

Program Fills Cupboards

UNIVERSITY PARK (Centre Co.)—Before enrolling in the first Super Cupboard program to be offered in Pennsylvania, Rosalyn Brown, of Chester, and her five children depended completely on welfare. Now Brown works two part-time jobs and will start nursing school in the fall.

"If I hadn't attended the Super Cupboard workshops, I might never have learned about these opportunities," she said.

With support from Hands Across America, the Greater Philadelphia Anti-Hunger Council started the Super Cupboard program in 1987 to help those who repeatedly use emergency food services become more self-sufficient.

As a member of the Anti-Hunger Council, Shirley Parrish, extension home economist in the Southeast Region and coordinating trainer in the EFNEP program, identified extension's role in developing life skills training. As a result of extension's initial involvement, Penn State's College of Agriculture provides educational support.

During the four-year evolution of Super Cupboards, extension has provided support for nutritional training, and in counties such as Chester, has developed a complete curriculum in life skills," says Parrish. "Each Super Cupboard is designed to meet the needs of the immediate community.

Program participants attend one four-hour workshop a week for six to eight weeks. They learn to plan and prepare healthful meals, shop economically and store food safely. They also learn about maternal and infant nutrition, weight maintenance and gardening.

Participants leave each class with a food package geared to the nutrition lessons and recipes covered that day. This provides a strong incentive to attend classes.

"Just as important, the workshops provide information that can help people find their way out of poverty," says Judith Heald, manager of Penn State's Expanded Food and Nutrition Education Program, a federally funded program for low-income families.

Some graduates are so enthusiastic they volunteer to assist with

future workshops and spread the word about the program.

"A friend told me about the first Super Cupboard workshop," said Brown. "I attended because I was curious. I learned how to cook healthier meals, and with the money I've saved, I can buy extra things to fix up my house. But that's only part of it. The classes taught us about health and first aid, domestic abuse, literacy, motivation and self-esteem. I learned how to get financial aid to start nursing school.

Brown said the program improved her children's lives too. They are working harder in school and are developing leadership qualities. One daughter is president of her 4-H teen council and another is secretary.

Brown herself has become an active member of her community. She is president of the advisory board for Penn State's Urban Gardening Program in Delaware County and a 4-H aide. She also participates in Penn State's Family

Community Leadership Program.

To learn how your organization can start a Super Cupboard, contact Shirley W. Parrish, Penn State Cooperative Extension, Philadelphia County, 4601 Market Street, Third Floor, Philadelphia, 19139, or (215) 560 4157. You can also contact the Pennsylvania Coalition on Food and Nutrition, 128 Locust St., Harrisburg, PA 17101 or call (717) 233-6705. To obtain a Super Cupboard guide, send \$6.50 to PCFN.

Keep It Clean

Outdoor work and play pose laundry challenges. Here are tips on fighting summertime stains:

Ice Cream: Pretreat or soak the stain using a product containing enzymes. Soak for about 30 minutes for fresh stains or several hours for older stains, then launder the garment as usual.

Grass: Pretreat or soak in warm water and a product containing enzymes. Soak for about 4 hours, keeping the garment submerged in

the water (place a white towel on top of it if necessary). Launder, using a detergent containing enzymes and a bleach that is safe for the fabric.

Mildew: Launder the garment in chlorine bleach, if it is safe for the fabric. If not, soak in an oxygen bleach and hot water and launder in the hottest water safe for the fabric. Badly mildewed fabrics may be damaged beyond repair.

Mud: Let the mud dry, then

brush it off. Rinse under cold water, then pretreat with a paste of powdered detergent and water or a liquid laundry detergent. Let set for a few minutes, then launder.

A study completed by dermatologists states that one reason for fingernails becoming brittle is letting them constantly get wet and dry. The study found that it's not the soaking in water or the detergent that increases the nail damage.

Poultry Queen

(Continued from Page B14)

the wayward eggs were plastic.

Marlene answered the impromptu question by saying her parents taught her to live her life to her fullest by fulfilling her dreams.

As Alternate, Marlene Enck will receive a \$300 scholarship or \$150 in cash.

Lori Mitchell, the 17-year-old daughter of Edward and Barbara Mitchell, is a senior at Warwick High School. As an employee of R.W. Sauder Company, Lori was eligible to enter the pageant. She portrayed Charlene Chickling in her skit and answered the impromptu question by saying that her parents taught her to treat others as she would like to be treated.

Diane Louise Musser, a 1991 graduate of Elizabethtown Area High School, dressed as Little Red Riding Hood carrying a basket of poultry products to her grandmother. Diane helps her parents Harold and Judy Musser with their 240,000 broiler operation in Elizabethtown.



Diane related that the most valuable lessons she learned from her parents were to have good morals and to think positively of herself and do the best she can.

Jennifer Moyer, the daughter of Grace and J. Roger Moyer Jr., helps with the family's two computerized chicken houses with 174,000 layers.

Jennifer's skit, accompanied by music appropriate to the era, portrayed three different housewives and showed how eggs and poultry have changed from 1945 until the present.

Jennifer attributed her father's leadership and honesty as traits that influence her the most.


Judges for the day-long event were Rick Meck of InterVet, Brad Hicks of WGAL's Farm Report, and Lou Ann Good of Lancaster Farming.

LEBZELTER FIELD & FLEET CENTER

DYNA TORQUE RADIAL

*Revolutionary 3 Lug Per Pitch Design Improves Traction And Ride
*Computer Designed
*Natural Shape Casing Improves Tire Body Life
*Radial Construction Provides Better Traction, Lower Fuel And Overall Costs.



| SIZE | PRICE |
|-------------|----------|
| 18.4R34 1 ★ | \$489.00 |
| 18.4R38 1 ★ | \$475.00 |
| 20.8R38 1 ★ | \$660.00 |

REAR FARM TIRES

GOODYEAR REAR FARM BIAS TIRES

Limited Quantities, First Come, First Serve

| Size | | Ply | Price |
|---------|----------------|-----|-------|
| 11.2-24 | Dyna Torque TT | 4 | \$ 97 |
| 18.4-26 | Dyna Torque TT | 10 | \$389 |
| 11.2-28 | Dyna Torque TT | 4 | \$139 |
| 12.4-28 | Dyna Torque TT | 4 | \$150 |
| 13.6-28 | Dyna Torque TT | 6 | \$192 |
| 14.9-28 | Trac Torque TT | 6 | \$197 |
| 16.9-28 | Dyna Torque TT | 6 | \$235 |
| 16.9-30 | Trac Torque TT | 6 | \$260 |
| 18.4-34 | Trac Torque TT | 6 | \$285 |
| 12.4-38 | Trac Torque TT | 6 | \$180 |
| 15.5-38 | Dyna Torque TT | 6 | \$258 |
| 18.4-38 | Dyna Torque TT | 8 | \$395 |

FRONT TRACTOR



| Size | Ply | Price |
|----------|------|----------|
| 3 Rib | | |
| 6.00-16 | 6 TT | \$ 41.00 |
| 4 Rib | | |
| 7.5L-15 | 6 TT | \$ 54.00 |
| 10.00-16 | 8 TT | \$ 77.00 |
| 11.00-16 | 8 TT | \$ 87.00 |

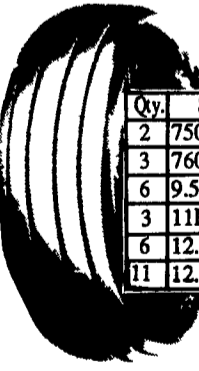
SPECIAL PRICE OPPORTUNITY

| Qty | Size | | Ply | Price |
|-----|----------------|-------------------|-----|-------|
| 2 | 4.00-9 | Rib Imp TT | 4 | \$ 15 |
| 1 | 4.00-12 | Super Rib TT | 4 | \$ 15 |
| 2 | 7.50-16 | Rib Imp TT | 10 | \$ 36 |
| 1 | 7.50-16 | Sure Grip Trac TT | 4 | \$ 36 |
| 1 | 6.5L-16.1 | Farm Service TL | 10 | \$125 |
| 1 | 8.8/20.00-16.1 | Terra Rib TL | 10 | \$139 |
| 1 | 4.00-18 | Rib Implement TT | 4 | \$ 15 |

FIRST COME - FIRST SERVE

| Qty | Size | | Ply | Price |
|-----|---------|-----------------------|-----|-------|
| 1 | 12.4-24 | Traction Torque TT | 4 | \$106 |
| 1 | 13.6-28 | All Weather TT | 4 | \$100 |
| 1 | 14.9-30 | Traction Sure Grip TT | | \$106 |
| 1 | 23.1-30 | Dyna Torque TT | 10 | \$180 |
| 2 | 24.5-32 | Dyna Torque TT | 10 | \$425 |
| 1 | 16.9-38 | Dyna Torque TT | 6 | \$180 |

FARM WAGON




| Qty. | Size | Ply | Price |
|------|----------|-------|---------|
| 2 | 750-14 | 4 TL | \$46.00 |
| 3 | 760-15 | 8 TL | \$41.00 |
| 6 | 9.5L-14 | 8 TL | \$47.00 |
| 3 | 11L-15 | 8 TL | \$48.00 |
| 6 | 12.5L-15 | 8 TL | \$63.00 |
| 11 | 12.5L-15 | 10 TL | \$76.00 |

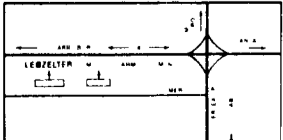
See Us At AG PROGRESS DAYS Located On W. 2nd St.
Be Sure To Check For Our Special Prices.




When You Need On-The-Farm Tire Service In A Hurry, Just Call Us. We Can Cut Your Downtime Down To Size!



FIELD & FLEET CENTER
ROUTE 283 & RHEEMS EXIT
1-800-932-3999 OR 367-6777
(For Pennsylvania & Maryland)
Located Behind Messick Farm Equipment





U.S. FARMERS
Feed the World