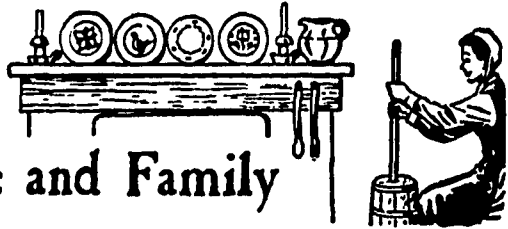


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor



Suppers For A Busy Day

It seems to be 'rule of the thumb' these days to rush home from an afternoon meeting just in time to make supper. Which means that it ought to be something quick. How lucky we feel if we've had time to prepare something ahead of time, all ready to pop in the oven or heat on top of the stove.

This Frankfurter-Apple Bean Bake is a dish to fit this category. It's easy to prepare, easy to bake and easy to eat.

FRANKFURTER-APPLE BEAN BAKE

- 1/4 cup molasses
 - 3 tablespoons prepared mustard
 - 2 tablespoons vinegar or lemon juice
 - 2 teaspoons Worcestershire sauce
 - 2 cans (1-lb. each) baked beans in tomato sauce
 - 1 can (1-lb. 4-oz.) apple slices
 - 1 pound frankfurters
- Mix together molasses and mustard; stir in vinegar and

Worcestershire sauce. Add to baked beans and apple slices; mix well. Spoon into 1 large casserole or 8 individual casseroles. Cut each frankfurter into thirds and arrange on top of casseroles. Bake in 425 degree oven 30 minutes. Makes 8 servings.

SAUSAGE SPOON BREAD

- 1 cup corn meal
- 1 teaspoon salt
- 1 cup cold milk
- 1 1/2 cups milk, scalded

- 2 tablespoons butter or margarine
 - 1/2 pound pork sausage, cooked, crumbled and drained
 - 4 egg yolks
 - 4 egg whites, stiffly beaten
- Combine corn meal, salt and cold milk. Add to scalded milk, stirring constantly. Cook until thickened, about 5 minutes, stirring frequently. Remove from heat. Stir in butter and sausage. Beat egg yolks until thick and lemon colored. Stir a small amount of corn meal mixture into egg yolks; add egg mixture to corn meal, mixing well. Fold in beaten egg whites. Pour into greased 1 1/2 quart souffle dish or casserole. Bake uncovered in preheated moderate oven (350 degrees) about 50 minutes without opening oven door. Serve immediately. Makes 6 servings.

SAUCY SAUSAGE

- 1/2 teaspoon ground sage
- 1/2 teaspoon grated lemon rind
- 1/2 teaspoon ground black pepper
- 1 (8-oz.) pkg. corn muffin mix
- 1 egg
- 1/2 cup milk
- 1 pound sausage meat, formed into 1-inch balls
- 1/4 pound mushrooms, thinly

- sliced or 1 (4-oz.) can sliced mushrooms, drained
 - 1/4 cup sliced celery
 - 1/4 cup chopped onion
 - 2 (1-oz.) packages brown gravy mix
 - Water
 - 1 (10-oz.) package frozen asparagus, cooked, drained
 - Parsley for garnish
 - Pimiento strips
- Blend first three ingredients into corn muffin mix. Prepare according to package directions using 1 egg and 1/2 cup milk; pour into a well-greased 8-inch square baking dish and bake in a preheated moderate oven (375 degrees) 25 to 30 minutes or until golden brown. Meanwhile saute sausage until light brown. Drain off all except 3 tablespoons fat. Add mushrooms celery and onion; saute until golden. Combine gravy mix and water according to package directions, stir into meat mixture. Cook 1 minute. Remove corn bread from pan. Cut into 4 squares. To serve, top with meat and gravy and accompany with asparagus spears garnished with pimiento strips. Makes 4 servings.

SPARERIB DINNER

- 5 to 6 pounds (2 racks) spareribs; cut into serving pieces
- Salt

- 1/2 cup catsup
 - 1/4 cup molasses
 - 1/4 cup prepared mustard
 - 2 tablespoons vinegar
 - 2 tablespoons Worcestershire sauce
 - 2 cans (1-lb., 11-oz. each) sauerkraut
 - 1 can (1-lb., 4-oz.) apple slices
 - 1 teaspoon caraway seed
 - 1 garlic clove
- Spiced crab apples for garnish, optional

Place spareribs, meat side up, in shallow baking pan. Sprinkle with salt. Bake in 350 degree oven 30 minutes. Blend catsup, molasses and mustard; stir in vinegar and Worcestershire sauce. Brush spareribs with this sauce; turn and continue baking for 1 hour longer, basting frequently. Meanwhile, heat sauerkraut, apple slices, caraway seed, and garlic clove stuck on small wooden pick in saucepan. Let simmer during last half-hour of sparerib cooking time; remove garlic clove. Serve ribs on sauerkraut mixture. If desired, garnish with spiced crab apples. 4 to 6 servings.

And just think — our country was partly founded to avoid taxation.

if your heat goes **UP**
**YOUR FUEL
BILLS GO UP!**



**SIEGLER
OIL HOME HEATERS**
force the heat **down**
and fuel bills go **down**

Ordinary heaters pile the heat up on the ceiling until some of it finally steps down to the living level. If you own an ordinary heater, you know how costly and uncomfortable that system is! Sieglar does just the opposite... your floor gets heated first. Heat is not wasted on the ceiling and out the chimney. Don't close off rooms this winter and pay high fuel bills to boot... order your new Sieglar now.

IT PAYS FOR ITSELF WITH THE FUEL IT SAVES

L. H. BRUBAKER

R. D. 3, Lititz, Pa.

350 Strasburg Pike, Lancaster

Phone: Lanc. 397-5179 — Strasburg 687-6002 — Lititz 626-7766

**SUPER
Self Service
SHOES**
2750 Columbia Ave.
Lancaster
Lanc. Co.'s Largest
Shoe Store
All 1st Quality
Super Low Prices

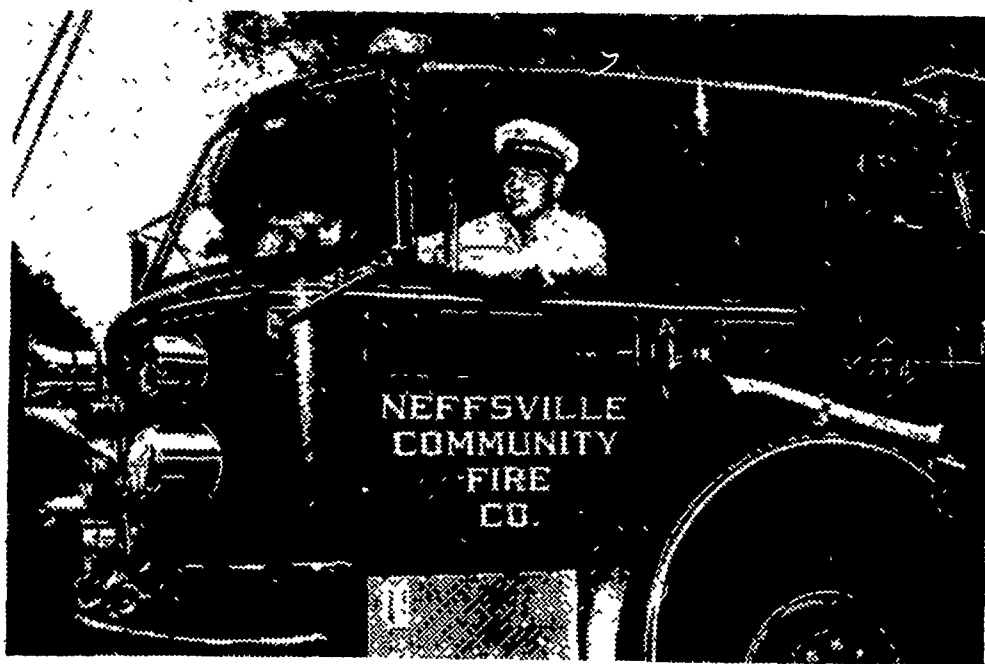
**WATER - FOOD - SOIL
FEED - FERTILIZER**

Our Specialties!

LANCASTER LABORATORIES, INC.
2425 New Holland Pike
Lanc., Pa.

PHONE 656-9043

E. H. Hess, Ph.D. — Director



**IF MONEY BURNS A HOLE IN YOUR POCKET,
WE'LL ANSWER THE ALARM**

Ronald L. Buch, Head Teller at our Lititz Springs Office, is the 2nd assistant fire chief of the Neffsville Community Fire Company. Any way you look at it, Ron's in the business of putting out fires. He's responsible for controlling the blazes that destroy property. And, like all of us at The Conestoga, he's interested in extinguishing those flames that may destroy your financial security... the ones created by money burning a hole in your pocket.

Cash that is too readily available is often spent carelessly. Such spur-of-the-moment buying may be fun, but it's also expensive. So protect your funds from the flames of indiscriminate spending with a personal savings account at your Headquarters for Money Matters. Unless, of course, you have money to burn.



HEADQUARTERS FOR MONEY MATTERS

LANCASTER/CENTERVILLE/LANDISVILLE/LITITZ
MANHEIM TOWNSHIP/MILLERSVILLE/ROHRERSTOWN

MEMBER FEDERAL DEPOSIT INSURANCE CORPORATION
A Trustee for The Lancaster County Foundation