

Autumn Meal Planning Begins

The cool winds of autumn are blowing across the Pennsylvania countryside, heralding the approach of winter and forcing a seasonal change in our food supply situation, observes Tom Piper, Penn State Extension Marketing Agent. A change in cooking routines may also be noted as the season for cook-outs and picnics comes to an end.

Colorful apples are beginning to steal the spotlight at the fruit counter. A big apple crop is shaping up, with all varieties promising to be in big supply. The Rambo, McIntosh and Jonathan varieties are currently available; Red and Golden

year flowers, Janice Bixler. Women of society eight will be the guests of Quarryville farm women on Thursday afternoon, October 12. The next meeting of society eight will be on Saturday, October 14.

Delicious are being harvested in southern areas. Peaches and nectarines are winding up, most available supplies are coming out of the storage supplies. Blueberries, plums and locally grown Bartlett pears are winding up too.

Banana plantations have suffered some hurricane damage and retail prices are higher. Prices are unchanged on Tokay grapes which are not large this year but possess good color. Seedless grapes are moving at slightly higher prices than recent weeks. Pineapples are scarce and high in price. Honeydew melons remain on the list of good buys, watermelons and cantaloupes are cleaning up and prices are higher for best quality.

California still dominates the citrus supply picture. Lemons and limes are plentiful and economically priced. The Valencia orange crop has passed its harvest peak and is now full-ripe, grape-

fruit possess pretty good eating quality and prices are unchanged from levels of recent weeks.

Potatoes, cabbage, sweet corn, tomatoes, squash, onions, carrots, endive, escarole and most sweet potatoes are on the list of good vegetable buys. Green beans, cucumbers, celery, lettuce and first of the season broccoli and Brussels sprouts wear higher price tag because of the current supply condition. Recent hot weather severely damaged the Long Island cauliflower crop and western supplies are high in price.

Forequarter cuts of beef, turkeys, fryers and stewing hens will appear as economical meat items in most stores. Some foodmarkets will feature pork roasts, loins and fresh pork picnics at bargain prices. Bacon will appear at sharply higher prices in most markets.

The small and medium size eggs hold a decided price advantage at this season of the year and provide an economical source of protein.

Ready-To-Eat

(From page 9)

skim off all fat. Add carrots, onions, celery, parsley, bulgur, salt, pepper and curry powder. Cover and continue cooking until vegetables are tender. Remove all meat from bones, dice and return to soup mixture. Blend together butter and flour over low heat, slowly stir in about 2 cups of the soup mixture, then stir into remaining soup mixture. Continue cooking until soup is thickened, about 3 minutes. Adjust seasoning to taste. Makes about 2 1/2 quarts soup.

Farm Women 19 Mark Anniversary

Society of Farm Women 19 will celebrate its 15th anniversary at a special meeting on Saturday, October 14. Charter members and past presidents will be the guests of honor at the covered dish luncheon meeting at the home of Mrs. Richard Nolt, Landisville.

The society voted to donate \$10.00 to the Buchmiller Park Fund and \$5.00 to the United Drive during the recent meeting at the home of Mrs. Charles Long, of Manheim R1.

A rummage sale will be held by the society on Oct. 9 and 10 at 42 S. Duke St., Lancaster.

Speaker at the last meeting was Mrs. Walter Kauffman, who gave a comic lecture on hats. Devotions were led by Mrs. Lester Hollinger.

Farm Women 8 See Pictures

Mrs. Elizabeth Shaub, of Ephrata, showed slides taken during her recent trip to Italy and Portugal, at the recent meeting of the Society of Farm Women No. 8 in the social hall of the Maytown Lutheran Church.


Mrs. Shaub described the 300 color slides of the places she had visited on the trip about a year ago.

Mrs. William H. Heisey led devotions and had several poems. Musical selections were sung by a quartette composed of Bonnie Hoffman, Patty Zinn, Beth Huber and Kathy Ney. They were accompanied by Mrs. Millard Hoffman.

Mrs. John Herr, local 4-H leader presented a 4-H display and the following ribbons were awarded to first place winners: vegetables, Virginia Wivell; tomatoes, Lesley Witman; first year flowers, Florence Bixler; second year flowers to Frances Bixler, and third

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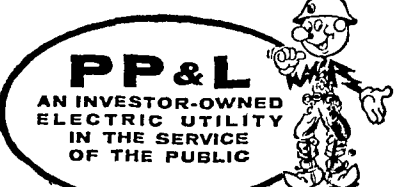
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