



### Berks Society 3

Berks County Farm Women Society 3 met recently to hear a guest speaker talk about women in crisis.

In February, the society held a pound auction. Each member brought something wrapped in red usually weighing a pound. Everyone was happy and the money was

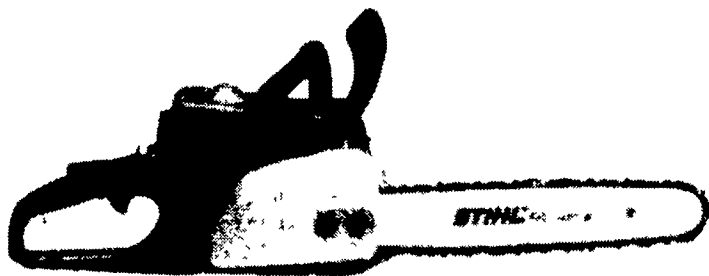
donated to the American Heart Association.

The March meeting was held at the home of Agnes McKenna. Members held a dime pitch for the March of Dimes and enjoyed singing Irish songs with Sonja Moyer, a guest accordion player.



The Expanded Food Nutrition Education Program (EFNEP) recently conducted its annual meeting to recognize people and coordinating agencies that helped the program reach more than 300 families this past year. Staff members who teach food and nutrition to limited income families from left are Michele Thomas; Wendy Bedford; Brenda Stallman, unit coordinator; Susan Fisher, extension home economist; Anita Rhawn; and Chris Valentine.

# Got firewood?



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## Enter Dairy Recipe Contest

June Dairy Month is almost here. That means it is time to enter *Lancaster Farming's* annual Dairy Recipe Drawing.

To enter the drawing, select your favorite recipe, which must include a substantial amount of at least one dairy product. Dairy ingredients include milk, cream, sour cream, whipped cream, butter, yogurt, buttermilk, dry milk, ice cream, and all hard or soft cheeses. The recipe can specify either whole, low-fat or non-fat dairy products.

Please check your recipe ingredients carefully. Margarine and non-dairy substitutes such as whipped topping do not qualify as dairy products.

Dairy recipes are needed for appetizers, soups, breads, entrees, vegetables, desserts, beverages, snacks, and salads.

Clearly print or type your recipe. Be sure to give accurate measurements, temperatures, times, and sizes of baking dishes to use. We reserve the right to disqualify entries if these guidelines are not followed.

The difference between this contest and the weekly recipes is that you are asked to include a few paragraphs about yourself and your family. Although it is not required, a photograph of you or with your family adds a wonderful touch to accompany the printed submission. Photos will be returned if you write your name and address on the back of the photo.

Only one entry per family allowed. This contest is for adults who are 18-years-old or older, not children. Send your recipe, photo, and accompanying information with your complete address. If we do not have your complete address, we cannot mail your prize if you win.

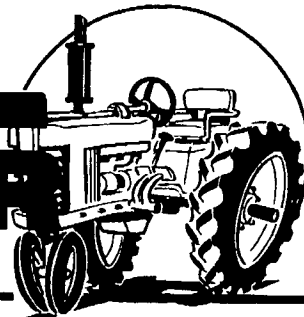
Send entries immediately. Envelopes must be postmarked by June 1 to be eligible for the drawing. Winners will be selected through a drawing and will be sent a prize. Look for a picture of the prizes in upcoming issues of this paper. Winners will be announced in the July 3rd issue of *Lancaster Farming*.

Send entries to Lou Ann Good, Lancaster Farming Dairy Recipe Contest, P.O. Box 609, 1 E. Main St., Ephrata, PA 17522.



# Agri-POWER

## Diesel Fuel Treatment



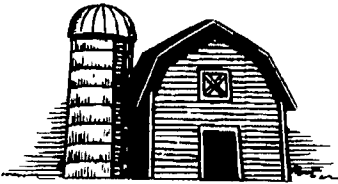
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