

**Best Food Buys  
July Is National Picnic Month**

July is National Picnic Month and a popular month for family vacations. Picnics and vacations help explain the popularity of outdoor eating, reports Tom Piper, Penn State, Extension Marketing Agent.

Retail food, store managers recognize the popularity of outdoor eating. This week they will feature round, T-bone and sirloin steaks with ground beef in meat sales. Cooler weather of recent days is prompting some markets to feature fore-quarter roasting beef this weekend. Broiler-fryers, small turkeys and smoked hams also appear in the good buy category.

Nature never takes a holiday. Large supplies of fresh fruits and vegetables are coming to market. . . bargains expand seasonally.

Local raspberry harvesting has passed its peak and harvest of the tart cherry crop is underway.

The season's first Transparent and Lodi apples are arriving at local markets, carrying the usual first-of-the-season high prices.

Lemons are in good supply grapefruit is about over for the season, and the Valencia oranges will be slightly higher in price. Blueberries, sweet cherries, bananas, cantaloupes and watermelons are reasonably priced; watermelons will cost more because new melons are larger in size. First-of-season high prices prevail on nectarines, plums, peaches, grapes, and the short supply of pineapple.

Salad greens, cabbage, green beans, peppers, cucumbers, lettuce, and new potatoes will be included in the list of good buys at the produce counter this weekend. Sweet-corn onions, and tomatoes remain at generally unchanged price levels but promise to be lower in the next few weeks when local production will reach the market. Broccoli, carrots and celery quote at higher prices.

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**Manheim Fair**

A tentative schedule of events was also adopted for the show to be held October 4, 5 and 6. The Baby Beef judging is slated for Wednesday night. Dairy for Thursday afternoon with the main show parade Thursday night. The Swine Committee is considering Friday night for a fat hog sale.

In addition to the election of Graybill as president others elected were: John Burkhardt, 1st vice president; Ammon Shelly, 2nd vice presi-

dent; Jane Graybill, recording secretary; Martha Weidman, corresponding secretary and Kenneth E. Miller, treasurer.

extension dairy special Production per cow is much better measure of production efficiency, he says and often the number of cows can be reduced, and with better feed and care the remaining cows will turn more profit.

**QUALITY COUNTS**

Quality can replace quantity in dairying, claims Herbert C. Gilmore, Penn State

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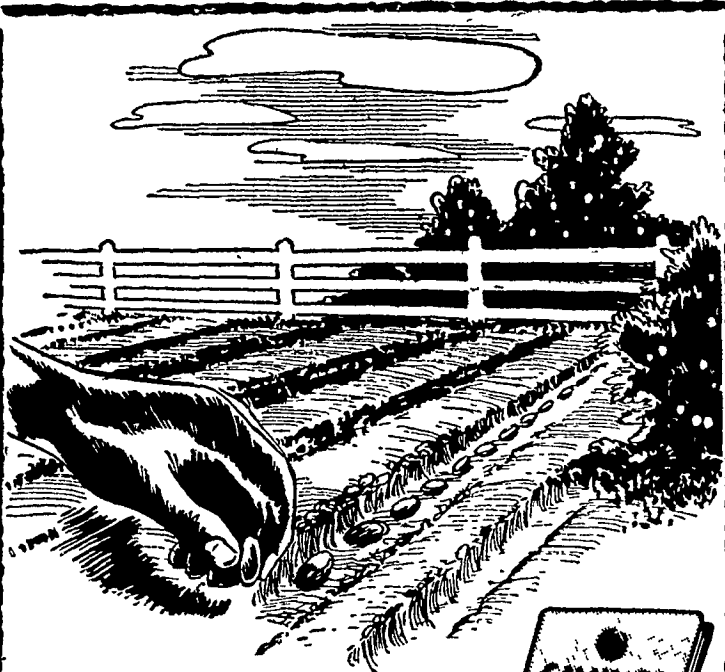
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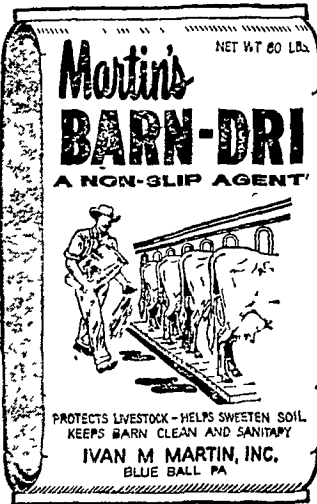
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**Summer Medley**  
(From page 7)

to saucepan. Blend a few tablespoons plums with salt and cornstarch. Stir the cornstarch mixture into plums. Add juice and food coloring. Heat, stirring constantly, until mixture simmers. Chill. Remove ice cream from freezer to soften slightly. Pour cup sauce into bottom of chilled mold. Line bottom and sides of mold with thin shell of ice cream; freeze firm. Fill mold to top with alternate layers of ice cream and sauce, reserving 1/4 cup sauce for garnish. Cover and freeze. When ready to serve, run knife around top of mold to loosen ice cream. Dip the bottom of mold quickly into warm water. Invert on serving plate; shake to remove mold. Return ice cream to freezer to firm. Just before serving spoon reserved sauce over all.



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