

Best Food Buys Plan Ahead For Christmas Meals

Between now and the Christmas season, you're going to have what seems like an endless number of jobs to do. There will be gifts to buy, parties to attend and extra food to purchase. All these things can put a strain on the family food budget. Right now is the time to start guarding your food money so it will reach through the coming holiday period suggests Tom Piper, Penn State Extension Marketing Agent

Protecting the food money doesn't mean you need to lower your standards or cut back on the quantity or the quality of foods you purchase. It does mean you will need to plan your purchases more carefully than ever. Since meat will be a major item in the budget, let's check some money saving possibilities here.

First, consider pork; it's a seasonal favorite and should be one of your regular meat choices at this time of year. Pork prices are usually lowest from November until March when the supply is greatest. Pork loins, especially, are a good buy now. A good way to buy pork chops and loin roasts is to choose a rib half of pork loin. Then ask your meat man to cut through the ribs high enough to leave an inch-thick layer of meat on the backbones. You can chop the bones into serving size pieces and cook them as you would spare ribs. After this is done, you will still have a roast left for a third meal. Buying a rib half of pork this way can save you as much as 10 cents a pound over what you would pay for chops and a roast purchased separately.

Other good meat values this week will include fresh pork butts, beef chuck roasts and in some markets, pork sausage and bacon.

Saving in purchases of fresh fruits and vegetables will be smaller than in meats of course, but you can save money here, too. Do it by using more often those items in heaviest supply. Such commodities as fresh cabbage, apples, Irish potatoes, sweet potatoes, mushrooms, Florida grapefruit and oranges are a few of the better buys. If you are trying to hold food

costs to a minimum, check costs of frozen, canned and fresh vegetables and fruits to decide which form will save you the most money.

Apples are one of the top values these days. You can probably think of a dozen or more ways to prepare apples and more than likely you have been serving the often lately. How about apples in salads or for preparation in a favorite dessert? Look for the popular Red or Golden Delicious, Stayman, Rome Beauty and McIntosh varieties.

Watch for a red cherry products promotion at your favorite market this month. The national red cherry crop was better than average last season and feature prices are anticipated in an effort to move more of this fruit. Choose from canned or frozen stocks to make your own tarts, pies, jellies, or dessert toppings for holiday parties.

Between 1950 and 1958, when prices of most food products increased, the retail price of frying chickens dropped an average of 12 cents a pound.

County Farm Women's Societies Donate To Agricultural Center

A total of \$825 has been contributed toward the proposed Lancaster County Agricultural Center by the 24 societies of Farm Women, it was reported Tuesday at a meeting of the executive board.

The Agricultural Center has been this year's project for the societies.

In addition, the societies gave a total of \$202 to the United Campaign.

Mrs. Abram Weidman, a past president of the County organization, entertained approximately 50 presidents and past presidents who served under her in the home of her daughter, Mrs. Paul Witman, Mount Joy R1.

Mrs. Kenneth Eshleman, president, appointed the following chairmen for 1962: Mrs. Samuel Wenger, sunshine; Mrs. Witman, United Campaign; Mrs. Landis Myer, Heart Haven; Mrs. William Gring, Lancaster County Federation of Women's Clubs; Mrs. Henry Hess, Community Council; Mrs. Robert Herr, migrant workers; Mrs. Witman, Lancaster County Branch, Needlework Guide of America, Inc., and Mrs. Willis Glick reporter.

The women volunteered to fold seals for Heart Haven the week of Jan. 15 through Jan. 19. Plans were discussed for the state convention of farm women to be held Monday and Tuesday, Jan. 8 and 9, in Harrisburg.

Farm Women 10 Donate \$45

Farm Women Society No. 10 made donations totaling \$45 at the annual Christmas party recently at the home of Mrs. Charles F. Stauffer,

Time Spring Farm, 7. The society voted \$10 to the Lancaster County Chapter of the Muscular Dystrophy Association of America, Inc.; \$10 to the Tuberculosis Society of Lancaster and \$10 to the Salvation Army and \$15 to the Water Street Rescue Mission.

Mrs. C. M. Neff led devotions which featured a Christmas story as found in the second chapter of Matthew. Each woman answered a roll call by giving a Christmas wish, after which the hostess served a turkey dinner to the 32 members and two guests in attendance. Gifts were exchanged. (Turn to page 11)

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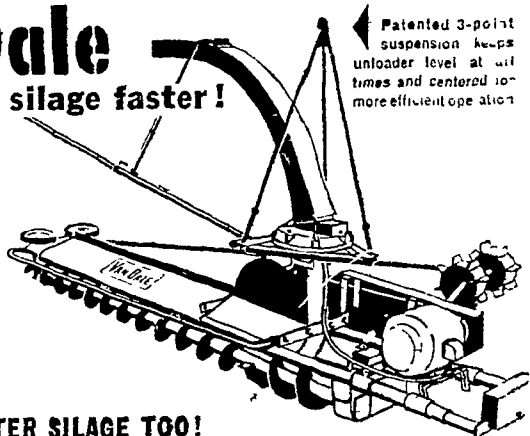
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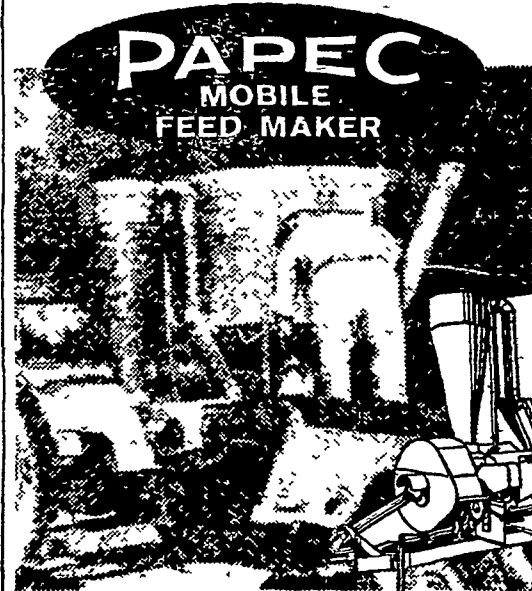
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