 1982.

Before announcing the results of the contest Shirley Dunn, queen contest director, said, "In the last four years we've had two state winners and two state runners-up."

Feggy McCrumb, Mars, was recently crowned the 1985 Pennsylvania winner as was Kathy Hixenbaugh, Beaver, in 1982. Runners-up were Carol Shuler, Fenelton, in 1983; and Mary Sue Shick, New Castle, in 1984.

Rachael's family began raising sheep 11 years ago when her eldest sister joined 4-H. Starting in 1975 with two breeding ewes, the Hixenbaughs rented a barn two miles away to house their sheep.

Showing sheep since she was eight years old, Rachael has become increasingly interested in the industry. She has also been quite successful with her sheep, showing the Suffolk grand champion ewe and ram in the open show at the recent Pennsylvania Farm Show. Her winning streak continued as she captured the junior grand champion Suffolk ewe, second place middle heavyweight market lamb and secured a fourth in showmanship in her age division.

A member of Stockmen's 4-H Club and Hookstown Beaver County 4-H Club, she raises Suffolk and Hampshire breeding stock and market lambs. She showed the grand champion at last year's roundup during the Hookstown Fair.

In addition to showing at local county fairs, she also exhibited at the Keystone International Exhibition.

Rachael is now learning to spin wool from her mother. Her interest in wool has also led to designing a wardrobe that includes several wool items. She has participated in

several Ladies Lead Line contests, showing off the beauty of lambs wool while her ewe lamb shows off its fleeces.

Rachael's twin sister, Wendy, and her brother, Wayne, also show a growing interest in the industry, reflecting their parents' interest.

In competing for the queen's title Rachael was judged on appearance, personality, ability to represent commodities, related sheep activities and other activities.

Eighteen-year-old Janet Shick, the daughter of Mr. and Mrs. Joseph Shick, was selected alternate in the tri-county contest. A 1985 graduate of Shenango High School, she is now attending Penn State University majoring in animal bioscience.

Janet has been an active 4-H'er since she was eight years old and a member of Lawrence County's Junior Livestock Club. She has been a proven winner with her market lambs, which won her grand champion pen of lambs.

Janet participated in the 1981 state contest "Make it with Wool," and the Ladies Lead Line com-

petition, showing off her sewing abilities.

The third contestant, Ann Kimberney, the daughter of Carolyn Kimberney, Karns City, also enjoys the Ladies Lead Line competition and has captured first place in the Lead Line contest at Farm Show.

Ann graduated in 1984 from North Allegheny Senior High School and Beattie Vo-Tech in drafting and design. She has carried sheep in 4-H and has a horse. She is a Hereford enthusiast and received the 1984 Outstanding 4-H award at the Butler Farm Show.

Ann has raised sheep for eight years and showed the champion Suffolk ewe in 1983, reserve champion Suffolk ewe in 1984, reserve champion showman in 1983, and champion fitter in 1983 during the Butler Farm Show.

Rachael received four yards of wool fabric from the Minnesota Fabrics, Beaver. Janet received a hand-knitted wool poncho made by Mary Estell, Alliquippa, and a \$10 gift certificate from Hickory Hill Wool Shop, New Wilmington, went to Ann.



Rachael Hixenbaugh, newly crowned Lawrence, Butler, and Beaver County Lamb and Wool Queen, accepts congratulations from 1985 Pa. Lamb and Wool Queen Peggy McCrumb.

Homemade baby foods can be wholesome, nutritious

NEWARK, Del. — If you prepare nutritious, well-balanced meals for your family, do the same for your baby. You can make baby foods that are as good or better than the commercial brands.

You don't have to be a gourmet chef to make baby food, but you do need a good working knowledge of nutrition and sanitary practices. Bacteria from improper food handling can seriously upset a baby's sensitive digestive system, says Wendy Weckesser, a University of Delaware dietetics student working with the Cooperative Extension Service.

Before preparing baby food, wash your hands well with hot, soapy water. Check your hands for infected cuts or hangnails, since infections carry harmful bacteria.

Keep work surfaces and all equipment spotlessly clean by washing in hot, soapy water, rinsing with hot water, and allowing to air dry. It's a good idea to use a plastic rather than a wooden cutting board, because bacteria can hide in cracks in a wooden board. And keep animals away from food and counters.

Choose baby food recipes from a reliable source and follow the directions carefully. Generally, meats and vegetables prepared for the family can be used for baby if they are unsalted, unsweetened, and steamed or boiled in a minimum amount of water. Avoid adult-type flavorings such as catsup, paprika, Worcestershire sauce, mustard, herbs, spices, bacon, and margarine. Also, don't

coat meat in flour and brown in fat when making baby stew. For high nutrient retention, puree or chop foods as soon as cooked, and feed the baby promptly.

Some baby foods are easy to prepare at home. You can mash ripe bananas and thin with milk, formula, or unsweetened fruit juice. Mash unseasoned cottage cheese, cooked carrots thinned with cooking water, stewed fresh fruits such as apples with no added sugar, spices, or salt, or fruit canned in its own juice with no additives.

Be sure the food is smooth, evenly mashed, and thin enough for the baby to swallow easily. Make enough for a single meal, or store some for later use in small, clean, tightly sealed containers or baby food jars. Refrigerate no longer than two days, and freeze no longer than one month.

You may decide to serve homemade baby food in combination with commercial products. This is fine, Weckesser says. The primary consideration is to provide wholesome foods that meet a baby's nutritional requirements.

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