

Farm Women Societies

Lancaster Society 3

Lancaster Society 3 met Dec. 20 at the UCC Church, Lincoln. Hostess Doris Miller read the Christmas story for devotions and the group sang Silent Night.

Irene Eberly reported that 34 members enjoyed their trip to Wintertur. Several members sang Christmas carols for elderly society members and residents of the Denver Nursing Home. Each member received a cyclamen plant and the society presented a Norfolk pine to the nursing home. Glachy Paul served the carolers lunch.

Mary Kathryn Weaver was accepted as a new member. Society members presented a

pewter mug to Kimberly Bell, infant daughter of Linda Bell.

Members will play bingo at Conestoga View Jan. 15.

Florence Vaitl reported on the executive board meeting, presenting suggestions for the county project.

Program for the evening was the play "Three Women of Bethlehem" performed by society members. Allegra Leininger on the marimba and Evelyn Shupp on piano played Christmas songs for members to enjoy.

The next meeting will be held Jan. 17 at the home of Vivian Stauffer.

Lancaster Society 5

Members of Lancaster Society 5 met recently at the home of Mrs. Grace Stein, Manheim. Members spent the afternoon playing games and exchanging gifts.

Twenty-two members attended

the meeting and enjoyed delicious refreshments.

Several delegates will be attending the State Convention in Harrisburg, Jan. 12 and 13.

Lancaster Society 6

Members of Lancaster Society 6 met recently for a Christmas covered dish dinner at the Elizabethtown Church of the Brethren. Sara Myer led

devotions.

The program consisted of a film strip titled "Dickens Christmas Carol," a carol quiz and a Christmas carol sing.

Lancaster Society 8

Members of Lancaster Society 8 met at the home of Helen Mariner for their December meeting. Sixteen members attended. Molly Baer led devotions and Mrs. Mariner's grandchildren presented musical selections.

Anna Mae Ney was installed as a

new member.

Helen Mariner, Anna Keener and Patsy Werfel served as hostesses.

The next meeting will be held Feb. 11 at the home of Arline Witman and Mary Sarver at 2 p.m. January Conference reports will be presented.

Lancaster Society 11

Members of Lancaster Society 11 met Dec. 18 at the home of Helen Wagner with society officers serving as hostesses.

Mary Swarr led the roll call and members saluted the flag. Twelve members answered roll call by telling of a Christmas custom from their childhood.

During the business session, reports were presented. Three

delegates were elected to attend the State Convention Jan. 12 and 13 in Harrisburg. 1987 program books were distributed.

For the program, Helen Wagner conducted a quiz on the events surrounding the birth of Jesus as recorded in the Bible.

The next meeting will be held Jan. 29 at the home of Grace Ann Chase.



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In addition, Snider says, red meats provide significant amounts of B-vitamins including thiamin, riboflavin, niacin and vitamin B12. Meats also furnish a beneficial amount of iron and zinc.

"The iron in meat, called heme iron, is easily absorbed by the body and helps it use the non-heme iron found in plant material," she says.

The specialist says that most cuts of trimmed meat have less than 200 calories and contain less than 100 mg of cholesterol for a three-ounce cooked serving. "Red meats in moderation can even be included in a low-cholesterol diet," Snider says.

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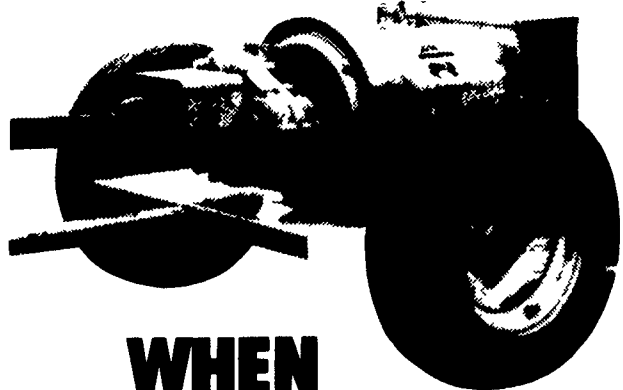
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