

# Quilters Piece

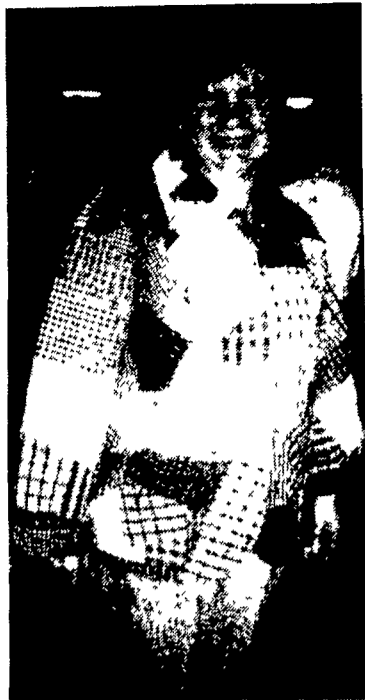
(Continued from Page B2)

ly connected to quilting. These include fiber art, tea-dyed calico wearables, accessories, patterns hand-dyed cottons for suede look water-color and fabric quilt paintings, postcards, quilt pictures.

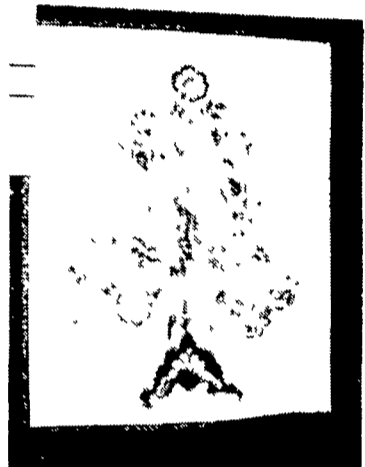
Mark your calendar for next year's Quilt 2000, scheduled April 6-9 at the Lancaster Host Resort and Conference Center. For more information, write to Quilters' Heritage Celebration, P.O. Box 503, Carlinville, IL 62626.



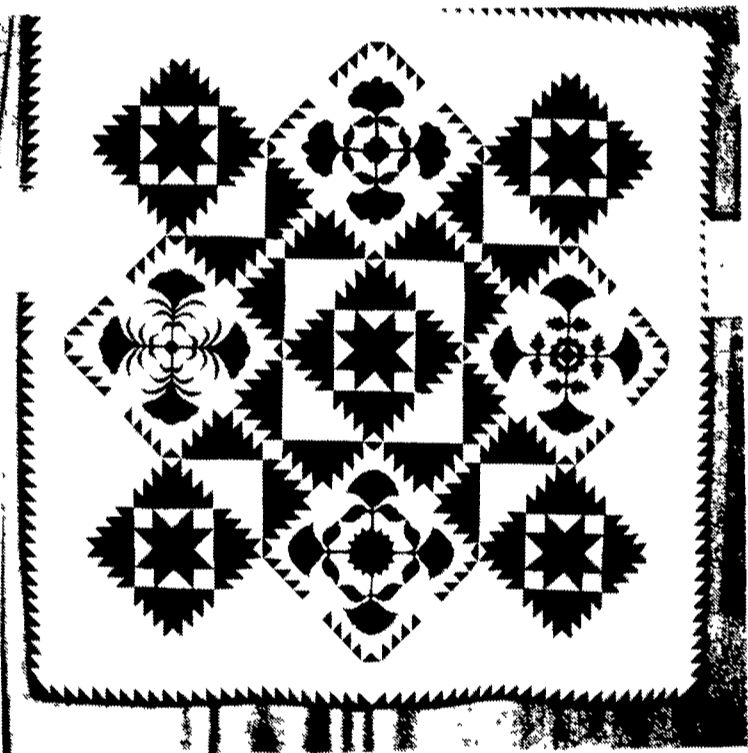
Numerous workshops and demonstrations showed participants the latest techniques and materials available for quilt-related projects.



Joanne Miller, Lititz, models a coat designed by Kaye Moore of Louisville, Ky.




Barbara Barber uses the Broderie Perse technique in chintz applique with stipple quilting and trapunto to resemble the 18th and 19th century "Tree of Life."



"Summer's End" by Lorraine Houseman, Wyomissing, combines blocks for a colorful wall hanging.

*Ida's  
Notebook*

by  
*Ida Risser*



The middle of April and already the flower beds have weeds in them. Our daughter and her family visited here for several days and helped a bit. She was kept busy watching her 4-year-old and 15-month-old sons. You see, I keep too many small things sitting around on tables and they tempt children. Despite moving things, there were a few casualties.

The other week I was surprised when one of my sisters offered to cane a chair seat for me. I told her that I had none; only to find one later in the attic. She has just returned it, and it looks very nice. Maybe we'll refinish it sometime. A number of years ago I refinished a bureau, a highchair, a rocker and a hanging mirror. So, I know how much work it is to do a good job on furniture. I started on a corner cupboard, but one of my sons told me that I was ruin-

ing the antique piece. It had been painted a muddy brown and I was tired of looking at it.

The men have bulldozed a number of trees along a fence row. They tell me that now corn will grow better without shade. Me, I always hate to see them destroy trees even if they're not in a woodlot. Long ago, my father cut down a number of large trees along a road because they were covered with bitter-sweet vines. He was disgusted as people stole the berries, which he could have sold at a Lancaster market. So, no one had any.

Someone must read my notes, as recently someone inquired as to how I grow peanuts while another wanted to know where I get paw paw trees. I have even been asked where to buy a certain book that I mentioned in an article.

## Free Health Screening

QUARRYVILLE (Lancaster Co.)— Free breast exams and Pap tests are available at Birth Care & Family Health Services: A Midwifery Birth and Women's Health Care Center. These cancer screening services are part of HealthyWoman 50+ program. Funding is provided, in part, by the Centers for Disease Control

and Prevention, under a contract administered by the Pennsylvania Department of Health.

Routine clinical breast exams, mammograms and Pap tests can find early signs of breast and cervical cancer. Early detection, in most cases, means more successful treatment.

HealthyWoman 50+ not only provides for breast and cervical cancer screening, but also follow-up care, such as diagnostic mammograms and repeat Pap tests. Income-eligible women age 50 or over who are either uninsured or underinsured are eligible for this free service.

If you would like to schedule an appointment or have further questions about the HealthyWoman 50+ program, contact Birth Care, 1180 Dry Wells Rd, Quarryville, PA or call: (717) 786-4010.

### Lancaster Farming



Check Out Our  
Web site

[www.lancasterfarming.com](http://www.lancasterfarming.com)

## WHY BE SICK & TIRED

Most health problems are due to toxins in the body which hinder the immune system from fighting off diseases. Toxins are a result of food grown, processed and impaired by chemicals, insecticides, weed killers and many other poisons, detrimental to the body and cause diseases. But there is an alternative and safe way to remove toxins.

**Try the SuLin Program. It Really Works!**  
Will Not Interfere With Medication

These ALL NATURAL products cost less to help your body remove toxins and build up your immune systems to fight off diseases and health problems. It reduced cost for food.

Introductory Offer  
A 30 day supply **ONLY \$49** For total program plus \$4.50 shipping  
You can also buy wholesale without monthly requirements

**SATISFACTION GUARANTEED**  
or money back for the whole program

What can you lose but your health problems  
To order special offer send a check for \$53.50

Ivan & Esther Martin

An Independent SuLin distributor

539 Hilltop Rd, Myerstown, PA 17067

Ph. 717-866-4928 or 800-668-7373 for credit card order

More information & testimonials available upon request

**Distributors Needed - Excellent Opportunity**

New for 1999...

The  
**SPORT  
500**

Pressure Washer

This 115 volt,  
15 Amp machine  
provides  
2.0 gallons  
per minute  
**Hot Water**  
at 1000 P.S.I.



**\$1595.00**

+ Freight. Shipped Factory Direct

**Limited Offer!**

**hotsy**

Equipment Co.

**1-800-344-6879**

VISA, MC, & AMEX accepted.

**Ideal for the  
first time  
owner.**

Includes:

- 40' of High Pressure Hose.
- Down Stream Detergent Injection.
- Portability Standard.
- 4 Year Coil Warranty.
- 1 Year Machine Warranty.