

# On being a farm wife - And other hazards

Joyce Bupp



Most families need no special reason to get together, other than someone or something to get the ball rolling. Holidays offer an extra nudge.

Sometimes, the gatherings have a specific purpose; a shared meal, collective work accomplishment, maybe just a volleyball game. Or a family yard sale. That was the Labor Day plan circulated a few weeks ago through several branches on the paternal side of our family tree.

"Yard saling" as a participant hobby-sport-treasure hunt has long escaped my list of preferred pastimes, for two key reasons. No time to browse as a potential buyer. No time to set up as a seller. Plus, most of what anyone in this household would part with would get thumbs down from a junk specialist.

Still, when the family announcement of the Labor Day event circulated, my hopes for a minor dispersal of household odds n' ends lit up. What a great excuse for a bit of housecleaning.

After all, it was a holiday weekend, which yard sale soothsayers proclaimed as an auspicious period for such an event. And, the location, on the family's "home place," lay at the junction of a major rural highway and our local section of the nation's interstate highway system.

"An awesome yard sale location," assessed our youngest.

At 12 hours and countdown before the advertised opening, my merchandise was assembled. It consisted of one heavy, office-model, veteran electric typewriter, with the memory of reams of 8-1/2 by 11-inch sheets of copy and a brief stint at Penn State under its worn belts.

Assessing my lack of commitment to cleanout, I hustled to the attic and carted down our old office adding machine. Though dusty, the machine needed only the insertion of a new roll of paper tape for work readiness. Paired with the typewriter, it silently shouted of technological passage to computerization and digital readouts.

Before barn chores next morning, the former office duo snatched display space on the corner of a table bearing my mother-in-law's offerings. Though it was early, other family branches were also organizing their wares.

And, more than an hour before starting time, dedicated yard sale stalkers were already on the scene, studying the goodies even as they were being placed on display. The "early bird gets the worm" cliché might have been coined by yard salers.

Several hours passed before I got back. And found the typewriter, still available at a reduced

price, and an untouched adding machine. Also catching my eye from another's adjacent table was one item of irresistibility - a plant of a species not currently living in my houseplant collection.

Business - for some - had been brisk. I had forgotten how popular children's toys and games are at yard sales. A couple of shelves full of such yard sale games and puzzles, hauled home years ago by our own offspring, could have been dispersed here, had I thought about them. Too late - shopper volume was dropping off fast, and the yard sale becoming a visiting session.

My two farmers - and the dog - showed up via the field road, to assess the merchandise and visit with members of four generations of this clan.

"Looks more like a reunion," sagely observed the elder, joining the younger in sipping goodies promptly offered from the collective lunch.

The plant I'd eyed earlier was thrust into my hands. This aunt was folding up shop and giving way leftovers. A cousin was moving items to a "free" table.

"Could you use these bug lights?" another aunt asked, handing the Farmer two bright yellow light bulbs.

There is obviously stagnant demand for veteran office equipment. It took some talking to persuade still another aunt she'd be rendering me a favor by just taking home the typewriter, so I didn't have to. And a few little great-grand children were acquiring gifts of "treasures" they'd found on other tables, to take home with mothers who'd spent the day trying to get rid of similar items.

For some, it was a profitable sales day. Others of us just traded stuff around the family. As wholesome, holiday, family fun, it was a winner.

And the yellow bug light is "real cool" in the youngest's bedroom.

# Reduce Cancer Risks Through Proper Diet

SCRANTON (Lackawanna) — Cruciferous -- it sounds like the name of an evergreen tree. In fact it is the scientific name for a family of plants that includes cabbages and related vegetables. Botanists use the term cruciferous to identify these plants because their blossoms resemble a cross or crucifix. Examples of cruciferous vegetables are green cabbage, red cabbage, Chinese cabbage, cauliflower, broccoli, Brussels sprouts, turnips and kohlrabi.

Most cruciferous vegetables are good sources of vitamin C, and broccoli and Brussels sprouts are good sources of vitamin A. Foods containing these vitamins are believed to play a role in the prevention of cancer.

Cruciferous vegetables are composed of many natural chemicals in addition to the vitamins and minerals important in nutrition. These chemicals act as natural anticarcinogens; they block the action of a carcinogen which helps to guard against cancer, particularly stomach and colon cancer.

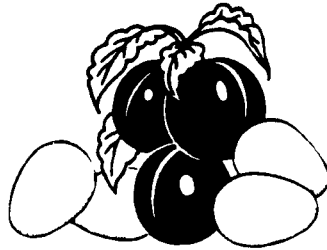
It is recommended to eat cruciferous vegetables one to two times per week. However, for people taking anti-coagulant drugs, it is advised to consult a doctor before including cruciferous vegetables in their diet. Cruciferous

and dark green leafy vegetables contain vitamin K which promotes blood clotting. Eating foods that contain vitamin K counteracts the blood thinning effect of some anti-coagulant drugs. Deep yellow vegetables are not major sources of vitamin K and so are safe to eat.

If you would like to learn more about how to improve your lifestyle to reduce your risk of cancer, register now for the "Creative Vegetable Cookery Course" which is being sponsored by the Penn State Cooperative Extension, Price Chopper Supermarkets, Mercy Hospital, and the American Cancer Society. The course will be held three consecutive Thursdays, September 15, 22, and 29 and will be taught by Karen Thomas, Penn State Cooperative Extension Home Economist, and Donna Stucklak, Home Economist for Price Chopper Supermarkets. Representatives from Mercy Hospital will also be on hand to discuss various topics relating to diet and cancer.

Day sessions will be held from 1:00 P.M. to 3:00 P.M. at the Covenant Presbyterian Church at the intersection of Olive Street and Madison Avenue in Scranton. Evening sessions will be from 7:00 P.M. to 9:00 P.M. at the Price Chopper Supermarket on Luzerne Street in Scranton.

Participant's cost for the course is \$5. Paid reservations are due to the Penn State Cooperative Extension by September 1. Due to limited enrollment, reservations will be handled on a first paid first served basis. For more information or to make reservations, contact the extension office at 200 Adams Avenue, Scranton.



## "INVITATION"

32nd Annual  
PENNSYLVANIA DAIRY PRINCESS CORONATION  
SATURDAY, SEPTEMBER 24, 1988



1988

WINNERS

Pennsylvania Dairy Princess with six finalists. Front: left to right, Clarinda Leatherman, Berks County, alternate; reigning princess Rebecca Sonnen, Lebanon County; Jennifer Barnett, alternate, Somerset County. Back: Stephanie Jo Meyers, Franklin County; Suzanne Hash, York County; Angela Haas, Mercer County; and Michelle Lusk, Washington/Green County.

You are cordially invited to attend the 32nd ANNUAL PENNSYLVANIA DAIRY PRINCESS CORONATION at the Harrisburg Marriott, just off I-283 on Lindle Road (Rt. #441, Swatara Exit) on Saturday evening, September 24, 1988.

Reception: Ballroom Lobby 5:30 p.m. Banquet: Ballroom 6:30 p.m.

Tickets for the Banquet and Coronation are \$15.00 and may be purchased from the address below:

Ticket deadline September 20, 1988

PENNSYLVANIA DAIRY PRINCESS & PROMOTION SERVICES, INC.



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Clarion, Pa. 16214  
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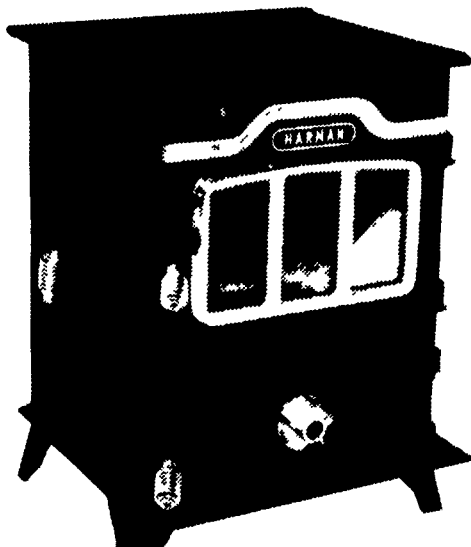
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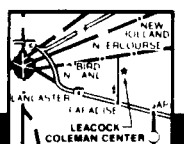
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