

Ida's Notebook

Ida Risser

The Pennsylvania State Farm Show has grown so very large—a 60 acre site. My husband remembers when it was scattered in several buildings in downtown Harrisburg near the Mulberry Street Bridge. He tells me that cattle were led from one place to another to be shown.

When we went to the Farm Show this year, I picked up quite a few pamphlets for our farmer son as he was not able to go. Everything from farmland preservation, milk pricing, poly ceiling panels to a motorcycle manual was stuffed into a carrying bag. Usually I only take home a cookbook and maybe another calendar.

I found a lecture on pruning trees to be quite interesting. The lecturer told the group that often mulch is placed too close to the trunk of a tree and causes it to die due to moisture suffocating the living cells. I'll have to check on

our maple trees.

The cooking demonstrations had long lines of people waiting in line to sample the food that was just cooked.

Many people sat to watch the dairy cattle judging and the junior swine showmanship contest in the afternoon. I suspect that they were also resting their tired feet. Most folks do not walk for four or five hours without sitting down to rest.

The vegetable display is something that I like a lot. This year I was surprised to see a very large watermelon displayed. It was enough to make me hungry and so I got a chocolate milkshake and later a cinnamon bun to take home and have for breakfast the next day. Putting the bun in the microwave for a few seconds made it taste as though it were fresh baked.

The Farm Show certainly has something for everyone!

A Passport To Fantasy At The Philadelphia Flower Show

PHILADELPHIA (Philadelphia Co.) — Fairytale castles and Gallic gardens are shrouded in frothy mist — in Philadelphia. Softly hued perennials tremble in the crisp ocean breeze. Scotland, with its majestic countryside and elegant formal gardens, emerges as the 1993 Philadelphia Flower Show presents "Preserving The Past, Presenting the Future", March 7-14 at the Philadelphia Civic Center.

Enter the show's central display through an intricate tapestried maze of formal beds and sculpted hedges that mirror a parterre of the Great Garden at Pitmedden. Stroll past the ancient walled garden, its floral chintz pattern of espaliered apple trees and rows of vegetables it for a king's table. Behold the treasures of the National Trust for Scotland—a feast of blossoms, history, and lore. When the bagpiper's music fades away, spring's floral concert begins.

The largest and most prestigious indoor flower show in the world beckons you from past to future through six acres of luxuriant rose gardens, leafy green glens, an orchid paradise and more.

From Indonesia to the British Isles, Uruguay to Holland, the flowers of each nation are presented by delegates of the World Association of Flower Arrangers. This unprecedented display provides a debut for spectacular floral creations, enroute to Toronto's international flower competition. A world show-case of blooming talent continues as 54 other major exhibitors conjure up images of

the past and present the cutting-edge technology of the future.

A freeze-dried floral fantasy echos still-life images of a Victorian wedding. Plant species of tomorrow incubate in a rainforest's biotech laboratory. From Legendary to Future Shock there is a gardening style, floral combination or botanical gem to excite one and all.

More than 1,700 entries of window boxes and bonsai, dinner table settings and miniature rooms, mammoth-sized flower arrangements and others the size of a thimble, vie for the Show's coveted major awards in 583 artistic and horticultural categories. Free lectures and demonstrations on gardening, flower arranging and photography, present the talent of floral designers and horti-

cultural experts. In the marketplace, 100 vendors offer potted plants, cut flowers, birdhouses, statuary and handmade baskets.

The Philadelphia Flower Show will be held March 7-14, at the Philadelphia Civic Center, 34th Street and Civic Center Boulevard, Philadelphia, PA 19104. Show hours are Sundays, 10 a.m. to 6 p.m.; Monday through Saturday, 10 a.m. to 9:30 p.m. Tickets are available at the door; \$11.50 for adults; \$5.75 for children under 12. Group tickets are available in advance from the Pennsylvania Horticultural Society for \$10.75 (minimum of 10 if ordered by mail). For additional show, travel or accommodation information, please call (215)625-8253 or write to PHS, 325 Walnut Street, Philadelphia, PA 19106-2777.

Helpful Facts Ease Feet

BETHESDA, Md. — You pay your money and you take your choice, but when it comes to shopping for shoes, one thing that doesn't change is your need to get a shoe with proper support.

Here are some buying tips from podiatrists that can help.

- Have your feet measured while you're standing.

- Always try on both shoes, and walk around the store.

- Buy for the larger foot; feet are seldom precisely the same size.

- Don't buy shoes that need a break-in period — shoes should be comfortable immediately.

- Don't rely on the size of your last pair of shoes. Your feet do get larger, and lasts also vary.

- Shop for shoes late in the day; feet tend to swell during the day, and it's best to be fitted when they're at their largest.

- Be sure that shoes fit well - front, back and sides — to distribute weight. It sounds elementary, but be sure the widest part of your foot corresponds to the widest part of the shoe.

- Select a shoe with a leather upper, stiff heel counter, appropriate cushioning and flexibility at the ball of the foot.

- Buy shoes that don't pinch, your toes at the tips or across the toe box.

Try on shoes while you're wearing the same type of socks or stockings you expect to wear with the shoes.

Finally, if you haven't had a foot examination in over a year, it's time. Doctors of podiatric medicine are health care professionals trained in the care of your foot. Whenever you have questions about selecting the right pair of shoes, or other aspects of foot health — for yourself or for your family — your DPM is there to help.

For a free pamphlet on choosing proper shoes, or if you have other questions on foot health call the American Podiatric Medical Association at 1-800-FOOTCARE (366-8227) or write the Association at: 9312 Old Georgetown Rd., Bethesda, MD 20814.

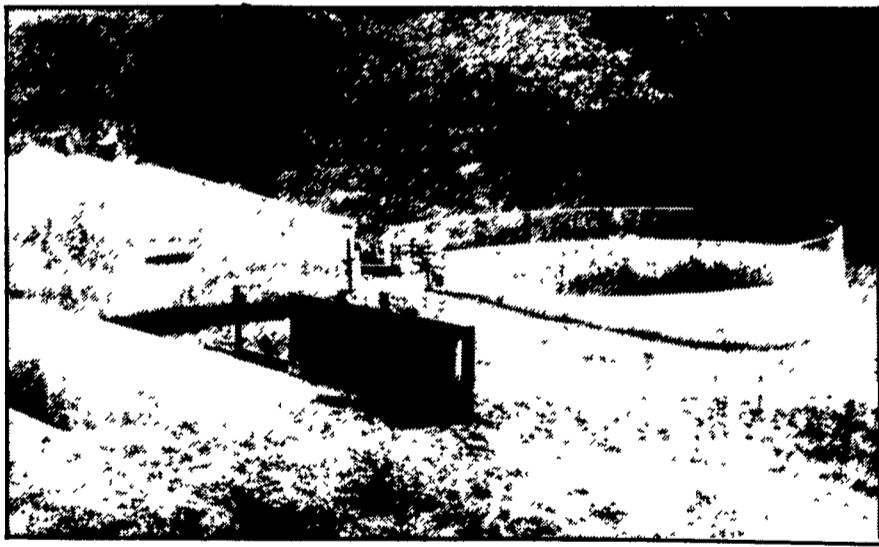
"Let the farmer forevermore be honored in his calling, for they who labor in the earth are the chosen people of God."

Thomas Jefferson

"Agriculture not only gives riches to a nation, but the only riches she can call her own."

Samuel Johnson

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