

(Continued from Page 10)

combine well, and add eggs. Beat, stirring constantly until thickened. In a hot casserole layer lima beans, tomato mixture and a Rep-it layer. Top with potato chips. Decorate top of casserole with remaining portion of Prom Bake in a water oven (375 degrees) 25 minutes. 6 to 8 servings.

SUNNY BAKED ONIONS

medium onions
teaspoons grated orange peel
tablespoons brown sugar
oranges peeled, sliced into 1/2-inch cartwheels
tablespoons butter or margarine
Nutmeg
cup orange juice
teaspoon salt
cup sliced toasted almonds

(Continued from Page 5)
carpets of grass combine with the deep green of the yews, junipers and arbovitae to frame the abundant beauty of the mums, annuals and roses.
Slide trees have started putting on their fall ensembles. Sugar maples and sweet gum with their multicolored leaves harmonize with the yellows of the ash maple and locust. Bronzed beech, dogwood and purple leaf plum make sharp contrasts and seem to cause more vividness to the yellow of ginkgo and birch.

Carefully peel onions and cut thin slice off top and bottom of each. Place in covered casserole one cut side up. Sprinkle cut tops with grated orange peel and brown sugar. Top each onion with orange cartwheel dot with butter and lightly sprinkle with nutmeg. Add orange juice and salt to casserole. Cover, bake at 400 degrees, 1 to 1 1/4 hours until just tender but not mushy. Garnish with toasted almonds and serve with orange sauce from casserole. 8 servings.

When Family Health Problems Arise — Consult your Doctor of Chiropractic
LANCASTER COUNTY CHIROPRACTIC SOCIETY

Stalwart evergreen of hemlock, spruce, pine and fir appear unperturbed by the approach of fall and their somber greens seem brightened by the colorful flowers and foliage about them.

● Chicago

(Continued from Page 2)

Standard steer beef steady to 50 higher. Cow beef steady.
SLAUGHTER STEERS — Twenty five load mostly Prime 1190 1375 lbs 28 25 28 35 closing 28 50 down numerous loads. High Choice and Prime 1150 1425 lbs 27 50 28 50 closing 28 25 down. Choice 1100 1375 lbs 26 00 27 75. Choice 1900 1100 lbs 25 50 27 25, closing 25 50 26 50, several loads. High Choice and Prime 1050 1150 lbs 26 50 28 00, latter price on Monday. Choice 900 1000 lbs 25 25-26 50. Mixed Good and Choice 900-1300 lbs 25 00 26 25, Good 23 50 25 50, Standard and Low Good 22 00-24 00, Utility and Standard 20 00 22 00.

SLAUGHTER HEIFERS — Fourteen loads. High Choice and Prime 900 1050 lbs 25 25-25 75, latter price on Monday, Choice 750 1000 lbs 23 50-25 50. Closing 25 00 down, Mixed Good and Choice 22 75-24 00, Good 21 00 23 50, Standard and Low Good 19 50-21 00.

COWS — Utility and Commercial 14 00-15 50, High Yielding Commercial and Standard 15 25-16 00. Canner and Cutter 10 75 14 50, Mostly 11 50-14 25.

BULLS — Utility and Commercial 15 50-18 50.

For the Farm Wife and Family



By Doris Thomas, Extension Home Economist
Ladies, Have You Heard? . . .

Some Facts Worth Knowing About Apples.

The apple crop this year is more than 133 and two tenths million bushels, according to the U. S. Department of Agriculture.

Apples figure as the best known temperate climate fruit in the world. Except for tropical regions, apples are grown almost everywhere.

Through the years, some 7,000 different species of apples have been grown in America. But today, only a few remain commercially important. They include Delicious, McIntosh, Winesap, Jonathan, Rome Beauty, Stayman, Cortland, and Greenings.

The apple is a versatile fruit. You can adapt apples to any meal of the day and you can use them for the fruit bowl and the lunchbox. They are an excellent addition to salads and they are favorites for pie and other pastries, and for hot breads and fritters.

When buying apples, choose the variety suited for the way you intend to use them — cooking, baking, eating, raw out-of-hand for pies and salads.

Onions, the Old Standby

Onions are a must in stews, many foreign dishes, and in many soups, sauces, stuffings, salad and sandwich mixtures. They combine well with meat



THOMAS

poultry, fish, eggs and cheese.

Ways to prepare onions are many, including fried onion rings to garnish beef, poultry or pork main dishes. A hot onion pie may be a main dish vegetable. And creamed onions can be the vegetable or topping for a casserole. Many folks won't eat a hamburger without a slice of raw onion.

When you shop for onions, look for bright, clean, hard, well-shaped bulbs with dry skins and necks. Onions

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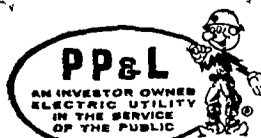
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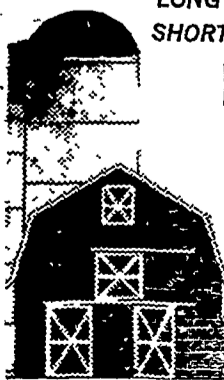
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