

Best Food Buys Halloween Food Items Featured

The coming of Halloween will be reflected in food shopping lists this weekend as shoppers prepare for parties and the trick or-treat visitors which are scheduled to appear, reports Tom Piper, Penn State Extension Marketing Agent. Traditional treat items include fresh crisp apples, apple cider, hot chocolate, cookies and candy.

Stayman, Red and Golden Delicious and Jonathan are popular apple varieties for eating out-of-hand. The Smokehouse is a good baking apple and all are reasonably priced. Ample supplies of pumpkins and squash are available for use in pies and for decorative purposes. Proliferous gourds and colorful Indian Corn will provide economical decorations too.

The time of the year has arrived when the growing and harvesting of tender vegetables in nearby areas is concluded. Other distant sections of the country are now in business to provide

the northeast markets with tender vegetables at costs much higher than we've been paying in recent months. The biggest factors contributing these higher costs include the long distance hauling charges and the fact that more handlers are involved in moving these commodities.

Avocados and artichokes are usually considered to be delicacies, but at present low prices they suit themselves to almost anyone's budget and can be used as something special for the family. Cranberries are in season, supplies are plentiful and prices are lower than the season's opening quotations. Potatoes, carrots, celery, lettuce, sweet potatoes and leafy greens hold good buy positions; cauliflower is improved in quality but prices remain firm.

Turkeys, pork loins and picnic roasts, bacon, sausage

and chuck roasts of beef all vie for the feature spotlight at the meat counter. Broiler-fryer prices have advanced slightly at wholesale markets but continue to offer attractive meat values. The wholesale egg prices have dropped from last week's levels and the small and medium sizes continue to provide the best buy on a wgt. basis. Cheese, rice and fish are currently in plentiful supply and can provide economical variety to your menu.

FEED HEIFERS MORE GRAIN

When they don't get enough grain, many two-and-three-year-old milking heifers will keep milk out of the pail to meet their body needs for growth, claims Richard S. Adams, extension dairy specialist at Penn State. Proper feeding of milking heifers during their lactation and during their first dry period may result in a tremendous increase in production efficiency as well as improved health and reproduction.

Farm Women 3 Hold Election

Mrs. Gilbert Paul was elected president of Society of Farm Women No. three at a recent meeting in the Salem Lutheran Church educational building.

Other officers elected were Mrs. Lloyd Martin, vice-president; Mrs. Raymond Bahl, recording secretary; Mrs. Rudy Shirk, assistant secretary; and Mrs. William Stober, treasurer.

Mrs. Stober, along with Mrs. Clarence Stauffer, were elected delegates to the state convention in Harrisburg in January. Mrs. Martin will be alternate.

Miss Rebekah Sheaffer spoke on "Today" at the meeting when members of society 20 were guests.

President, Mrs. Robert Hackman presided. Hostess was Mrs. Allen Stober. Next meeting of the group will be held Saturday, November 18 at the home of Mrs. Wm. Stober.

REMOVE PEPPER SEEDS

When preparing green peppers for stuffing, remove all the seeds and membranes to which the seeds are attached.

Louise Hamilton, Penn State extension foods specialist says these parts of peppers are very hot and spicy in flavor. One seed can be as hot as chili or cayenne peppers. Use uniform peppers for stuffing — crooked or deformed ones are likely to be wasteful.

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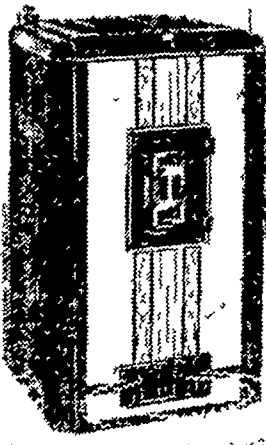
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