

**Best Food Buys**

**March Is National Egg Month**

March has been proclaimed National Egg Month and economy-minded foodshoppers are alerted to the fact that egg production is at a seasonal peak and prices very reasonable, reports Tom Iuper, Penn State Extension Marketing Agent. Based on price per pound, large eggs are the best buy now. Eggs are versatile and can be served any style—from soft-cooked to soufflé, in combination with fish, meats, poultry, cheese, in cakes and in other baked goods, and in soups, sauces and salads.

Moderating weather has made it possible for producers to increase the marketing of livestock. Shoppers may note slightly lower prices on forequarter cuts of beef, particularly on chuck roasts. Steaks remain on the list of good buys, this is a good time to stock the freezer for more economical cook-outs next summer.

Smoked ham, veal, lamb, and turkey will show up in the form of spot bargains at some markets. Crab meat, fresh rock fish, flounder remain among the better buys in sea food.

The sight of fresh asparagus at the vegetable counter might indicate that Spring is not far away. Limited supplies of this item cause it to be rather expensively priced. Good buys include potatoes, vine-ripened tomatoes, broccoli, cabbage, onions and leafy vegetables. Slightly lower prices will be noted on celery, and carrots while peppers, cucumbers, green beans, lettuce, Brussel sprouts, cauliflower, egg plant, sweet corn, and sweet potatoes are priced higher on shorter supplies.

Heavy rains in Florida and California have hampered harvesting operations on many of these vegetables.

Demand for bananas has improved with the arrival of moderating temperatures and retail prices are expected to strengthen. Grapefruit promises to be the leading value among citrus as supplies are somewhat larger than a year ago. Prices remain unchanged on oranges. Shoppers can select from California Navels, Florida Temples, and a limited supply of the Murcott variety which is a highly flavored, firm orange. Stayman, Rome Beauty, and De-

licious apples are moving well and quality is reported good.

Strawberries are appearing in more plentiful supply but quality is off this week due to poor weather in the growing areas. For those interested in the more expensive luxury foods, there are plums, peaches and nectarines imported from South A-

**● Casserole**  
(From page 9)  
to 8 servings.

**PARTY VEAL PAPRIKA**

- 8 slices bacon, diced
- ¼ cup chopped onion
- ¼ cup flour
- 2 teaspoons salt
- ¼ teaspoon pepper
- 2 pounds boneless veal shoulder, 1-inch cubes
- ¼ cup water

merica and some honey dew and watermelons arriving from Mexico.

- 1 tablespoon paprika
- 1 cup dairy sour cream
- 8 ounces elbow macaroni
- 2 tablespoons butter
- 1 tablespoon poppyseed
- 1 4-oz. can sliced mushrooms
- 1 teaspoon paprika
- 2 tablespoons chopped parsley

er, 50 to 60 minutes. Stir paprika and sour cream. Meanwhile, cook macaroni in boiling salted water, drain and toss with butter, poppyseed and mushrooms.

Reserve a few mushrooms for garnish. Pour macaroni mixture into lightly-greased shallow 2-quart baking dish. Pour veal and paprika on top, and sprinkle with chopped parsley, mushrooms and a little paprika. Place in moderate oven (350 degrees) for 15 minutes to heat thoroughly. Garnish with chopped parsley. 4 to 6 servings.

Fry bacon until crisp, add onion and fry until transparent. Remove from skillet. Mix flour, salt and pepper in paper sack. Dust veal with seasoned flour by shaking in sack. Return bacon, onion, and water to skillet. Cover and simmer until fork-tend-

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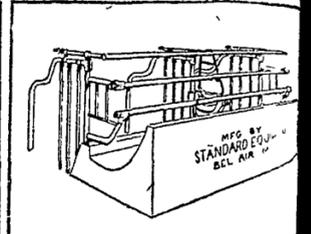
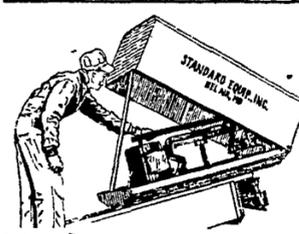
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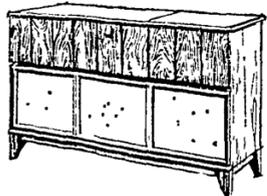
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