

Consider Price When Buying Food Items

"What form of food—fresh, canned or frozen—will give me the most for my money?" That's the big question for many food shoppers today, points out Mrs. Sandra H. Eaton, extension home economist, Chester County.

With an eye on where the food money goes, the shopper must keep in mind the family likes and dislikes and the intended use of the food. Also important to buying are the time available to prepare the food, the storage needed for it, and the availability of each form of the food.

Generally it's wise to buy a food in the form best suited for the intended use and in the form that costs the least. If a food will be used

in a fresh salad, the shopper's decision is already made and she buys the fresh form. When a food will be cooked, the canned, fresh, or frozen form may be used. This is when the decision of which form to buy becomes a matter of family preference, preparation time, and cost.

To find out which form of a food is least expensive, reduce the cost of each form to a comparable basis. You need to know how many servings to expect from a pound, a package, or a can. For example, from a dozen juice oranges you'll get eight servings. At 59 cents a dozen cost per serving is 7.2 cents. A 46-ounce can of juice yields 12 servings. At 37 cents a can, one serving will cost 3.1 cents. A six-ounce can of frozen concentrate yields six servings. At a special price of four cans for 59 cents, one serving will cost 2.5 cents.

Lettuce Russeting Annoying, But Not Dangerous, Says Researcher

Have you ever bought a head of lettuce and found russeting or brown discoloration on lettuce leaves, sometimes through to the center of the head? Many people have been asking Miss Janet Coblentz, Extension nutrition specialist at the University of Delaware, if this russeting makes the lettuce unsafe to eat.

Although it spoils the appearance of the lettuce, Miss Coblentz says it is safe to eat. This characteristic of lettuce is found more frequently in fall and winter than in spring.

She says there are many types of brown discoloration in lettuce—russet, brown blight, rust, vein browning, internal browning, red heart

and brown spots.

Some of these are signs of decay and the lettuce will be soft in spots. But most of the brown discoloration we have found during the winter, in head lettuce, has been the russet spotting type.

While russet spotting may be found in the field, most of it develops during transit & storage, when lettuce comes to the local market from great distances and is exposed to varying temperatures and humidity.

Examine the heads at the store, be sure there are no signs of brown discoloration. This, of course, does not completely assure you that there will be no russeting inside. Wash lettuce, remove wilted outer leaves if necessary, thoroughly drain lettuce and store in plastic bag or covered container in the refrigerator.

To prevent surface brown-

GET BETTER GRAINS

Producers of feeder calves can increase both the weight and grade at weaning time by creep feeding, says Ben Morgan, Penn State extension livestock specialist. Creep feeder plans can be obtained from your county

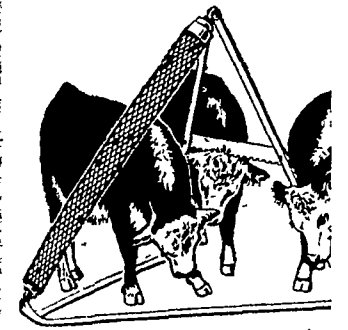
The American people buy every year around \$100 billion worth of products that originate on farms—domestic or foreign. Close to \$75 billion, or about \$3 out of every \$4, go for costs that are added after the products leave the farm.

The average retail price of a loaf of bread in 1958 was 19.3 cents. Of this, the retailer got 3.1 cents, the baker-wholesaler 11.2 cents, and the farmer 3 cents. The other 2 cents went to transportation, handling and processing.

ing during storage, do not remove the heart until you are ready to use it. The more cut surfaces exposed to the air, the greater the chances of discoloration, she said.

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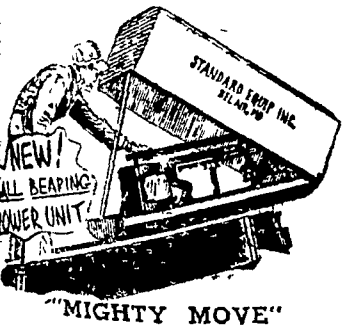
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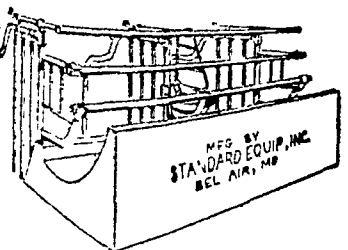
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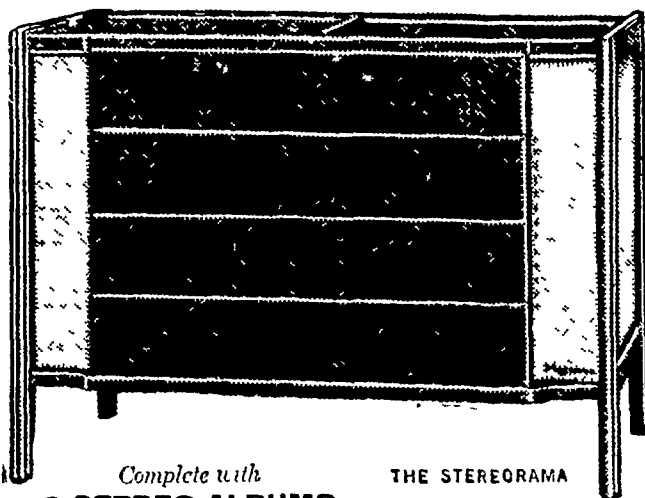
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