

Best Food Buys

Bigger Supplies Make Better Buys

Unseasonably warm weather seems to have restricted our normally sharp autumn appetites. As a result, many fresh produce items are currently over supplied and some price concessions are in prospect, reports Tom Piper, Penn State Extension Marketing Agent. The successful small game hunters are supplementing the usual meat supply, but not to the extent that demand for meat will be substantially influenced.

Apples remain in abundant supply, quality is excellent, and movement through consumer channels is reported good. The cranberry harvest is underway with the crop estimated to be 11 per cent below last year, but 15 per cent above average. Prices on both these items are approaching the season's low point. With a grape crop 11 per cent short of last year, look for higher prices on storage stocks of the Emperor variety and on dwindling supplies of the seedless grapes.

Bananas remain on the list of plentiful foods and at reasonable prices. Pear prices are higher than in recent weeks; the Bartlett variety is cleaning up and the Fall Russet and Bosc varieties are now providing the biggest volume. Some late shipments of cantaloupes, honeydew and Persian melons will appear at economical prices.

Orange prices are coming down as the Parson Brown, Hamlin and seedless Navel varieties join with the late-crop Valencias from California to swell the supply. Prices are lower too for the

new crop grapefruit, estimated at 8 per cent greater than last year. If you like something special in citrus, look for the Tangelo and tangerine-like Satsuma which are now being shipped. Citrus is a rich source of Vitamin C.

Potatoes, carrots, lettuce, squash, pumpkins, onions, peppers and radishes continue as good buys at the vegetable counter. Quality of cauliflower and celery may be influenced by recent warm weather, a factor which could bring a temporary price reduction.

Turkey and fresh pork, especially roasts, chops, and hams, will highlight the economical meat choices this week end. Broiler-fryers and beef pot roasts continue in plentiful supply and may appear as featured items in some stores. Mushrooms are in plentiful supply and an economical side-dish selection.

Lamb provides an economical main dish but one that is generally overlooked by foodshoppers in this area. Medium-sized small eggs continue as an economical source of protein.

Farm Women 4 Elect Officers

Mrs. Robert Herr, president, and Mrs. Paul Kauffman, vice president were re-elected at a recent meeting of the Society of Farm Women #4. Mrs. Paul Wagner, Washington Boro R1, was named secretary, and Mrs. Wilbur Kauffman, of Silver Spring was elected treasurer.

Mrs. Carrie Lichly and Mrs. Daniel Will were elected as the official delegates to the state convention in Harrisburg in January. Appointed auditors were Mrs. Frank Jones and Mrs. Carl Siegrist. Mrs. Alvin Musser is chairman of the membership committee; Mrs. Paul Metzger, assisted by Mrs. John Gingrich is pianist, and Mrs. Henry Reist, assisted by Mrs. D. L. Shellenberger is the song leader.

Mrs. Clara Nolt was co-hostess at the meeting in the home of Mrs. Lloyd Nolt, Nolt's Ponds, Silver Spring. Mrs. Harrison Nolt led devotions after which members responded to roll call by naming a book read recently. A total of 39 members and three guests attended.

During the program, Mrs. Albert Miller of Akron reviewed the book, "Christmas Without Johnny", by Gladys Hasty Carroll. It was announced that volunteers will sew for Lancaster General Hospital November 9.

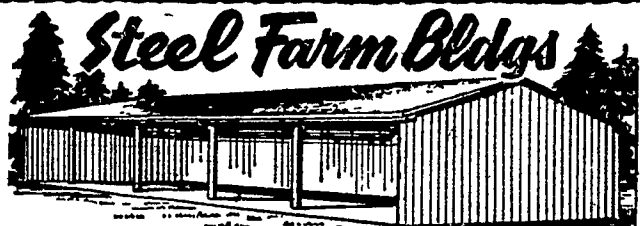
Next meeting of the society will be November 22 in the home of Mrs. John Gingrich, 1763 Ridge Ave., East Petersburg. A hobby show will be featured, and mem-

bers are requested to bring samples of their hobbies. Home talent will also be a part of the program.

Trouble May Be Distributor Cap

The next time you remove the distributor cap to adjust or replace the breaker points on your tractor, take a good look at the carbon contact inside the cap. If the contact shows signs of excessive wear, you can eliminate potential starting trouble by installing a new cap.

According to agricultural engineers when a gap is worn between the contact and the metal finger on the rotor, arcing may result causing corrosion and high resistance. The resulting voltage loss at the spark plug will cause hard starting which may appear to be caused by a weak battery or poor connection between the distributor and the breaker points.



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MOST FROM FOOD \$\$

To get the most from your food dollar, compare foods on a cost-per-serving basis, suggests Catherine Love, a Penn State extension specialist in consumer economics. What appears to be the more expensive food actually may be the better buy. A boneless ham which costs more per pound than a bone-in ham may be less expensive in the end because it will cut into more servings and there will be little or no waste.



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