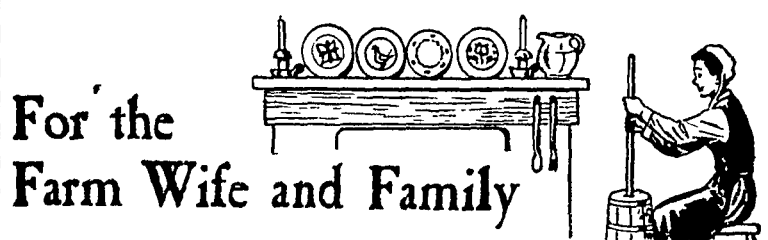


THIS QUILT WHEN FINISHED makes a block more than twelve inches square. The arms of the circle and the center quadrilateral will be made of either plain or print fabric as one desires, just so it contrasts with the background. It develops into a charming all-over pattern if the blocks are joined directly together (Copyright: Weekly Star Farmer)



### For the Farm Wife and Family

and onion in just enough water to cover for 10 minutes, or until partly tender. Add corn and enough water to cook vegetables until tender, draining only if necessary. Add seasonings and butter or bacon fat. Serves six to eight.

With the cider season and Halloween close at hand it is a good thing to have doughnuts on hand. Here is a recipe for

**QUICK DOUGHNUTS**  
 5 cups sifted enriched flour  
 3 tablespoons baking powder  
 2 teaspoons salt  
 1/2 teaspoon nutmeg  
 3 eggs  
 1 cup sugar  
 1 cup milk  
 3 tablespoons melted shortening  
 Fat for deep frying

Sift together flour, baking powder, salt and nutmeg. Beat eggs until thick and lemon colored. Gradually add sugar, beating well. Stir in milk and shortening. Add flour mixture and blend well. Turn out on lightly floured board or pastry cloth and roll to 1/2-inch thickness. Cut with floured doughnut cutter. Fry in deep hot fat (375 degrees) until golden brown, about two minutes on each side. Drain on absorbent paper. When cool, dust with confectioners' sugar or frost with your favorite orange frosting and sprinkle with orange sugar. Makes about three dozen 3-inch doughnuts.

Another recipe using apples —

**APPLE-RAISIN FRITTERS**  
 1 1/2 cups sifted enriched flour  
 2 teaspoons baking powder  
 1/2 teaspoon salt  
 1 tablespoon sugar  
 1/2 teaspoon cinnamon  
 1 egg, beaten  
 1/2 cup milk  
 1 tablespoon melted shortening  
 1 1/2 cups chopped apples  
 1/2 cup seedless raisins  
 Sift together flour, baking powder, salt, sugar and cinnamon. Combine egg, milk and shortening. Add apples and raisins to liquid mixture. Add to flour mixture, stirring until flour is well moistened. Drop by spoonfuls into deep hot fat (375 degrees) and fry until brown, turning frequently. Drain on absorbent paper. Serve with syrup and pork sausage.

Here's everybody's favorite —

**CORN BREAD**  
 1 cup sifted enriched flour  
 4 teaspoons baking powder  
 1 teaspoon salt  
 1/4 cup sugar  
 1 cup yellow corn meal  
 2 eggs, beaten  
 1 cup milk  
 1/4 cup melted shortening  
 Sift together flour, baking powder, salt and sugar. Stir in corn meal. Combine eggs, flour and melted shortening. Add liquid to flour mixture, stirring until batter is just smooth. Pour into greased nine-inch round pan. Bake in hot oven (425 degrees).

(Continued on page 10)

### For Farm Women . . .

(Continued from page 8)

vegetables yourself. Don't hamper your children's health and lifetime eating enjoyment by passing along your food dislikes to them.

High on the popularity list of most children are raw carrots. The bright color is appealing, and crisp raw strips usually are much preferred to cooked carrots. Grated carrots in orange-flavored gelatin are well-liked, too. Many youngsters enjoy them mixed with peanut butter in sandwiches.

Other favorites suggested are raw cauliflower cut into little flowerettes, celery sticks — green celery has most food value — and small wedges of cabbage or lettuce. Green pepper rings are a favorite and highly nutritious; young children prefer vegetables they eat with their fingers, rather than as salad.

Tomato juice tastes good to most children. Some enjoy it combined with chilled cooking liquid from other vegetables.

With the cool weather, soup becomes more popular. Your children may like creamed soups, such as cream of potato. Very young children find soup hard to eat and prefer it served not-too-hot, so they can drink it from a cup or mug.

Children appreciate food that tastes good. Over-cooked, mushy drab vegetables have no more appeal for children than adults.

Combining two or more vegetables is a trick many housewives use for variety in flavor or at the end of the season to extend one or both of the vegetables. Leftovers of canned or frozen vegetables may be used in the same way.

To avoid overcooking with a loss of flavor and food value, it is usually best to cook the vegetables separately.

Combinations that are especially successful are: green beans and corn, celery and peas or tomatoes, lima beans and tomatoes, carrots and onions, or the combination for which the recipe is given:

**SPANISH CORN**  
 2 cups corn  
 1 cup lima or green beans  
 1 teaspoon chopped onion  
 1 tablespoon chopped green pepper  
 2 tablespoons butter or bacon fat  
 1 teaspoon salt  
 Dash of pepper  
 Cook the beans, green pepper

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