have been rinsed in ater; chill until firm. on dark greens and with apple slices, have been dipped in rind nice to prevent dis-

APPLE COFFEE CAKE

ns sifted tiour lespoon granulated

spoons baking powder spoon salt blespoons shortening grated nippy cheese % cup-milk 3 apples p brown sugar aspoon cinhamon Blespoon_butter

four, -- sugar, - baking keep well. and - salt - together. nilk to, make a soft coffee cake

E - RAISIN CHEWS ups cake flour poon-salt ' shortening s brown sugar aspoons 'vanilla-

evaporated milk orange juice.

it sall Bond Services BUHRMAN'S ENIENT PARKING LOTS Brusswick' Hotel e Post Office Western Auto Store

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2 large apples, pared and cored

1 cup seeded raisins

1 tablespoon grated orange

Sift flour with salt and baking powder. Cream shortening with sifted sugar, add vanilla and egg and beat well. Add dry ingredients to the creamed mixture alternately with the combined evaporated milk and orange juice. Mix thoroughly. Put apples and raisins through food chopper, add grated orange rind and fold into mixture. Drop from 1/2 teaspoon onto a well-greased cookie sheet. Bake 12 to 15 minutes in a moderate oven (375 degrees) Makes 10 to 12 dožen small cookies. These

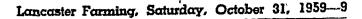
shortening and cheese. PLENTY OF VITAMINS IN SWEET POTATOES

board and knead 1/2 supply this fall, deserve at-Pat out dough in un- tention of family food-shop-9-inch layer cake pan pers not only for the color pples, core and slice and distinctive flavor they range apples in petal contribute to meals but also over top. Sprinkle for vitamin values. Sweet own sugar, and cinua- potatoes of the soft-fleshed, dot with butter prange-yellow varieties have hot even 425 de an exceptionally high vita-5 minutes. Makes one min A value. An average-size (6 ounce) sweet potato supplies more that twice the amount of vitamin A an adult needs daily. The vitamin A value, of most varieties inspoons baking powder creases during the curing process and during the usual storage period. ----Sweet potatoes also are a

good source of vitamin C, particularly when they are freshly harvested or soon af. It is another type of learnter curing.

Soft-fleshed, orange-colored sweet potatoes have come to be called yams to distinguish arly children, to establish the them from the lighter yel- kind of eating habits that low, firmer fleshed varieties. will help them all their lives Botanically, yams and sweet classifications.

Use Classified Ads.





GHOSTS, GOBLINS, WITCHES and other assorted spooks were on hand to vie for GHOSTS, GOBLINS, WITCHES and other assorted spooks were on hand to vie for prizes at the county 4-H Halloween party at the Leola fire hall on October 24. Left to right in the first row are the following winners: Funniest - David Denlinger, son of Mr. and Mrs. Paul L. Dendinger, 2351 Horseshoe Road, Lancaster; Lynn Young, daughter of Mr. and Mrs. Calvin G. Young, Ephrata R2; Most original - Bruce Kulp, son of Mr. and Mrs. Raymond Kulp, Manheim R4; Roger Martin, son of Mr. and Mrs. Clayton Martin, 301 East Main St., New Holland; Ugliest - Doniel Jenkins, son of Mr. and Mrs. Milton Brubaker, Lititz R1. Left to Right, back row are Prettiest - Dorothy High, daughter of Mrs. Barbara High, Ephrata R2; Ugliest - Gerald Kulp, son of Mr. and Mrs. Raymond Kulp, Manheim R4; Prettiest - Sherry Haug, daughter of Mr. and Mrs. Paul Haug, Para-dise R1. Judges for the event were Mrs. Do rothy Frey, Columbia R1, Mr. Milton Bru-baker, Lititz R1, and the Editor of Lancaster Farming. — LF PHOTO

ON LEARNING GOOD

FOOD HABITS

"It is one thing to know the cropping system on the

what to eat for good nutri-

tion-that is basic knowledge

ing, or wisdom, to know how to influence others, particul-

From the 1959 Yearbook of frames, recommends James Agriculture, FOOD, page Dutt, Penn State extension

Wheeltrack

(From page ?)

farm. Of course Henney has not solved all his problems, but

of one thing he is certain Wheel track planting is practical for him and he will continue the practice until some better method comes along

Portable coldframes are Good eating habits begin in more popular for growing potatoes belong to different infancy, for babies come in early plants than are the to the world without estab- permanently located ones. and Keith Overgaard, son of lished patterns of behavior, Growers who do not intend Mr and Mrs. Walter Overand habits formed early de to treat their soil with a velop into lifetime practices, sterilant to control weeds, Start with the child there-insects, or fungus diseases fore-not with the food".-- should plan to use movable

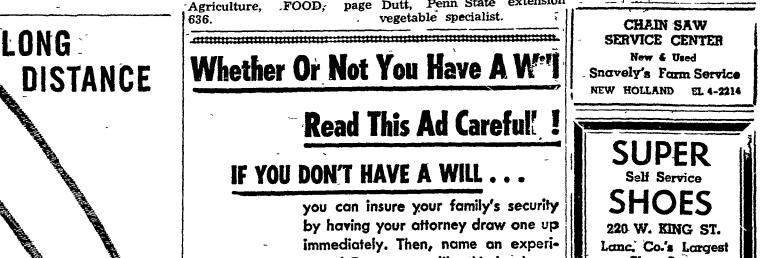
Glenn (From page 1)

points.

birds. Management practices are scored on a basis of 48, weight of birds 20, merit of exhibit 18, and completeness of project record book eight

Evan Ray Rapp, son of Mr and Mrs Elmer Rapp, of Kinzers R1, placed fourth with 96.8 points. Tied for 5th place were Elaine Stoltzfus, daughter of Mr and Mrs. Melvin Stoltzfus, Ronks R1. gard, Lancaster R4, each with a score of 96.5.

Twenty one members completed records in the club.



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