

# PHILADELPHIA'S KITCHEN

AT READING TERMINAL MARKET



Firefighters turned chefs celebrate Pennsylvania maple sugar season on Friday, March 22, and Saturday, March 23 at 8 a.m.-noon at Philadelphia's Kitchen. In conjunction with Reading Terminal Market's annual Maple Daze event, honoring the maple sugaring season and the small town tradition of the community celebration, Philadelphia firefighters prepare for a marathon two-day Pancake Breakfast benefit at Philadelphia's Kitchen in Reading Terminal Market. All proceeds support the Hepatitis 'C' Awareness Fund. Homemade pancakes and loads of freshly tapped maple syrup will be served both days from 8 a.m.-noon at Philadelphia's Kitchen in Reading Terminal Market. All are welcome to attend. For more information, call (215) 922-2317.

## Ida's Notebook

by  
Ida Risser

Right now the main thing on my mind is the guests that we had for supper last night. Three families came and ate with us and then visited afterwards.

For some reason, entertaining takes a lot of extra work. So, I can see why many people are reluctant to do it. Of course, you want the house to be clean and so you start a few days earlier to do that job. But I am sure that nobody notices that effort.

Then all of my best dishes are stored in the bottom of the corner cupboard in the dining room. This makes it a difficult job to get them and put them away.

Due to my husband's problems walking, I've put away my braided rugs so he will not stumble on them. I did unroll some of them when our guests were here.

A cook likes to hear a few compliments on her meal. The one thing that they enjoyed was

our lima beans. I know how much trouble it was to plant, weed, put the tendrils on a fence, and then gather and open them. However, I did expect that they might have said something about the apple and black walnut cake. I suppose they were too interested in talking to notice.

One man had just returned from a trip to Antarctica — that was an unusual trip. His wife had just taken a cruise with her sister. One guest had worked on a ranch in Kansas while another traveled a lot as a representative of a large department store.

This group of retired people had a lot in common even if it was only their health problems. With canes and walkers, people due tend to dwell on their aches and pains. At least they are not bedridden and can still crawl in and out of a car to go to see their doctors.

## Fundraising Dinners For Heifer International

NEW HOLLAND (Lancaster Co.) — For more than 50 years, Heifer Project has provided struggling families a way to become self-reliant for food and income. Through the gift of livestock and training, a family can obtain milk, eggs, wool, and income-producing benefits to feed, clothe, and educate children. Each gift multiplies because every family that receives a heifer project animal promises to pass on the gift by giving one or more the animal's offspring to another family in need.

Heifer International supports more than 400 projects in 48 countries, including the U.S. to create sustainable small-scale farm enterprises to improve nutrition and supplement income.

Informational and fundraising dinners are scheduled for south-east Pennsylvania.

• Monday, April 8, 6 p.m., Yoder's Restaurant, 14 S. Tower Rd., New Holland.

• Tuesday, April 9, 6 p.m. East Fairview Church of the Brethren, 1187 Fairview Rd., Manheim.

The featured speaker at both events is Umaru Sule from Cameroon. Umaru's village began working with Heifer International in 1987 after a lake released carbon dioxide gas, killing thousands of people and their cattle. Umaru will speak on the scope and dimensions of the disaster and how Heifer International has gone beyond disaster relief to building sustainable development through capacity building, people to people relationships that changed human behavior.

For more information, call Frank or Ellen Barber, chairpersons, (717) 569-4740 or Mark Nestleroth, volunteer, (717) 665-6220.

## New Study Guide Aims To Help First-Time Investors

ITHACA, N.Y. — Investment portfolios. Tax-deferred retirement plans. Equity investing. Fixed-income investing. Stocks, bonds, and CDs. If these terms make you uneasy because you don't fully understand them but think you should, then you are not alone. Managing finances is intimidating to a lot of people — so many options, so many unfamiliar terms...so little money to invest! Or so you think.

A new 158-page publication, Investing For Your Future: A Cooperative Extension System Basic Investing Home Study Course (\$12 plus S&H/sales tax), teaches readers that investing is accessible to nearly everyone and isn't necessarily expensive.

The 11-unit course was specifically developed for those who have never invested before and who may not have thousands or even hundreds of dollars to start with. Each of the units concludes

with a checklist of "action steps" — specific steps that readers can take to apply the course material to their lives.

Investing For Your Future: A Cooperative Extension System Basic Investing Home Study Course," NRAES-156, is available for \$12 per copy plus shipping and handling from NRAES, Cooperative Extension, 152 Riley-Robb Hall, Ithaca, NY 14853-5701. Shipping and handling for one copy is \$3.75 within the continental U.S. New York residents, add eight percent sales tax (calculated on both the cost of publications and the shipping and handling charges.) All major credit cards are accepted, and checks should be made payable to NRAES. For more information or a free publications catalog, contact NRAES by phone at (607) 255-7654.

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