CREAMERY (Montgomery Co.) — Do you know someone with a physical condition that makes dressing difficult? Perhaps they can't move that arm over their head or stand to put on slacks. Older adults with limited range of motion resulting from arthritis or other conditions often need assistance with putting on certain clothing items or using small fasteners.

Penn State Cooperative Extension will offer a workshop in two different locations to help you learn to adapt clothing for special needs: Monday, April 23 10 a.m. to 12 noon, Norristown Library, Swede & Elm Streets, and Tuesday, April 24, 10 to 11:30 a.m. at the Indian Valley Library, Church Avenue, Telford. Both programs

are free but advance registration is required. Call Penn State Extension at 489-4315 to register or for more information.

Workshop participants will learn to adapt slacks, shirts, pajamas, underwear and more for adults as well as children. They will view a video on adapted clothing and will see an entire wardrobe of clothing items that have been changed to make dressing easier for persons with physical limitations. Written directions and other resource material will be available. The workshops will be taught by Penn State Master Clothing & Textiles Volunteers. Eileen Garges and Nancy Eidman, and Penn State Staff, Nancy Stevens and Helaine Brown.

Learn To Sew

CREAMERY (Montgomery Co.) — The Montgomery County 4-H Program invites all young people ages 8 to 12 to sign up for the sewing program, sponsored by the Creamery Crafters 4-H Club, at the Creamery 4-H Center, on Wednesday, April 18, at 6:30 p.m.

A parent or guardian must accompany prospective members to the first meeting.

4-H clubs meet year 'round, but during the spring and summer, sewing is the featured activity of many 4-H home economics clubs. A minimal registration fee is required to help maintain the sew-

A microwave browning dish uses a special coating on the bottom which absorbs microwave energy and becomes very hot when preheated. Use a browning dish for attractively colored French and puffy omelets and fried eggs. Keep in mind that eggs require less heat for browning than do other foods, such as chicking machines used by the club. Members are instructed in small groups by qualified 4-H adult and teen volunteer leaders. Educational materials are provided free. Members must provide their own fabric and pattern, according to the level they enroll in. For more information or to

register your child, please call Helaine Brown, 4-H Agent, at 489-4315, 9:00 AM-4:30 PM. Registration is limited for maximum leader/member interaction. The 4-H Center is located on Route 113, near Skippack, between Routes 29 and 73.

The microwave produces exceptionally tender, fluffy scrambled eggs in a flash. You can save time on clean-up, too, by cooking them in the serving dish, along with your favorite add-in ingredients. As with many micro-cooked dishes, stirring during the cooking period, rotation of the dish and a standing time are the steps to

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