



## Ida's Notebook

Ida Risser

As I sit down to write this article, I can hear the hum of traffic on Route 222. I'm amazed at the number of large trucks that use this road. And, if I look out one side of our house, I can see some nearby houses.

But the western and southern exposures show an entirely different scene. Here I see a tiny dell with wooded areas on both sides

and a view of the Conestoga River at the far end of the meadow.

Our house is built against a small hill and early one morning I looked out our bedroom window and saw a red fox laying just a few feet from the house. He jumped up and joined another. We watched them romp and play for five minutes near a wood pile. This summer some workmen said that they saw a deer in the nearby woods.

My husband has hung three birdhouses for wrens near the house and I'm hoping that we can attract some birds. One is a huge house that he made with logs and

it has more than one opening.

We will be doing some entertaining this month as it is our turn to be host for a group from our church. I'm hoping that I can find all of the good china that I want to use. As I have only one corner cupboard instead of two, I had to crowd things on each shelf in spite of the fact that I bought a buffet for more room to display my dishes.

Two black cats from the farm



## Teen Wins Scholarship

COLLEGE PARK, Md.

— Melanie Crowder, 17, recently received a \$1,000 educational scholarship from ZIPLOC Freezer Bags, DowBrands, Inc., for her work in the national 4-H food conservation, preservation, and safety program.

Crowder, a student at Thomas Stone High School, and a resident of Waldorf, MD, was one of four 4-H'ers to be chosen by the Cooperative Extension System to receive the award, which was presented at the 70th National 4-H Congress in Chicago, December 7 to 11. Awards were arranged by the National 4-H Council.

Crowder received the award for progressive personal and skill development in the food conservation, preservation and safety program. After years of helping prepare foods for canning by her mother and grandmother, she was well prepared for her 4-H food preservation project.

She began by canning and freezing fruits and vegetables, which she enjoyed so much, she says, that "I was staying up until 2 a.m. just so I could can the vegetables and fruits the day that I had picked them, because I knew that they were the freshest that they would get."

Crowder also learned some important food safety techniques, including the need for sterilization to prevent bacterial growth.

Crowder's family, friends and community have benefited from her food preservation skills. She has prepared and preserved foods for cook-outs and parties and has taught workshops on making pickles, relish, grape jelly and tomato juice.

She prepared a booklet and talk for community members on how to safely pack lunches for picnicking and camping and she designed and distributed posters on the fundamentals of food storage.

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made the move with us. One is an older cat that showed up on our back porch one winter day a few years ago. The other is her almost grown kitten who has four white feet. They sleep in the garage and often try to sneak into the house. We spoil them by allowing them

in the evening. They expect special treats when they come in the house. We were surprised that they never tried to go the one-half mile back to the dairy farm. We probably feed them too well and they've learned to like it here.

Dairy products usually account for about 10 percent of the typical family's food purchases.

For every dollar a consumer spends purchasing milk, the dairy farmer gets fewer than 40 cents.

## CHELATION THERAPY

THIS MAY BE YOUR ANSWER TO: Heart Problems, High Blood Pressure, Poor Circulation, Arthritis, Diabetes, Leg Cramps, Numbness, Tingling, Cold Hands And Feet & Atherosclerosis.

Dear Golden Pride:

I am 70 years old, I have never felt better. Before taking Golden Pride Bee Pollen, Propolis, Formula #1 and 76 Plus, I had problems with nerves, high blood pressure, diabetes and angina.

I have been on the above mentioned since April, '85. The last visit to my doctor he said; "Jake, you have a clean bill of health. You don't have to come back to see me unless you need to. Right now you are fine."

My weight has come down. I weighed 205 lbs. in March, 1985. I now weigh 184. I cut out all nerve pills, I eat good and sleep good. I love what Golden Pride has done for me.

Sincerely, Jake Tate

Dear Golden Pride:

Before beginning to use Formula #7, Bee III, I conducted tests for my cholesterol level. I tested at 265. After one month's usage of Formula #7, Bee III, I returned to have my cholesterol checked again. It dropped to 195! That's 70 points in 30 days! I made no dietary changes and only added Formula #7, Bee III to my diet. A beneficial side effect was that I lost 10 pounds!

Bob Gilstad

Dear Golden Pride:

For many years I suffered from arthritis, borderline high blood pressure, and leg pain due to poor circulation. After being introduced to Formula #1 by a friend and then attending your meeting in Raleigh, I began on 4 teaspoons/day reducing to 1 teaspoon after that.

After just one week of Formula #1, I no longer had any problems with arthritis. After just 2 weeks, my blood pressure dropped 10 points, both top and bottom readings. My legs don't hurt anymore either. I'M SOLD!

James Ives

Dear Pat:

I have Parkinson Disease that causes me to have tremors and have been unable to hold anything in my hand or use it much. After my first jar of Formula 1, my tremors are 90 percent gone and I now have use of my hand. I am so thankful for Golden Pride products because Bee Pollen gives me energy and Propolis keeps me from suffering from a continuous kidney problem I have had for years.

Mazie Lawson

For information or products call or write

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