



He that ploweth should plow in hope

Best Food Buys Systematic Shopping Saves Cents

Money spent for food is the largest single recurring expenditure in most family budgets. As a food shopper, the way in which you spend your money is largely up to you, observes Tom Piper, Penn State Extension Marketing Agent.

In modern supermarkets you may choose from the fresh, frozen, canned or dried forms of the many food items available. Usually there is a difference in price between these various forms and this fact may influence your decision.

A savings of a few pennies on one food or group of foods can be worth all the time and effort required to make the savings. Using bread and rolls for an exam-

ple, you will find there is as much as fifty cents difference in the cost per pound of the various kinds available. Suppose that by comparative shopping, you save ten cents on each pound of bread you purchase. If you use five pounds of bread per week, or 260 pounds yearly, then a savings of ten cents per pound will amount to \$26.00 per year. Similar savings can be realized with other food items.

Intelligent food shopping requires far more skill today than in years past. Yesterday's grocery store had few items from which to choose

Cookie Jar

(From page 9)

½ cup granulated sugar
½ cup shortening, soft
1 egg
½ teaspoon vanilla
1½ cups oats, quick or old-fashioned
¼ cup chopped nutmeats

Sift together flour, soda & salt into bowl. Add sugars, shortening, egg and vanilla. Beat until smooth, about two minutes. Stir in oats and nutmeats. Shape into rolls; wrap in waxed paper and chill thoroughly. Slice ¼-inch thick and place on ungreased cookie sheet. Bake in moderate oven (350 degrees) 10 to 12 minutes. Makes 3½ dozen cookies. Store in a tightly covered jar.

but modern food markets offer an average of 5,000 or 6,000 different items.

A planned shopping list can help in keeping food expenditures in line with your budget, providing you stick to the list and resist impulse buying. Even though you have a shopping list, keep an eye out for foods in plentiful supply. Be ready to substitute for items on your shopping list when good buys present themselves. Use plentiful foods frequently and keep them interesting by different methods of preparation.

Do not buy more food than your family can use. Waste found in American garbage cans as revealed by a U. S. Government survey amounted to two-thirds of a pound of food per person daily. Some homemakers neglect to check refrigerator contents daily to see what food should be used. As a result, bits of food accumulate, then are thrown out to make room when a new supply is purchased.

Yes, shrewd shopping, can save you money. The few pennies you manage to save daily on food expenditures may mean you can afford a vacation for the family, college educations for the children, or just a new household appliance.

Variety Is Key To Good Diet

Presence of high serum cholesterol in persons suffering with hardening of the arteries and high blood pressure, has some people searching for a low-fat cholesterol diet.

Eating a variety of foods is the safest route for the person not under a doctor's care, reminds Norma DeLellis, extension home economist, Lancaster county. The body uses many nutrients to do its work and food is the best source of these essential nutrients. To cut out certain foods completely may endanger rather than help the situation. Fruits, vegetables, dairy products, meat, eggs, and cereals are needed each day.

Having a body weight near

that recommended for height and body build is other safety measure. DeLellis explains that excess weight indicates a person is eating more Calories than his body uses up energy.

Fat sources contain times as many Calories the same amount of a protein or carbohydrate source. A number of Calories from sources in the American diet is increasing. In 1910, about 32 per cent of a person's calorie intake came from a source, now it is about 48. Nutrition scientists recommend that about 25% of person's Calorie needs should come from fat sources. Many persons are eating almost twice as much fat as they should.

One hour's factory labor in 1959 bought: 2.1 pounds round steak, 3.3 pounds bacon, or 17.6 pints of milk.



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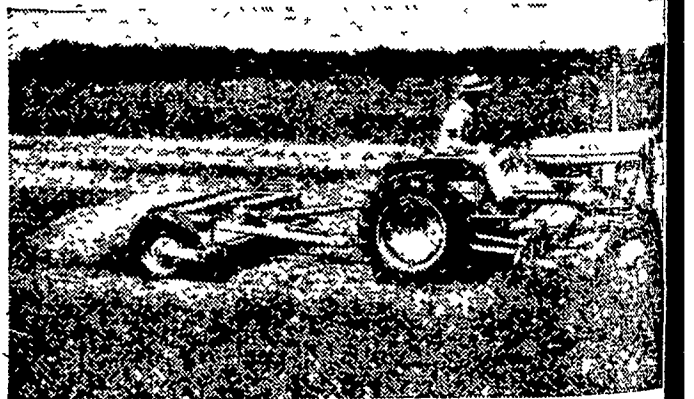
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