

**Best Food Buys**

**Southern Vegetables Move North**

With the advent of warmer weather, supplies of locally grown produce should increase rapidly. Asparagus, rhubarb and parsley from local production areas her-

ald, the arrival of spring weather, reports Tom Piper, Penn State Extension Marketing Agent. In the months to follow, local production will bring a wide variety of economical produce to local foodmarkets.

Good buys at the vegetable counter this week will include cabbage, broccoli, green beans, lettuce, salad items and potatoes. The first estimate on the spring potato crop notes that we will have 19 per cent more new spuds coming to market this season than a year ago. Cucumbers, carrots, and spring onions are reasonably priced. The list of higher priced items will include peppers, celery, cauliflower, sweetcorn and tomatoes.

Grapefruit and bananas continue to lead the short list of current values in the fruit department. Lemons Valencia and Navel oranges are available at unchanged price levels. Some strawberries are arriving from the Carolinas but first-of-season high prices prevail. Apple supplies are dwindling fast; some markets may have supplies from control-

led atmosphere storages but prices will be higher to cover the added cost of this special storage. Pineapple prices are not expected to go much lower as we are in the peak of the Puerto Rican harvest season.

Meat shoppers will be favored by ample supplies this weekend. Fryers, turkeys and beef steaks will lead the list of good buys. Ham, pork roasts, and lamb will show up as bargains in some area stores. In anticipation of the season's first outings, some stores will feature table ready meats and wieners at good buy prices. Eggs continue as an economical source of protein.

This week's list of processed food values will include applesauce, frozen orange concentrate, tomato products, peanut butter, pea-

ches, milk and dairy products and cranberry sauce. Some of these items will show up on the list of features at your store.

**Olympic Film**

(From page 1) Best athletes compete in the Olympic Games. It points out the importance of good nutrition in the development of excellence.

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**Children's Eating**

(Turn to page 9) (choose your favorite) 3/4 cup gingerale or carbonated water 1/4 cup cream Combine ingredients with rotary beater or blender. Serve immediately. Makes 1 to 2 servings.

**FROTHY FRUIT DRINK** 2 cans Strained Orange Apple-Banana Juice Drink 1 egg 1/2 cup milk 3 ice cubes Combine ingredients in electric blender. Blend on highspeed until ice is dissolved OR mix first 3 ingredients with rotary beater, serve over crushed ice. Makes 2 servings.

Added to the vegetable line is Junior Creamed Peas. The peas are tender and sweet to begin with, and the addition of a mild cream sauce makes them even more palatable for baby.

This product is a combination of puree of fresh sweet peas and split peas. The latter are added to provide texture that will encourage chewing. It is a welcome addition because it offers another green vegetable for the junior food menu.

The new Creamed Peas is a good source of protein and contains significant amount of vitamin B1 and B2. It also contributes to the vitamin C content of the diet.

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