



For the Farm Wife and Family

Best Food Buys

Quality and Price Improves

Nearby growing areas are furnishing local food markets with liberal supplies of fresh vegetables. As harvest gets underway in these areas, food shoppers should note an improvement in quality at prices that are often reduced, reports Tom Piper, Penn State Marketing Agent.

are other good buy items arriving from the West Coast. Tomatoes are becoming more plentiful and price should become favorable within a short time. Blueberries, summer apples and peaches are good buys too.

Prices remain about the same at the meat counter. Beef continues as the most attractive buy in red meats and chuck roasts will be featured by most food stores this week. With lamb shipments the largest in six weeks, look for leg-of-lamb to be featured at reduced prices.

Outstanding low priced vegetables include lettuce, squash, green beans, green onions, parsley, eggplant, cucumbers, peppers, radishes, and tomatoes. The first local available sweet corn is available at reasonable prices.

Turkeys, traditionally a holiday feast, have gained in popularity for everyday meals. Statistics show that Americans are eating more turkey every year. Consumption has increased from 33 1/4 pounds per person in California Small oranges, 1935 to almost double that in 1959.

Season with salt, basil, pepper. Stir in onions mushrooms. Combine and water. Stir into burger mixture and cook low heat, stirring frequently, 5 to 10 minutes. Add sour cream over top. Do not stir. Simmer 1 to 2 minutes to warm sour cream. Serve over split baked potatoes, rice, or noodles. Sprinkle with paprika.

EASY CAMP CHILI
1/2 pound hamburger
1/2 medium onions, chopped
1/2 tablespoons fat
1/2 teaspoon salt
1/2 teaspoon chili powder
1/2 teaspoon pepper
1/2 pound can kidney beans, drained
1/2 cup catsup
1/2 brown hamburger and onion hot fat in a skillet. Add remaining ingredients. Cook over low heat, stirring occasionally, 20 to 30 minutes. For hotter chili, increase amount of chili powder.

BARBECUE HAMBURGER ON BUNS
1/2 pound hamburger
1/2 tablespoons fat
1/2 medium onion, chopped
1/2 cup chopped green pepper

1 cup catsup
1 teaspoon salt
1/4 teaspoon pepper
8 hamburger buns
Melt fat in a heavy skillet. Add onion and green pepper and fry about 5 minutes or until tender. Add hamburger. Continue cooking and stirring until pink color of meat has disappeared. Stir in catsup, salt and pepper. Simmer very slowly 15 to 20 minutes to blend flavors. (For a "hotter" mixture, add some red pepper.) Spoon off excess fat. Serve on split buns that have been toasted.

HAMBURGER CHEESE STACKS IN VEGETABLE SAUCE
8 (2-ozs each) frozen hamburger patties
4 slices process American cheese
1 1/2 ounce can condensed vegetable soup, undiluted
1 tablespoon chili sauce
Place a slice of cheese between 2 frozen hamburgers. Repeat to make 4 hamburger cheese stacks. Place in a large unheated skillet. Pan-fry over medium heat until brown on one side, about 5 minutes. Turn carefully and brown on second side for about 3 to 5 minutes. Spoon off part of drippings. Pour soup over and around meat. Stir in chili sauce. Simmer about 5 minutes, stirring the sauce occasionally. Part of the cheese will melt into the soup, forming a flavorful vegetable sauce. Serve hot.

about 5 minutes, stirring the sauce occasionally. Part of the cheese will melt into the soup, forming a flavorful vegetable sauce. Serve hot.

COLD DRINKS CAUSE HARD-TO-REMOVE SPOTS

Cold summer drinks can take their toll in stains, especially if you don't treat them promptly. Even if they don't show up right away they're apt to turn yellow later.

When any soft drink is spilled on your clothing it's best to sponge it at once with cool water. If the stain is on a non-washable fabric force cool water through the stain with a small syringe using a sponge under the stain to absorb the water.

Fruit juices need the same quick rinsing even though they don't always show up at the time of the spill. Sponge the same way for chocolate stains.

If it's safe to pour boiling water on the fabric, you can take iced tea or coffee stains out by pouring the water on from a 3 foot height.

After sponging the spot wash the garment, working in detergent, rinse well. If washing doesn't take the stain out, use a mild treatment of a chlorine or sodium perborate bleach.

KILL! KILL!
RATS & MICE the Easy Way
USE...
RAT KAKES
with WARFARIN
Ask your dealer or
BONNYMEADS CHEMICALS, Lititz

"Prompt Bail Bond Service"
BUHRMAN'S
CONVENIENT PARKING LOTS
Opposite Brunswick Hotel —
Opposite Post Office
Next to Western Auto Store
115 East King Street
Norman A. Buhrman
228 N. Duke St.
"Prompt Bail Bond Service"

TOP-DRESS ALFALFA and CLOVER
After The First Cutting

0-14-14	• Bags
0-20-20	• Bulk
0-15-30	• Applied

BORAX Added for Alfalfa
Organic Plant Food Co.
GROFFTOWN ROAD Ph. EX 2-4963

Sales Days at Super Shoes
Means Old Fashioned Dollar Days!
\$1.00 SPECIALS

LADIES & GIRLS
CANVAS CASUALS **\$1.00**

Group of Ladies' Dress Shoes **\$1.00**

Ladies' & Girls' Flats **\$1.00**

MEN'S WORK SHOES **\$1.00**

SALES DAYS, JULY 28-29-30

SUPER SHOES
220 WEST KING STREET LANCASTER
OPEN 9 TO 9 DAILY FREE PARKING AT STORE

Get there and back safely with
TRAVELERS CHECKS
\$1.00 per \$100.00 at our bank!

Use Our Convenient DRIVE-IN WINDOW	FREE PARKING
One-half block from Penn Square on South Queen Street — Rear of Main Bank.	25 S Queen Street—Swan Parking Lot — Vine & S Queen Sts Stoner Parking Lot — S W. Corner Vine & Queen Sts

Conestoga NATIONAL BANK
"Serving Lancaster from Center Square since 1889"
MILLERSVILLE BRANCH 302 N. GEORGE ST.
Member Federal Deposit Insurance Corporation
Maximum Insurance \$10,000 per depositor