

Best Food Buys

Cast A Vote For Your Favorite

You've considered candidates for political office during the general election this week but have you ever stopped to think that the numerous food items stocked by your favorite market are weekly candidates for your food dollars. All foods compete for a place on the menu, observes Tom Piper, Penn State Extension Marketing Agent, and therefore participate in a popularity contest each week.

Items in plentiful supply are generally the most popular candidates as the appeal to the budget-conscious shopper. Pork loins, fresh picnics and pork roasts are leading contenders at the meat counter as supplies increase seasonally. Smoked ham and number two grade bacon are reasonably priced. Cool weather has boosted the demand for beef roasts placing the sirloin, T-bone, club and porterhouse loin cuts in the good buy category. Round steaks rate high in the value department because hind-quarter beef is in plentiful supply.

Veal prices are lower than in recent weeks and lamb remains a good choice for value. Chicken remains reasonably priced, the big push on turkeys is due next week. Hurricane weather has forced prices up on the short supplies of crab meat, shrimp and oysters. Hake or steak

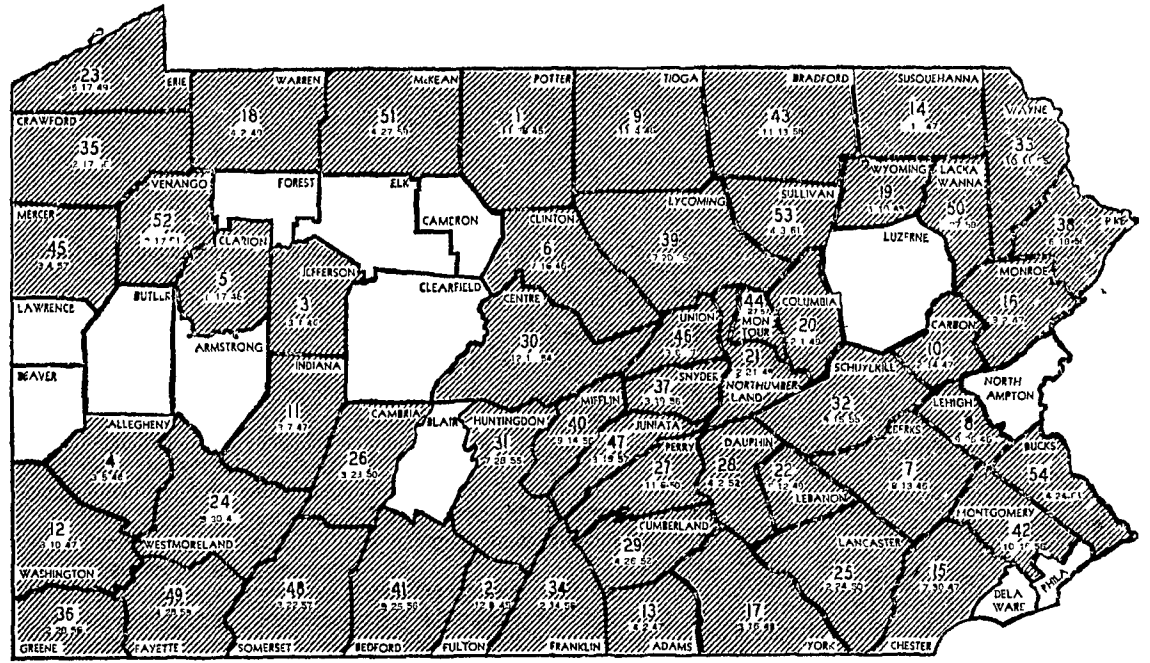
fish offers a good buy in sea foods.

Potatoes, cabbage and carrots lead the list of economy priced vegetables. Broccoli, cauliflower, mushrooms, sweet potatoes, radishes and most leafy salad vegetables are in ample supply but at unchanged prices. Lettuce, celery, tomatoes and other vegetables shipped long distances wear sharply higher price tags.

Apples, primarily the Red and Golden Delicious, Stayman and Rome Beauty varieties, as well as sweet apple cider are in plentiful supply and reasonably priced. Prices are moving lower and the quality is improving on citrus fruit from Florida although growers are expressing growing concern over the dry weather conditions prevailing now. The banana market is stronger on a reduced supply.

Prices are firm on grapes as this item promises to remain in short supply. Ribers and Almerias are reportedly in good condition. D'Anjou pears are arriving from California but first-of-season prices prevail.

Pecans, almonds, honey and dry beans are currently on the list of plentiful foods offering economy to the shopper. Medium-sized eggs and cheese are value-priced sources of protein.



DISTRICT ORGANIZATION CONTINUES—Beaver County is the 25th Pennsylvania county to be declared a soil conservation district since 1955. This rapid expansion in county districts created under a 1945 state law has brought to 55 the counties now organized. Almost 90 per cent of the state's agricultural land lies within these counties. Active in water, wildlife and forest conservation also districts operate on budgets averaging \$500 per year. About 27,000 landowners have become cooperators with their local districts. District cooperators receive a detailed soil survey of their land and a plan for needed conservation measures drawn on an aerial photograph of the property. Plans include contour strips, diversion terraces, tile drainage, rotations, tree planting, wildlife shrubs, farm ponds and other conservation practices desired by the landowner. No charge is made for service. The landowner makes his own arrangements for financing improvements.

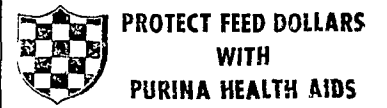
VALUABLE PAPERS NEED SAFE STORAGE

Good housekeeping includes providing safe storage for valuable possessions and papers, reminds Helen Bell, Penn State extension home management specialist. Don't leave them in a desk or dresser drawer for indefinite per-

iods. Make a practice of taking such items to the bank promptly, placing them in your safe deposit box where you know they will be safe from damage or theft.

Cattle should be sprayed for the control of lice before cold weather begins.

White rice, spaghetti and macaroni do not have the same nutrients as potatoes.



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