

## Best Food Buys Summer Vegetables Plentiful

It's shoppers choice at the fresh produce countr these dys Nearly all of the seasonal vegetab'es are at their peak in quality and prices are reasonable If the family vacation has put a strain on your food budget, stretch your food dollars by serving fresh fruits and vegetables often, suggests Tom Piper Penn State Extension Marketing Agent

Fresh sweet corn, potatoes and tomatoes are outstanding buys this week Other good buys are cabbage, peppers, cucumbers, carrots, onions and celery Lettuce has suffered some heat damage and shoppers would do well to inquire about interior quality at time of purchase Broccoli Brussels sprouts &

cauliflower are available but at first-of-season high prices Higher prices are also noted on shorter supplies of green beans. New season sweet potatoes are coming to market from Virginia.

Cool weather has delayed ripening but consumer choice in peaches is improving Freestone varieties will join the early Red Haven and Golden Jubilee this weekend. Rambo apples, good for cooking, are in ample supply and quality is reported good

Nectarines, plums, lemons & bananas are good buys too.

Slightly lower prices are in prospect for white grapes Citrus fruit is pretty scarce at this season of the year and small sized fruit offers the most economy Almost the entire melon family rates in the good buy position this week. Cantaloupes and honeydew melons boast improved quality; watermelons wear lower price tags, especially on the smaller sizes.

Smoked meats, including hams and picnics, will join the ample supplies of turkeys and broiler-fryers as economical choices at the meat counter. Beef will be featured in some area markets and foodshoppers are reminded

to check and compare newspaper ads before completing the shopping list. Shrimp, clams, crab meat, scallops, spot fish and sea trout are fishery products currently in good supply.

Increased volume of medium and small size eggs from this year's bigger laying flocks are now showing up at local markets Better buys are often found in smaller sizes now. Compare prices of the same grade and if the spread is more than 8 to 9 cents you'll get a better buy on a weight basis in the smaller size

Kind words never die — they just become victims of ingratitude

## ● PFA Women

(From page 1)  
and Mrs. Herman Shurk Quarryville R D  
Mrs. Roy Martin of Ma ta expland the "Free Foundation" which origin at Valley Forge, Pa  
A report on the re State convention held at lentown was given by Hazel Reist of Mount Joy  
Mr. Ray Hagenbauch Camp Hill, Pa the state reesntative of the Penn vania Farmers Associa spoke on the general program of the Penna A ciation; Meeting adjourned a social Tea-time, with cious refreshments  
Mrs. Martin Greenleaf reporter for the group

## ● Franks for Picnics

(From page 9)  
with remaining half of French bread. Cut into serving pieces

### PICNIC KABOBS

12 ounce can pork and beef luncheon meat  
16 1/2-inch thick slices dill pickle  
4 1/2 oz jar pimento olives  
3 1/2 oz jar pearl onions  
Frank buns

Remove pork and beef luncheon meat from can Cut into 24 1/2 to 3/4-inch cubes For each kabob, place ingredients on a metal skewer in the following order Meat, pickle slice, onion, pimento olive, meat, olive, onion, pickle slice, and meat Refrigerate until serving time Serve with Barbecue Bottle Dunk.

### BARBECUE BOTTLE DUNK

1 cup catsup  
1/2 cup prepared mustard  
2 tablespoons vinegar  
1/2 teaspoon chili powder  
Combine all ingredients in a saucepan Heat Pour hot dunking sauce into the tall narrow olive jar or a tall iced tea glass. Fill about half full. Holding onto the end of the skewer, dip kabob into sauce until kabob is completely covered Remove kabob from sauce and place on a frank bun. Push out skewer

NOTE: Barbecue Bottle Dunk may also be served cold.

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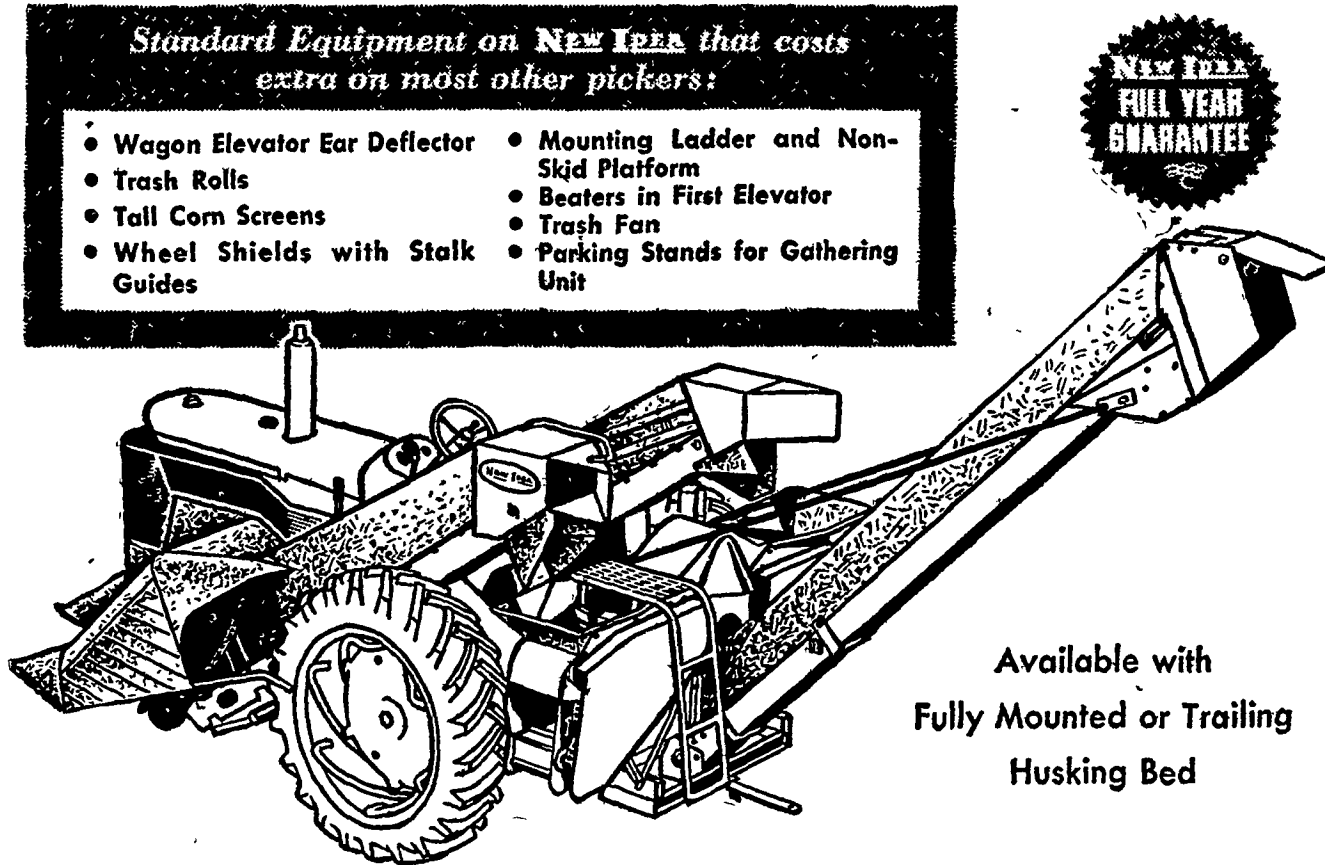
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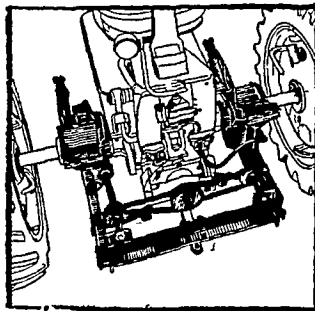
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