

Lancaster Winter Workshops And Meetings

LANCASTER — If you want to enroll, please write the title of the workshop and the cost with your name, address and phone number on a piece of paper. RETURN WITH YOUR CHECK made payable to "Agricultural Extension Service." No registration will be accepted without payment.

Classes will be held in the Extension Training Center which is located in the basement of the Farm and Home Center, 1383 Arcadia Road, Lancaster. Registration deadline is one full week before the meeting or the first of a series of workshops. Registration will be accepted on a first come basis. Unless you hear from us, please come to the meeting or the first class scheduled for the workshop in which you enrolled. Please call the Extension Office if you are unable to attend a class. In case of snow, listen to one of the Lancaster radio stations for notice of cancellation.

BASIC SEWING - Have you always wanted to learn to sew? This course covers the basics. Learn how to operate a sewing machine, choose correct pattern size, make alterations and make an easy-to-sew item for your wardrobe. Workshop includes lecture, demonstration and actual sewing time in class. Some sewing must be done at home. Bring your own machine or use one of ours. Class Limit: 10. **INSTRUCTOR:** Mary Alice Fyock. Cost: \$20.00.

Workshop #1 - 7:00-9:00 p.m., February 22, 29, March 14, 28, April 4 and 11.

CREATIVE VEGETABLE COOKERY - Tired of the same old vegetables day in and day out? Looking for new ways to prepare those vegetables that are supposed to be "good for you?" Would you like to learn how eating vegetables may reduce your risk of developing cancer? Sign up for the new course beginning in March called "Creative Vegetable Cookery."

Designed as learn-at-home lessons to be completed over an eight-week period "Creative Vegetable Cookery" provides: recipes and menus; tips on vegetable storage and cooking; and background information on the role vegetables play in cancer prevention.

A \$5.00 fee is required to register for this course. This covers reproduction of the lessons and mailing costs. Limit: 50.

If you would like to register, please complete one of the registration forms and return it by February 19, 1987.

SEWING GRAINBOARD WORKSHOP - Have you ever wished that your ironing board was wider and things didn't slip off? Have you ever wished for a cutting surface that didn't allow fabric to slip and slide? If you have wished for either of the above, consider mixing a sewing grainboard. In this four hour class you will construct a padded, gridded board which makes straightening, cutting, pressing and tailoring faster and easier. Part of the class will be a demonstration of its multiple uses. This versatile board is guaranteed to become one of your FAVORITE pieces of sewing and fabric craft equipment. A supply list will be sent prior to class. The cover costs about \$15.00 plus the expense of 1/2 sheet of plywood or fiberboard and a wool blanket or fabric. Class Limit: 10. **INSTRUCTOR:** Mary Alice Fyock. Cost: \$8.00.

Workshop #4 - 9:00 a.m.-1:00 p.m., February 24.

THE HEART OF CURVED PIECING - If you like the look of the log cabin quilt pattern, you'll be eager to piece this heart block. It is composed of bias cut pieces of fabric, joined to diagonally set blocks chaining through the center of the heart. The bias piecing makes this a challenging block.

During this 3-hour class, you will piece one block, then inset it into a square piece of fabric. Intermediate sewing skills are absolutely necessary. Ideas for using this block in creative ways will be presented.

Supplies needed for class: sewing machine; extension cord; sewing and cutting supplies; iron and mat; 1/4 yard of a solid, 100% cotton fabric; 8-10 pieces of coordinated cotton calicoes (5"x10" each is sufficient); rubber cement; paper scissors. Class Limit: 15. **INSTRUCTOR:** Donna Lucidi-

Nachwostach. Cost: \$12.00 (includes \$3.00 for pattern).

Workshop #19 - 6:30-9:30 p.m., February 10.

NEEDLE NEWS NEWSLETTER - This newsletter, written by Fran Horst, Lebanon County Extension Assistant, will feature news for home sewers, new techniques for sewing garments, and items for the home and gifts. It is six-sided and is published every other month.

If you would like to receive this newsletter during 1988, please complete one of the registration forms at the end of this letter and mail with your check for \$2.00 to cover the cost of postage for one year's subscription. Deadline to sign up to receive this newsletter is February 19, 1988.

FAMILIES MANAGING IN THE 80's - LEARN AT HOME - Who's taking care of the money? You? Have you ever come to the end of the month and wondered where the money went? Do family financial decisions simply seem to happen? Do all members of your family know where legal and financial papers are? Most of us feel a little uncomfortable with these questions.

Managing finances is not just a job for bankers, we all need to do it for ourselves and our families. But how? Sometimes the hardest part of getting organized is deciding what to do first, and then to do it.

The Penn State Cooperative Extension Service may be able to help. If you are trying to save money to buy a home or to improve one, if you have children you hope to send to school, or if

you are planning for retirement you'll be interested in our program. It's a series of five mini-lessons on basic financial skills you can use at home.

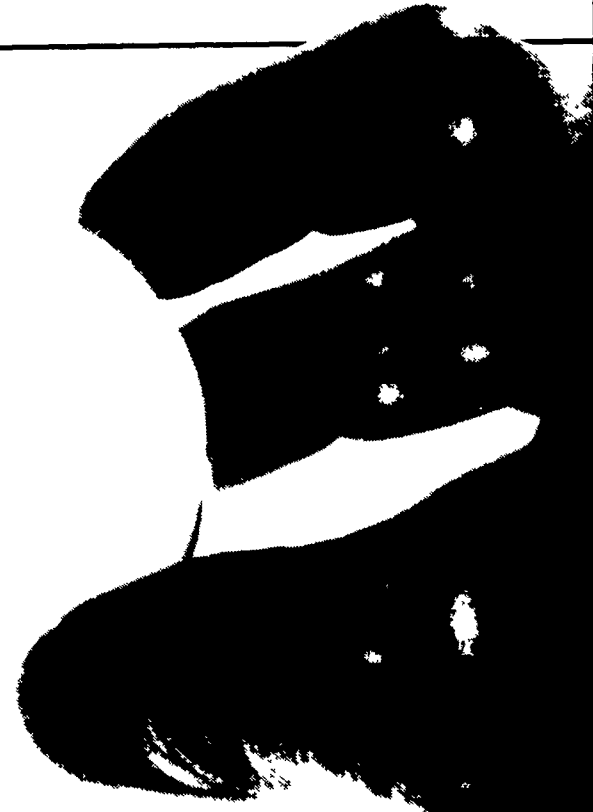
Each lesson covers a single financial topic all families need to know about. How to organize your financial and legal papers, how to set up a system for spending and saving, how to know how much you are really worth or the family's net worth and how to manage credit are some of the subjects covered.

To pre-register for the learn-at-home program, complete one of the registration forms and send your check for \$3.00 to cover mailing costs. Registration deadline: February 19.

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Cimarron Alfalfa

Proven Performance



**NO NEED FOR CHANCY CRYSTAL BALL GAZING
WHEN IT COMES TO CHOOSING YOUR ALFALFA
SEED FOR SPRING**

Ben Myers' Cimarron Alfalfa Entry Earned Second Place In The Northeast Alfalfa Forage Quality Contest.

His Entry Tested 19.7% Crude Protein, 68% TDN, And 26.1% Acid Detergent Fiber On The Dry Matter Basis.



Ben Myers

WHY CIMARRON ALFALFA?

"Cimarron has more leaf to stem ratio," says Ben. One look at his barn full of high quality hay convinces you that he knows a thing or two about forage quality!

CONGRATULATIONS BEN!

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