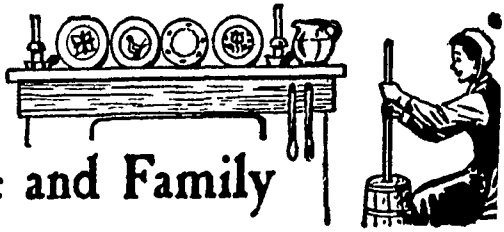


For the Farm Wife and Family



Summer Vegetables

by Mrs. Richard C. Spence

SQUASH — All during the summer food markets and gardens abound with many varieties of squash — the flat, white, disk-shaped type known as pattypan or cymling, the yellow crooked or straight necked type, the green or green striped varieties known as Italian or Zucchini and smooth-skinned dull yellow, orange-fleshed type known as butternut.

Summer squash are usually picked before fully mature, when seeds and skin are tender. The whole squash can be cooked without peeling or other waste. So the skin should be clean and free from blemish, easily pierced with the nail. Over-ripe squash have a hard rind, hard seeds and fibrous flesh. Squash should be steamed,

never boiled. First wash the squash well, cut in slices or cubes and place in saucepan with just enough water to cover the bottom of the pan. Cover tightly and steam for 5-10 minutes.

Cooking squash in a pressure saucepan is ideal. Use a half cup water, and cook squash, sliced or diced, at 15 pounds pressure for two and a half minutes. Squash can be served as is with salt, pepper and butter or mashed with hot milk or cream and seasonings added.

There are many other ways to cook and serve squash — dipped in egg and crumbs and fried, stuffed and baked,

brushed with butter and broiled indoors or on the outdoor grill. For added flavor squash can be combined with cheese, onion, onion with sour cream, tomatoes, or other vegetables such as lima beans or green beans.

Whole baby pattypan squash are delicious when lined up on a long metal skewer and cooked over hot coals on an outdoor grill. Brush with butter or barbecue sauce and keep turning until golden brown on the outside and tender inside. Slices of any summer squash team up nicely with meat-cubes and other vegetables when cooking kabobs on your grill.

You can use any kind of summer squash in these recipes:

BAKED ZUCCHINI AND TOMATOES

- 2 medium-sized zucchini
- 2 medium-sized tomatoes
- 2 medium-sized mild onions

Salt and pepper
Butter or margarine
1 cup buttered crumbs
Wash the zucchini; do not peel it unless the skin is hard. Peel the tomatoes and the onions. Slice the vegetables into very thin crosswise slices. In a greased baking dish make alternate layers of zucchini, tomatoes, and onions, sprinkling each layer with a little salt and pepper and dotting with butter or

margarine. Spread the top with buttered crumbs. Bake in a moderate oven (350 degrees) until the vegetables are tender. Serves 4.

SQUASH MEDLEY

Eight squash (use little yellow, white and green squash and you'll have a charmer.)

- Filling:
- 1 large red or green pepper, chopped
 - 3 medium to large ripe tomatoes, chopped
 - 2 medium onions, chopped
 - 3 slices bacon, chopped
 - 1 (8 ounce) package process cheese, shredded
 - 1 teaspoon salt
 - ¼ teaspoon pepper
 - Fine dry bread crumbs
 - Butter or margarine
- Parboil squash (zucchini take about 3 minutes; yellow crooknecks or small white pattypan, 5 minutes; and white scallops, 15 to 20, depending on size) Cut zucchini, crooknecks and pattypan in half; cut top out of scallops. Scoop out seeds.

To make filling, combine remaining ingredients except crumbs and butter. Mix well. Spoon into each squash. Top each with bread crumbs and dab of butter. Bake in hot oven (400 degrees) 20 minutes. Makes 6 to 8 servings.

We like sharing our peak of the summer's pick with neighbors and friends. And

this year when we give our seasonal gift, we are going to include this recipe for Summer-Garden Medley with a little note that says "For your eating pleasure" Your friends are sure to be delighted, too. Why not try it and see.

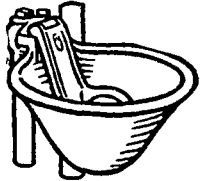
SUMMER - GARDEN MEDLEY

- 1 9-oz. package frozen green beans or
 - 1½ cups fresh green beans
 - 1 large tomato; cut in wedges
 - ¼ cup chopped green onion
 - ¼ cup chopped green pepper
 - 2 teaspoons sugar
 - ¼ teaspoon ground cloves
 - 1 bay leaf, crumbled
 - ½ teaspoon salt
 - Dash of pepper
 - ¼ cup (½ stick) butter
- Cook green beans til slightly tender; drain. Add tomato, green onion, green pepper, sugar and seasonings, dot with butter. Stir lightly with a fork and cook over medium heat 10-15 minutes, until tomato is tender. Serve immediately.

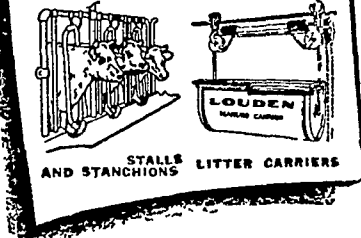
NOTE: To prepare as an

WHEELHORSE and SIMPLICITY Garden Tractors
Snavely's Farm Service
NEW HOLLAND EL 4-2214

LOUDEN WATER BOWLS Turn Water Into DOLLARS



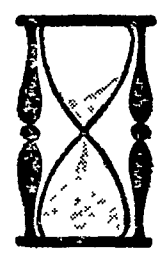
At schools and leading dairymen say water bowls pay for themselves the first year or two in increased production and butterfat. So install Louden bowls for more profit — less labor — less disease. Two styles — the famous Louden Master Made... best for dependability and long life. And the Louden Econ... it's got a honey of a price tag! See us for your barn equipment needs.



L. H. BRUBAKER
350 Strasburg Pike - Lanc. R. D. 3, Lititz, Pa.
Ph. Lanc. EX 7-5179
Strasburg OV 7-6002
Lititz MA 6-7766

LOUDEN Everything for FARM BUILDINGS

NOW IS THE TIME TO KILL CRABGRASS



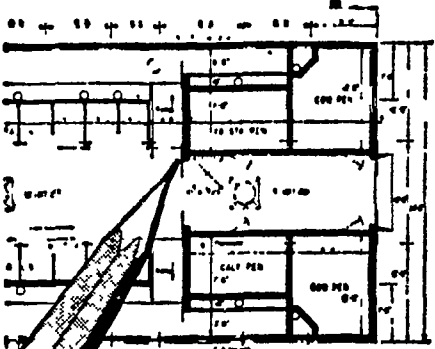
AND BROADLEAF WEEDS ALL IN ONE OPERATION

with **Seaboard's CRABGRASS AND BROADLEAF WEED KILLER**

Attacks, destroys Crabgrass and broadleaved weeds at all stages of growth. Non-burning, clean, odorless, light-weight. Easy-carry 2500 and 5000 sq. ft. coverage bags. Apply it to your lawn now!

GROFF'S HARDWARE
NEW HOLLAND
Phone EL 4-0851

SAVE LABOR—SAVE MONEY build your barn with a pencil first



USE SINCE 1883 **STARLINE** HARVARD ILLINOIS **FREE BARN PLANNING SERVICE**

Call us if you'd like your barn planned by an expert. This Starline Planning Service for new or remodeled barns is yours FREE!

Dimensional drawings will be made by Starline's Barn Engineer right on your farm and it won't cost you a red cent.

We sell and service Starline Barn Equipment, Barn Cleaners and Silo Unloaders.

S. H. HIESTAND & CO.
SALUNGA, PA. Phone TW 8-3221

STARLINE PLANNING SERVICE—A SERVICE TO FARMERS SINCE 1883

KAUFFMAN'S PEACHES



A Very Beautiful Crop of Large Luscious White and Yellow Freestone For Canning or Eating.

POPULAR VARIETIES

OPEN EVENINGS

A. L. Kauffman & Sons
BIRD-IN-HAND, PA. Ph. Intercourse SO 8-3631
Midway between Bird-in-Hand & Intercourse, Rt. 340

SAVING-BY-MAIL

Gives seven league boots to busy men and women

SAFE CONVENIENT

CURRENT DIVIDEND

3 1/2%

PER ANNUM

Paid On Savings

ACCOUNTS FEDERALLY INSURED TO \$10,000

FIRST FEDERAL Savings and Loan

ASSOCIATION OF LANCASTER

25 North Duke St.
Phone EX 7-2818

Gilbert H. Hartley
Executive Vice President

Geo. L. Diehl Treasurer
Emlen H. Zellers Secretary
William E. Glasmire, Jr. Asst. Treasurer
James N. Esbenschade Asst. Secretary