

Best Food Buys

Beef Heads Meats List

Foodshoppers with an eye for holding down the food budget will find a wide variety of bargain priced items at most markets. This weekend, reports Tom Piper, Penn State Marketing Agent, Beef continues to lead the parade of values at the meat counter. Forequarter beef prices dropped still further at wholesale setting up the popular hamburger and blade cut roasts as clear-cut market values. Arm or chuck steaks treated with commercial tenderizers provide economy and good eating; something to consider for that next cookout.

Fresh pork prices are declining in the face of consumer resistance—and the slow summertime demand. Forequarter cuts of pork and pork loins will be featured at lower prices, only bacon is pricing higher this week.

Turkeys and broiler-fryers continue to wear budget price tags. Grade A large white egg prices are stabilized at the higher level attained last week. Shoppers should compare prices between the large and medium sizes to determine which size is the better buy. A good rule of thumb is if mediums or a like grade are 8 to 9 cents a dozen lower than large then mediums are the better buy on a weight basis.

Late summer supplies of fresh vegetables are coming to market now, providing a wide choice to food shoppers. Snap beans, cabbage, sweet corn lettuce, celery, pep-

pers, onions, eggplant, cucumbers, potatoes and tomatoes are in heavy supply. Cold nights and heavy rains have influenced quality and prices will vary accordingly.

Tree ripened fresh peaches will continue in bountiful supply throughout the month of August. This plentiful food is available at the local food store, roadside stand or farmers market.

Summer months are important months to heifers, so Harvey E. Shaffer, Penn State extension dairy specialist, urges farmers to see that they have plenty of good quality hay and grain at all times. Two pounds of grain per day will be enough to maintain growth if a heifer has all the good hay she wants.

Ice Cream

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your lap or table top to catch drippings from the spoon or nipple. A small piece can also serve as a lap-cover or bib for baby.

Keep crunchy teething biscuits fresh and clean by wrapping them in aluminum foil. These can be tucked into small spaces in baby's bag.

Cover bottle nipple with foil to keep clean if feeding is interrupted.

A clean, freshly-whitened pair of shoes can be wrapped in foil and slipped into suitcase or traveling bag to be put on baby just before arrival. The foil covering will protect the bag's other contents from white polish.

Use foil for wrapping diapers soiled en route.

A moist wash cloth, wrapped in foil, will be handy for emergency wipe-ups and for cleaning sticky little fingers.

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ASC Funds

(From page 1)

heavy spreader trucks do less damage to soil structure during July and August than at any other time during the year.

Cost-share payments can also be made for seeding and or fertilizing permanent grass fields, establishing cover crops, contour strips, terraces, diversions, tile or open drains, sod waterways, and planting or improving a stand of forest trees, the report said.

Pamper the Poultry. - It pays - Egg production falls when hens are not kept at constant temperatures - between 45 and 85 degrees.

Rough & Tumble

(From Page 1)

site of the society's museum in Kinzers, Pa. about twelve miles east of Lancaster along the Lincoln Highway.

Two new features added this year to the event scheduled to be staged August 18, 19 and 20, will be applebutter making and cider making. These will be in addition to the regular features of flailing, threshing, sweep power, tread power saw mill, and shingle demonstrations, and hobby and model engine exhibits.

Demonstrations and exhibits will be open for viewing each day at 10 a.m. with an annual meeting to take place at 8 p.m. Thursday, August 18.

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