

have been rinsed in water; chill until firm. Cut on dark greens and with apple slices, have been dipped in juice to prevent discoloration.

**APPLE COFFEE CAKE**

1 cup sifted flour  
1/2 cup granulated sugar  
1/2 cup baking powder  
1/2 cup salt  
1/2 cup shortening  
1/2 cup grated cheddar cheese  
1/2 cup milk  
3 apples  
1/2 cup brown sugar  
1/2 cup cinnamon  
1/2 cup butter  
1/2 cup flour, sugar, baking powder and salt together.  
1/2 cup shortening and cheese.  
1/2 cup milk to make a soft dough.  
Turn out on lightly oiled board and knead 1/2 minute.  
Pat out dough in ungreased 9-inch layer-cake pan.  
Slice apples, core and slice in petal shape.  
Sprinkle over top. Sprinkle brown sugar and cinnamon dot with butter.  
Bake in 350 degree oven 425 degrees for 25 minutes. Makes one coffee cake.

**RAISIN CHEWS**

1/2 cup cake flour  
1/2 cup salt  
1/2 cup baking powder  
1/2 cup shortening  
1/2 cup brown sugar  
1/2 cup vanilla  
1/2 cup evaporated milk  
1/2 cup orange juice

2 large apples, pared and cored  
1 cup seeded raisins  
1 tablespoon grated orange rind  
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 dozen small cookies. These keep well.

**PLENTY OF VITAMINS IN SWEET POTATOES**

Sweet potatoes in plentiful supply this fall, deserve attention of family food-shoppers not only for the color and distinctive flavor they contribute to meals but also for vitamin values. Sweet potatoes of the soft-fleshed, orange-yellow varieties have an exceptionally high vitamin A value. An average-size (6 ounce) sweet potato supplies more than twice the amount of vitamin A an adult needs daily. The vitamin A value of most varieties increases 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 after curing. Soft-fleshed, orange-colored sweet potatoes have come to be called yams to distinguish them from the lighter yellow, firmer fleshed varieties. Botanically, yams and sweet potatoes belong to different classifications.

Use Classified Ads.



**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 - Daniel 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, Paradise R1. Judges for the event were Mrs. Dorothy Frey, Columbia R1, Mr. Milton Brubaker, Lititz R1, and the Editor of Lancaster Farming. —LF PHOTO

**ON LEARNING GOOD**

**FOOD HABITS**

"It is one thing to know what to eat for good nutrition—that is basic knowledge. It is another type of learning, or wisdom, to know how to influence others, particularly children, to establish the kind of eating habits that will help them all their lives. Good eating habits begin in infancy, for babies come into the world without established patterns of behavior, and habits formed early develop into lifetime practices. Start with the child there—fore—not with the food."—From the 1959 Yearbook of Agriculture, FOOD, page 636.

**Wheeltrack**

(From page 7)

the cropping system on the 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 more popular for growing early plants than are the permanently located ones. Growers who do not intend to treat their soil with a sterilant to control weeds, insects, or fungus diseases should plan to use movable frames, recommends James Dutt, Penn State extension vegetable specialist.

**Glenn**

(From page 1)

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 points.

Even 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, and Keith Overgaard, son of Mr. and Mrs. Walter Overgaard, Lancaster R4, each with a score of 96.5.

Twenty one members completed records in the club.

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