

Junior Cooking Edition

Home on the Range

October is coming fast and we'd like to invite our Junior Cooks to be sending in their favorite fall recipes. If you have a special recipe pertaining to Halloween we'd like to share it with our readers for a special edition of Junior Edition.

Remember to give all cooking instructions! — Including baking time and cooking utensils needed. Send recipes to Junior Edition, Lancaster Farming, Box 266, Lititz, PA

Apple Goodie
 1½ cups sugar
 2 tablespoons flour
 Pinch of salt
 1 teaspoon cinnamon
 1½ quart apples, sliced
Topping:
 1 cup oatmeal
 1 cup brown sugar
 1 cup flour
 ¼ teaspoon soda
 one-third teaspoon baking powder
 two-thirds cups butter
 Mix sugar, flour, salt and cinnamon. Add to apples and mix. Put on the bottom of a greased pan. Mix the ingredients of top part until crumbly then put on apples and pat firmly. Bake at 350 degrees until brown and crust is formed. Serve with

milk or cream.
Anna Mary Fox
 Denver, PA

Pizza Sauce
 1 peck tomatoes
 3 onions
 3 red peppers and some celery leaves
 Cook together and put through press. Add 2 tablespoons salt, ½ teaspoon red or black pepper, 2 teaspoons oregano and ½ cup vinegar. Boil 30 minutes.
Lavina Esch
 New Providence, PA

Fried Chicken
 1 frying chicken
 2 cups bread crumbs
 ¾ cups grated parmesan or romano cheese
 garlic to taste
 2 teaspoons salt
 ⅛ teaspoon pepper
 1 cup melted butter
 Mix crumbs, with cheese, parsley, garlic, salt and pepper. Dip each piece of chicken into melted butter, then into crumb mixture. Be sure each piece is well coated. Arrange in an open shallow roasting pan and pour remaining butter over all and bake 1 hour until done. Baste frequently with drippings.
Naomi Stoltzfus

Chocolate Milk Shake
 1 pint vanilla ice cream, softened
 6 tablespoons chocolate syrup
 3 cups milk
 1 pint vanilla ice cream
 In a mixing bowl, blend 1 pint softened ice cream and chocolate syrup. Gradually add milk. Pour into glasses and top with scoops of ice cream.
Rachel Ebersol
 Bird-in-Hand, PA

Spiced Peaches
 1 can (1 lb - 1 ounce) sliced cling peaches
 ¼ cup vinegar
 ½ cup sugar
 12 whole cloves
 ⅛ teaspoon cinnamon
 1 package orange gelatine
 ¾ cup cold water
 Drain peaches measuring ¾ cup syrup, save the can to use as a mold. Chop peaches coarsely. Bring syrup, vinegar, sugar and spices to a boil. Add peaches and simmer 10 minutes. Strain syrup and discard cloves. Add boiling water to make one cup, if necessary. Dissolve gelatine in hot syrup. Add cold water and peaches. Chill until slightly thickened. Pour into can or molds. Chill until firm.
Elsie Zimmerman
 Martinsburg, PA

Nut Cake
 4 eggs
 2 cups sugar
 1 cup shortening
 1 cup cold water
 3 cups flour
 3 teaspoons baking powder
 2 cups nuts
 Combine ingredients and bake in a moderate oven.
Verna Mae Stoltzfus
 Bird-in-Hand, PA

Sewing Course Scheduled

Have you been noticing that the growth of your child and the cost of clothing him keep increasing? Put your sewing skills to work and learn some useful techniques that will help you make easy, attractive, and practical clothes for him to wear. The Chester County Extension Service is offering a course, "Sewing for Your Child" on Wednesdays, October 8, 15, 22 and 29 from 1:00 - 3:00 p.m. at the Extension office, 235 W Market St., West Chester. The series of four classes will focus on sewing a wardrobe for your child at a fraction of the cost of ready-to-wear. Pattern and fabric selection, use of cording, appliqueing, ruffling, smocking, specialized trims and finishes are some of the topics that will be demonstrated in the course. A small fee is charged for this course. Registration is limited on a first come, first serve basis. Deadline for registration due Wednesday, October 1, 1975. For further information call 696-3500.

Read
 Lancaster Farming
 For Full
 Market Reports

LADIES, HAVE YOU HEARD?

By Doris Thomas, Extension Home Economist

Preparing Sunflower Seeds At Home
 Raw mature seeds may easily be prepared at home by covering unshelled seeds with salted water (2 qts. of water to ¼ to ½ cups salt). Bring to a boil and simmer 2 hours. Drain and dry on absorbent paper. (Or you may want to soak in salt solution overnight.)

Put sunflower seeds in a shallow pan in a 300 degree oven for 30 to 40 minutes or until golden brown... stir occasionally... take out of oven and add 1 teaspoon of melted butter or margarine to one cup of seeds. Stir to coat. Put on an absorbent towel. Salt to taste. Deep fat fry hulled seeds at 360 degrees. For every cup of seeds allow ¼ cup cooking oil. Cook until golden brown. Skim off and drain seeds on absorbent paper. After salting, store tightly covered.

Actually, sunflower seeds may be used in any recipe that calls for nuts including toppings for cake, frostings or ice cream topping or even fondue dips.

The ounce (about 150

calories) of hulled sunflower seeds, often used as a nutrition snack food is packed with vitamins — even vitamin K, in trace amounts. The sunflower seeds are high in calcium, contains 11 other minerals — 50 percent fat, mostly polyunsaturated fatty acid, linoleic.

Outside of the popular "eating out of hand" style — you may also use sunflower kernels in your batter for coating oven-fried chicken (for a crunchy, nutty taste). Other ways include adding them to hamburger recipes or casserole dishes.

Tops On Antiquing Furniture

Antiquing is a popular furniture finish, probably because so many different effects can be achieved with the antiquing process.

For a creative touch, you can try your hand at sponging, flecking, or distressing. It's helpful to study some professional antiquing to see results you should be striving for in quality end results.

The sponging technique is what the name implies — a

sponge pattern of color over the base coat. To do this, simply tear off a piece of natural sponge to get a rough surface. Then apply the glaze of your choice by constant turning of the sponge. The sponging method adds depth of color interest to the furniture surface.

Flecking allows you to add flecks of color to the finish. Older pieces, as well as new furniture, are flecked with color, usually black, to provide an aged effect and depth of color. To do the flecking process, first antique the furniture the desired color and allow to dry. Color is literally flecked onto the surface in a fly-speck treatment with a semi-dry brush from which excess paint has been removed. The secret is not to apply the flecks uniformly. Always test against dry board to be sure flecks are minute and not large drops of paint.

These special designs will demand practice. But the fun is in the trying. And with each attempt you will develop beautiful artistic effects.



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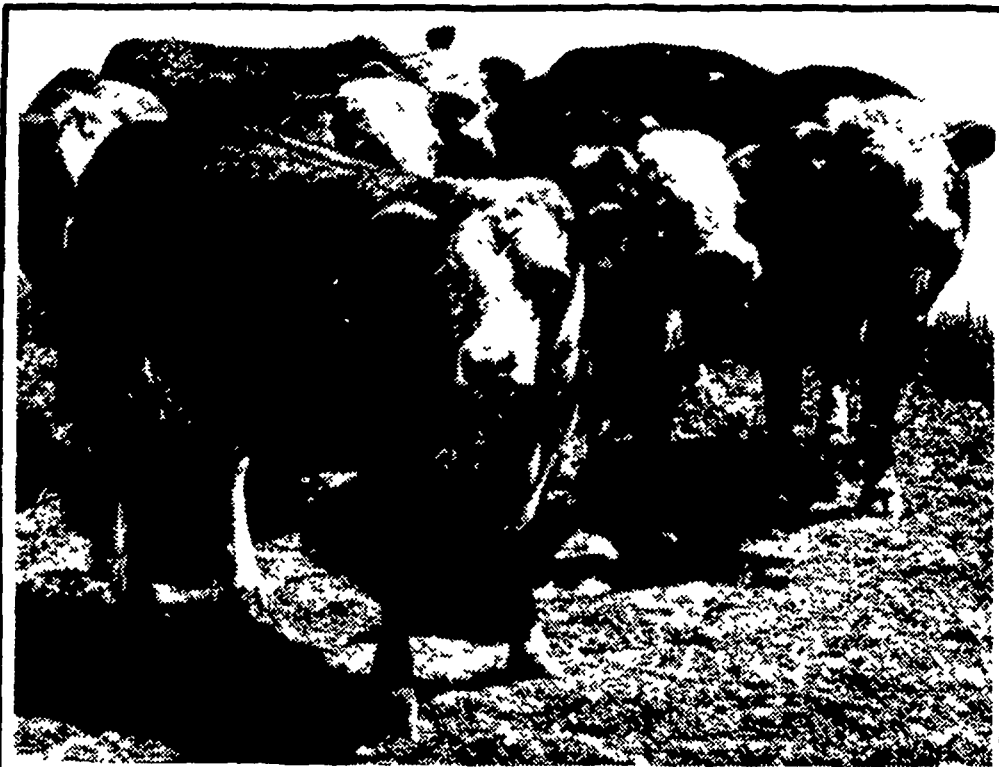
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