

Harness Shop

(Continued from Page B18)

peddles — backwards — a punch pierces the leather from above, making a hole for the needle underneath. The punch and needle barely miss each other in the rapid succession of stitches. The needle moves forward taking the leather along with it, positioning it for the next stitch. Needles for this machine are hard to come by, so our friend takes great care. He files down an 8-penny nail for the punch if he needs another one. He sews heavier thicknesses of leather with this machine.

Standing just as tall as the other machine and as the men, the other heavy, iron sewing machine works more like the sewing machines of today, with a webbed plate feeding the leather on to the next stitch, the needle coming down from above. Our friend pushes metal pedals up and down with his feet to work this machine. He uses this Landis machine, from St. Louis, for sewing lighter leather.

Our friend tries to keep bridles

stocked in his shop in matching pairs, for they use two horses to pull heavier wagons and even more to plow the fields. Tracers are straps that connect the horse to the buggy or wagon. The wide, heavy breeching band goes around the horses' buttock to hold the wagon back when going down hill. He also makes belly bands that hang underneath the horse.

Last of all, he shows us a slanted metal tray as wide as a table. At the bottom end is a barrel of oil. He dips his finished bridles and straps into the oil then lets them drain. This keeps the leather soft.

My father and I left that morning with a promise we could come back to learn how the women weave straw from the fields into wide-rimmed hats.

The Amish are often victims of the curious "English." But a measure of trust went both ways that day, for they sometimes make allowances for old childhood friends, willing to take trust a little bit further, the way it used to be. The way it should be.

Self-Protection Program

SCRANTON (Lackawanna Co.) — Penn State Cooperative Extension is sponsoring an educational program on Tuesday, May 24, from 9:45 a.m. - 2 p.m. at Allied Services on the Morgan Highway in Scranton to discuss the issues of self-protection by means of personal assertiveness, self-defense, and a healthy diet.

This year's program, entitled "Juggling Your Defenses," is open to the public.

The program will feature Karen Lazur, the director of education at the Victims Resource in Wilkes Barre. Lazur will present at a two-part program, "Protect Yourself — You're Worth It!" The first half of the workshop, "Personal Assertiveness" will focus on the prevention of victimization through personal awareness and the ability to make informed decisions.

The second portion of the workshop, "The Next Step" is designed

to create an awareness of each participant's ability to defend themselves if confronted with a dangerous situation. Strategies to self-defend through the use of assertive skills and basic self-defense techniques will be addressed.

Mary Keihl, home economist with Penn State Cooperative Extension in Susquehanna County, will discuss how to protect against osteoporosis, a debilitating disease which affects the bones of over 25 million Americans, with a diet rich in calcium. Participants will taste some new, delicious ways to get calcium into their diets.

Reservations are \$9 and must be made in advance by calling the Penn State Extension office at (717) 963-6842. A hot lunch will be served.

For ideas and recipes on creating romance with food, write: Let Your Love Mushroom/M, 55 Union Street, San Francisco, CA 94111.

For a free brochure, "Shopping Guide to Jewelry," write: Hong Kong Tourist Association, 590 Fifth Ave., New York, NY 10036-4706.

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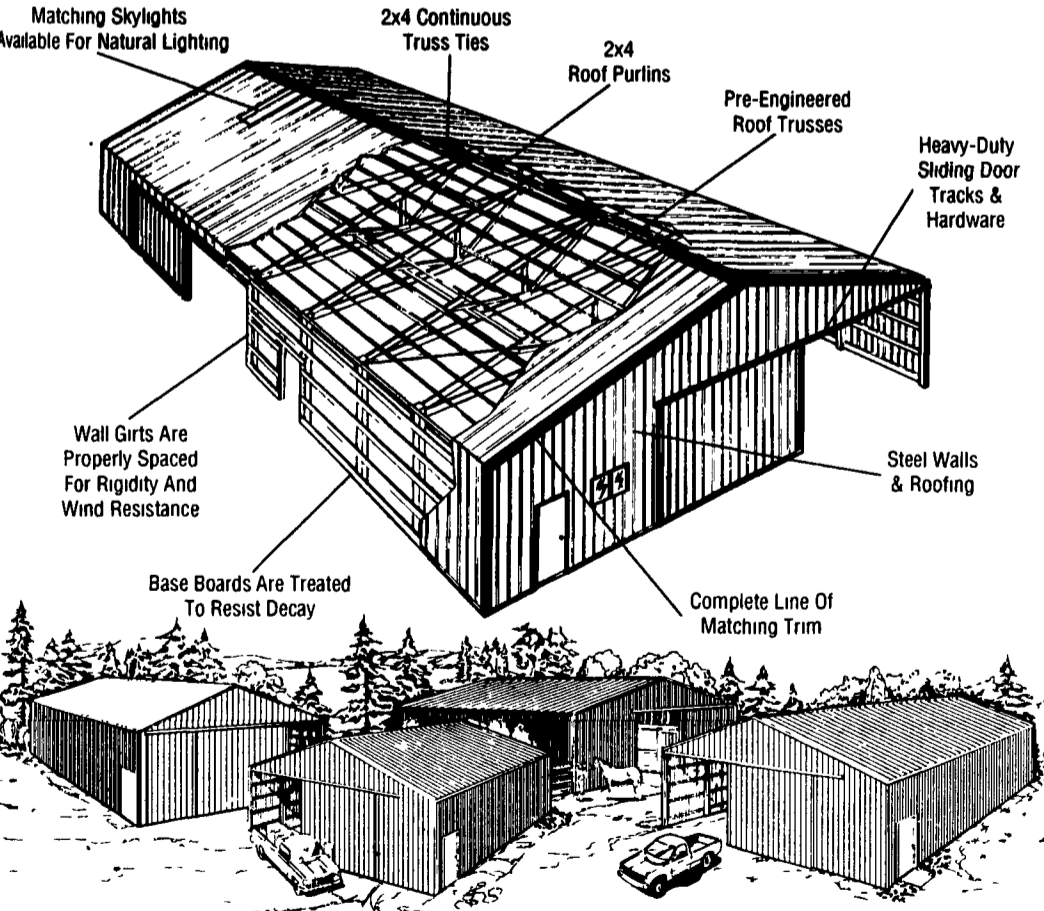
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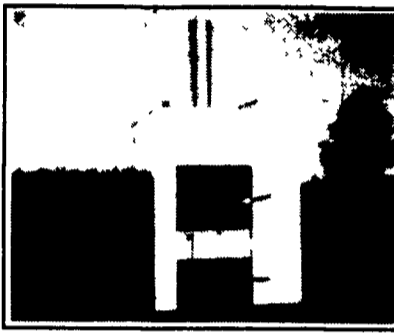


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