

Farm Women Survey Examines Modern Lifestyles

On being a farm wife - And other hazards

Joyce Bupp



The annual mall-madness countdown is here. Less than two weeks to come up with that special something for the problem person on your list.

What do you give The Farmer that he'll really appreciate?

Packages for the kids are already done up in cheery paper and fluffy bows. Cookie baking is underway. Card lists have undergone an update.

But, what do you get for the Farmer that's truly unique?

If your Farmer shops as reluctantly as does ours, clothes are always a safe - if uncreative - answer. Though they may shop only under threat of their personal well-being, experience says your Farmer may nevertheless be quite particular about what he wants to get covered with grit, grime and grease.

When he starts to hint that he has no thermal sweatshirts or his quilted and extra heavy flannel shirts are getting thin, take your clue. The most battered stuff to turn up in the laundry every few days is probably the preferred type, tattered and torn because of its favored status.

With his personal aversion to chilling drafts on a sometimes bad back, our resident Farmer makes no secret that we should browse in the "tall" department for his winter work garb gifts.

Of course, there's always a tie. How many farmers go buy those for themselves?

One of the neater ideas to come down the technological trail of

gift-giving for farmers is the rechargeable flashlight. Actually, you might do best by getting an extra one for the house and keeping it recharged yourself. You can then gleefully whip it out to save the day -- or more likely the night -- after he leaves his in the combine or it gets nudged off a bale by some nosy heifer.

Tools are generally appreciated. Enlist assistance for this one if you're uncertain. A son above toddler age probably has some idea of what Dad needs -- and likes. Do you really know if he'll have use for a 1/4" air ratchet, a half-horsepower compressor, or a 3.5 AMP, 0-850 RPM 1/2" drill? And would you know one if it ran up and shook your hand?

Warning: As sons get older, their suggestions for tools may stretch beyond your capability to give. The ten-horse, 4500 watt portable welder with a seven-position switch and duplex receptacle of 115 volts, 20 AMPS each, may be a steal at \$999.99, but do you really want to be responsible for wrapping the doggone thing?

At least ties are more manageable.

Should you want do a bit of subtle farm safety nagging in your gift-giving, good quality fire extinguishers and safety glasses offer possibilities. Like flashlights, farmers never seem to have enough fire extinguishers to carry along on all their field machinery.

Even the half-dozen approved, rechargeable ones scattered around here apparently aren't

MANKATO, MN. — A survey of farm women has been completed in Minnesota. The survey, which looked at farm women's level of involvement in farming, off-farm employment, volunteer work, satisfaction with farm and community life, and need for such services as day care, is the first random sample statewide survey of its type in the state.

Minnesota Agri-Women, an affiliate of American Agri-Women, received a grant of \$15,225 from the Emma B. Howe Memorial Foundation to develop a factual body of information on the status of farm women. The survey was designed and conducted by Dr. Sharon Danes of the University of Minnesota Agricultural Extension Service. The sample was drawn through the Minnesota Agricultural Statistical Service.

"We believe that many of the policies that affect farm women are based on a concept of farm life that no longer exists," says Kristin Juliar, survey project director. "We expect that the survey results will lead to a better understanding of modern farm women, and the active role they play on the farm and in the community."

completely adequate. After being filled in on the details of a minor smouldering on a piece of equipment some time ago, I inquired about the location of the fire extinguisher. It was right handy. In the truck. At the other end of the field.

Close calls this crop season with eye injuries from a metal grinder sank home the importance of safety glasses in the shop, even for jobs that "will only take a minute." While I bandaged his slightly sliced finger on a recent occasion, the Farmer assured me that at least he'd been wearing his safety glasses.

A gift Santa picked up at the sporting goods store last year has become an often-used item for our Farmer. The PENNSYLVANIA ATLAS AND GAZETTER is a bound, paperback volume of detailed road maps of our entire state. Geared as a guide to outdoor recreation -- like the topography near the hunting camp -- the map book has proved invaluable in locating farms, as well as distant equipment dealers in possession of elusive replacement parts. Numbers scribbled in the margins and locations circled on the pages attest to its usefulness. Like that plastic card advertised on TV, he rarely leaves home without it.

He liked it better than a tie. And ties don't come in tall, anyway.

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Juliar says the results of the survey will be released mid-November to the Minnesota media, then she will report to the American Agri-Women at their annual convention in Philadelphia, November 16-20.

For more information about the survey contact Kristin Juliar, Minnesota Agri-Women, 410 S. 5th Street, P.O. Box 3367, Mankato, MN 56001. (507) 387-5643 or 1-800-722-9389.

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Test Your Vitamin ABC

1. Which of the following substances forms vitamin A in the body? (a) Iodine (b) Lactose (c) Beta carotene

2. The B-complex vitamins are essential in the conversion of food to energy. Which of the following are members of the B-complex group? (a) Niacin (b) Pantothenic Acid (c) Folacin (d) Biotin (e) Riboflavin

3. Who are at risk for excessive loss of vitamin C? (a) Pregnant women (b) Heavy smokers (c) Moderate to heavy drinkers

4. Which are the most frequently taken vitamin supplements in the USA? (a) Vitamin C (b) Multi-vitamins (c) B-vitamins (d) Vitamin E (e) Vitamin A

ANSWERS

Beta carotene, also known as

provitamin A, is a naturally-occurring substance found in fruits such as cantaloupe and apricots, as well as vegetables such as broccoli, spinach and carrots and tomato and vegetable juice. It is converted to vitamin A in the body in a safe, regulated way. 2. All of the above. The B-complex vitamins are B1 (thiamin), B2 (riboflavin), Niacin, Pantothenic acid, Folacin, B6, B12, and Biotin. 3. All of the above. One of vitamin C's important functions is to produce collagen, the substance which gives structure to muscles, vascular tissues, bones and cartilage. 4. (b) According to the recent Gallup usage data 68% of Americans take multi-vitamins; 32% vitamin C; 27% B vitamins; 20% vitamin E and 6% vitamin A.

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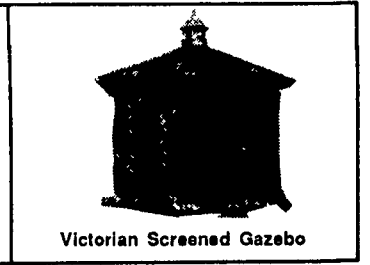
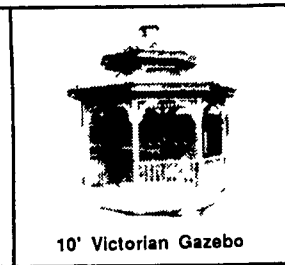
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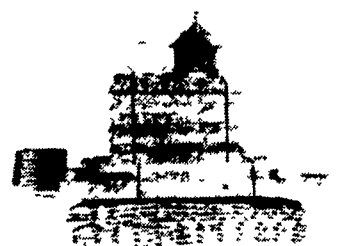


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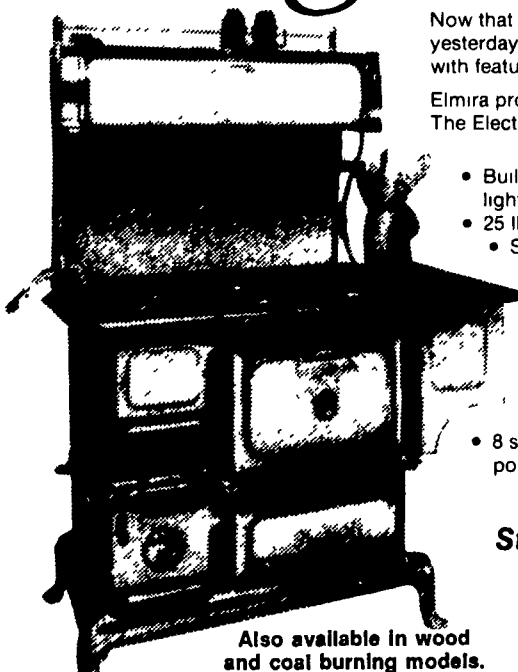
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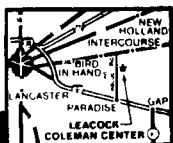
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