

Best Food Buys

Outdoor Items Are Featured

Area food shoppers will have picnics, cook-outs, and family gatherings in mind as they prepare for the long July 4th weekend. Ample supplies of a wide variety of food items should make it possible to please all appetites, reports Tom Piper, Penn State Marketing Agent.

Included in the list of outstanding vegetable buys this week are snap beans, cabbage, iceberg lettuce, onions, peppers, radishes, spinach, squash, cucumbers, endive-

escarole, leafy-greens and Sweet corn is reasonably priced as several new producing areas begin shipments. Prices on celery, carrots and tomatoes remain on the high side.

Food markets will feature an attractive variety of fruits Watermelons, cantaloupes, bananas and peaches will appear as good buys for this season of the year. Plums, nectarines and grapes are lower in price this week.

Life Is Sweeter With Low-Calorie Fruit



Don't skip dessert. Just skip most of the calories with the diet-delightful fruit that's sweetened specially for all of us with a tendency to put on weight. This fluffy pillow of a souffle with spicy-sweet apricots is but one of the delicious ways to keep your mind off desserts that show on you.

Chilled Souffle with Spicy Apricots

To Spice Apricots: Drain the juice from a #303 can low-calorie apricots. Simmer juice with a stick of cinnamon, several cloves and a twist of lemon peel for about 5 minutes. Add 2 teaspoons wine vinegar and the drained apricots. Chill for several hours. Serve over Mock Souffle.

Mock Souffle: Soak 1 tablespoon plain gelatin in 1/4 cup cold water. Dissolve it in 1 cup boiling water. Add 1/4 cup lemon juice and 1/4 cup sugar, stirring until sugar dissolves. Chill until thick as unbeaten egg white. Beat 3 egg whites stiff and whip the jelly into them. Continue to beat until mixture begins to stiffen. Pour into bowl and chill firm.

How do you detect a good watermelon? Usually ripe watermelons of good quality are firm, shaped for variety, fresh and attractive in appearance. There is sort of a bloom over the surface of the rind giving it a somewhat velvety appearance; usually the lower side of the melon is yellowish in color. Generally such melons will have a sweet, juicy and crisp taste. Over-ripe melons have a dull, lifeless appearance and feel soft or slightly spongy when pressure is applied with the hand.

Locally grown sweet cherries and black raspberries are at the peak of harvest this week. Local harvest of tart cherries and blueberries will get underway next week.

Foodshoppers will find little change in meat prices this weekend. Hamburger, luncheon meats and canned hams will be reasonably priced and featured by many food stores this weekend.

Chicken will share a feature spot but at slightly higher prices than existed last week. Small turkeys continue at bargain levels.

Eggs continue in ample supply at steady prices in spite of declining volume. Large size eggs continue as the best buy.

Milk has been a symbol of the good life through the ages. In the Book of Exodus Moses is told that he will lead his people to a "land flowing with milk and honey."

See Our Want Ads For Bargains

Chicken Chatter

from GREIDER LEGHORN FARMS, Inc.

Tips On...

Keeping Hens Laying in Hot Weather

1. Put lights on hens from midnight on. This allows them to eat early in the cool part of the morning. Be sure there is plenty of fresh feed available in hoppers early in the morning, even if it means filling the hoppers in the evening. I would not recommend lights on laying pullets at this time of year as it may effect production later on.

2. On yearling hens, if an all-mash program is being used, feed consumption can be increased by switching to an all-crumble or all-pellet program. Hens become lazy in hot weather and can eat more with less effort.

3. If you have a pen that gets exceptionally hot due to no insulation under the roof, try white washing the roof. Ordinarily the white wash will last over most of the hot weather, and you'll be surprised at the difference it'll make.

4. Fans really pay off. Use large capacity fans and mount them so they blow into the pen. A thermostat can be used to stop fans if weather suddenly gets too cool at night.

5. Check for lice and mites. Lice in hot weather can wreck a good flock of layers.

The Shaver Starcross 288 is an excellent hot weather bird. In the 1959 California Random Sample test, the Shaver birds laid more eggs and made more profit than any other nationally advertised entry. The California Test is well known as a hot weather test.



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