



In her presentation on gifts from the kitchen, freelance home economist Sheila Arnold suggests some of these easy-to-make specialties: marzipan strawberries, cheese balls, holiday breads in their own waxed gift box, and dilled carrot sticks.

Last Minute Gift Ideas

(Continued from Page B2)

bread honors the generosity of St. Lucia.

"I make mine ahead of time and put it in the freezer for Christmas morning," Sheila explains. "We like it sliced, buttered on both sides and toasted in a frying pan. Custom decrees that some of the bread should be set aside and mixed with the seeds for the next year's grain sowing."

Extra circles of St. Lucia's crown make thoughtful holiday gifts from Sheila Arnold's kitchen. She presents them with the traditional candles, bow and holly sprigs.

But, when "messing around the kitchen" Sheila rarely stops at baking breads. Her kitchen gift creativity ranges from dipping

calico squares in wax and folding into "boxes" around breads, to combining the unusual flavor marriages of carrots with dill, and apricots with chocolate.

And not all Sheila's kitchen gifts are necessarily "edibles." For kids, there's a non-toxic finger paint. Feathered-friend-feeders would enjoy a suet cake fit "for the birds." Finally, not to forget man's best friend, the Arnold kitchen occasionally whips up a batch of homemade "doggie biscuits."

So, don't panic over those last minute gaps in your gift list. And, instead of last minute charging with a plastic credit card, why not take Sheila Arnold's approach and charge into "messing around the kitchen" instead.

Stillwagen Elected NVATA Regional Vice President

ALEXANDRIA, Va. — Frederic Stillwagen, of Allentown, was elected regional vice president for the National Vocational Agricultural Teachers' Association during the 38th annual national convention held in Dallas, Texas December 5 to 9.

Stillwagen will serve a three year term as the vice president in charge of NVATA activities in Region VI. The region is comprised of 13 states: Connecticut, Delaware, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, Virginia and West Virginia.

Over 8,000 vocational educators in agriculture are members of the NVATA. The annual membership in Region VI is approximately 560. Garland Thomen of Brooklyn, Conn., was elected the alternate vice president 1986-87. Ralph Thomas, vocational agriculture teacher at Woodward, Okla., was elected president of the NVATA. Stillwagen is a graduate of

Allentown High School. He earned a bachelor's degree in agronomy/animal science, University of Maryland and an master's degree from Pennsylvania State University.

He has held teaching positions at Upper Bucks AVTS, Perkasie, and Lehigh County AVTS, Schnecksville.

Stillwagen served as president of the Pennsylvania Agriculture Teachers' Association and has been a member of the Penn-

sylvania Vocational Education Conference Planning Committee. He was president of the Mid-Atlantic Advisory Committee and Agriculture Representative on Vocational Practical Arts Education Board.

As a regional vice president he will serve on the NVATA board of directors.

Stillwagen resides with his wife Shirley and daughter Dawn in Allentown, Pennsylvania.

York Co. 4-H Baby Beef Club

The York County 4-H Baby Beef Club met Dec. 8 at 7:30 p.m. at the 4-H Center, Bair.

Old business reports were given by Nancy Townsend; meats judging contest, Connie Hoover; poultry judging contest, Tim Ferrence; livestock judging contest, and Cathy Shive; roundup expenses.

Members also had a joint program with the Swine and Sheep

Clubs. Lou Holtz spoke on competition.

Following the program, committees met to plan the annual Baby Beef Banquet to be held Jan. 31 at 7 p.m. at Porter's Firehall.

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