ter buns

Butter or margarine

inutes, Serve hot

pound franks

green pepper

pimento

FRANK AND CABBAGE

WRAPUPS

tablespoon chopped

SUPER

Self Service

SHOES

220 W. KING ST.

1/2 cup shredded American

teaspoons prepared mus-

tablespoons mayonnaise

10 frank buns Butter or margarine

Combine first 6 ingredients pepper, pimento, cheese, Company Split buns, spread mustard, mayonnaise, Worth softened butter or mar-cestershire sauce, and salt. rine and fill. Wrap in al-Blend well. Cut frank buns rine and Place on shal- and spread with butter or w pan and bake in modermargarine. Spoon about 3 w pan (350 degrees) for 25 tablespoons of the cabbage mixture_onto each bun. Cut each frank in half lengthwise. Place frank halves on top of cabbage. Add top of bun. Wrap each frank and bun in aluminum foil. Place 1½ cups shredded cabbage on outside grill for 25 to 30 minutes or until warm. Pull back foil, serve.

tablespoons chopped

CHEESE SANDWICHES 1/2 cup canned apple sauce tablespoons prepared mustard

HOT APPLE - HAM -

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8 slices rye-bread

4 slices ham 4 slices American cheese

Combine apple sauce and mustard. Spread each slice Combine cabbage, green of bread with 1 tablespoon of mixture. On 4 slices place one slice of ham and cheese. Top with remaining bread and wrap in aluminum foil. Place foil wrapped sandwiches on grill and toast Makes 4 sandwiches.

CHECK EQUIPMENT NOW FOR FREEZING LATER

Plan now while your garden is growing for the freezing you want to do later in the summer.

Check to see what equipment you have left from last year. You may have some boxes or plastic bags which were left over. You will need a blancher for putting food in boiling water. A collander or sieve will work as long

put your food in for freez- of recent weeks. ing, you'll need something to Steady to higher prices ber bands which are sold ques for freezing. Regular rubber bands such as the kind you get around newspapers are tions If they break, you break under freezing condi- ure.

Farm Wife and Family

Lancaster Farming, Saturday, June 18, 1960-9



Best Food Buys

For the

Shop With Dad In Mind

Area food shoppers will have Dad in mind as they plan the menus for this Father's Day week-end. Barports Tom Piper, Penn State Marketing Agent.

Wholesale beef prices fell as the pieces of food won't sharply last week resulting go through the holes. Use in more competitive retail about one quart of vegeta- pricing on chuck roasts, rib bles to one gallon of water roasts, and boiling beef. so you'll need a large en- Steaks will be in heavy deough container for the water mand this week-end and will be featured in some st-If you use plastic bags to ores at prices below those

seal the bags. Pipe cleaners are anticipated for fryers, will work and of course, so although some stores will will the regular sealing rub- feature this item for bar-b-

Dairy month price conces-

not tempered and they may won't have an air-tight clos-

sions on eggs in some markets are the only changes noted on eggs this weekend. Supplies continue heavy wigin buys at the local food th large eggs continuing as store will make it possible a good buy. June is Dairy for you to please both his Month and many markets appetite and his wallet, re- will be featuring cheese or other milk products in the dairy department.

More fresh fruits and vegetables are in the best buy class this week than at any other time since last summer Supplies from nearby areas provide the highest quality at greatly reduced prices.

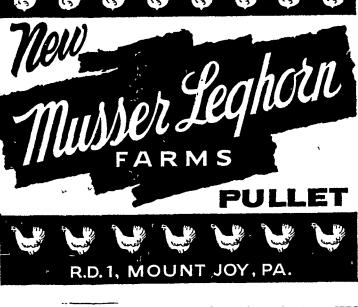
Cool, wet weather has pro longed the strawberry harvest, assuring ample supplies of this tasty fruit for use in preserves or for freezing this week The first of the local sweet cherry crop is appearing at road-side markets. Watermelons and cantaloupes are available at low er prices as shipments increase from Arizona. White Georgia peaches are available and while prices are not yet low, they are drifting down

Good to outstanding vegetable buys this week include lettuce, cabbage, onions, sweet corn, radishes, green beans, cucumbers pep pers and leafy greens

Prices on new potatoes have dropped substantially as the first cobblers arrive from producing areas along 'he Eastern shore.

CREEP FEEDING PAYS

Creep feeding of beef calves returns an average of two dollars for each do'lar invested in feed, says Ben Morgan, Penn State extension livestock specialist. Creep-fed calves weigh more at weaning time and are one





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Eastern States



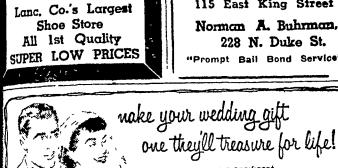
FARMERS' EXCHANGE

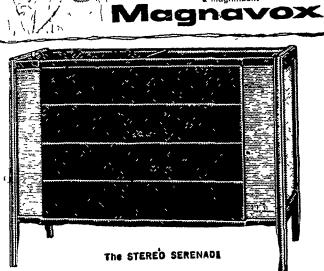
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