

Best Food Buys Meats Are In The Buyers Spotlight

Beef steaks and roasts hold near present levels for promise to share the feature spotlight with pork loins, roasts and fresh picnics at local foodmarkets this week-end. Fresh sausage and chicken parts will be attractively priced in many stores, reports Tom Piper, Penn State Extension Marketing Agent. Forecasters predict retail beef supplies will remain steady throughout the first quarter of the year. Present wholesale prices on beef are slightly under a year ago, except for beef rounds which are slightly higher. Retail prices aren't expected to show much change during the next few weeks, except in the form of individual store features. Pork supplies and prices are expected to

hold near present levels for the next few weeks. Egg production is increasing seasonally and wholesale prices have declined. Like the plentiful cheese and milk, eggs combine well with other foods and provide the same protein that's in meat, poultry and fish. Grade A large eggs provide the greatest value on a weight basis now.

Fishery products in good supply in the Chesapeake Bay market area include crab meat, fish sticks, and portions, oysters, scallops, sea bass and whiting. Cod and haddock fillets, fresh water fish, and all shellfish except shrimp and oysters are in heavier supply than a year ago.

Apples, oranges and grape fruit provide the better buys in fresh fruits, although higher prices are anticipated very soon on citrus fruit and juice. The banana and grape markets remain firm but feature prices are expected in some foodmarkets.

Potatoes, turnips, vine-ripened tomatoes, celery and sweet potatoes are better buy items at the fresh vegetable counter. Cabbage and sweet corn prices have declined somewhat from recent high levels while onion, carrot and lettuce prices remain high. Lettuce quality is reported to be rather poor.

Frozen vegetable stocks were up 20 per cent in the fall of 1961 with peas, beans cut corn, spinach and lima beans being major contributors. Fresh market losses have improved the demand for frozen vegetables and promises to hold up prices on these items. Canned vegetables started the season in moderately larger supply than a year ago but movement has been good and prices will likely remain near

Youthpower Congress Delegate Stresses Value of Good Food

By: Ellen Overgaard
Good eating habits are essential to a healthy life. The food you eat and the beverages you drink determine the way you feel. It is vital for teenagers to eat well balanced meals.

A nourishing diet contains foods which provide calcium, iron, and vitamins A, B and C. All these foods are needed for proper growth and development.

Breakfast is the most important meal of the day. It provides you with the energy to begin your day of activities. Many teenagers "skip" breakfast. This is a very unfair habit for growing bodies. Missing breakfast makes you feel sluggish and worn down, and this habitual routine causes some teenagers to be labeled "not with it". It is important to have a place in the crowd.

present levels.

To be alert and to be vivacious are two characteristics of an ideal personality which teenagers like to have. It is smart to eat breakfast.

Nutrition is the key to physical fitness. Eat foods from the meat, bread, vegetable and milk groups every day for the best possible health.

Milk is one of the most nutritious foods in our diet. Without enough milk in your diet, it is difficult to meet your body's needs for calcium and riboflavin. How much milk is needed? Teenagers should have four or more glasses every day.

Last week, president John F. Kennedy appeared before the National Conference of milk and nutrition in Washington drinking a glass of milk. I quote the President's words, "I have long been convinced that milk is an important aid to good health."

New Holland Bargain Days!

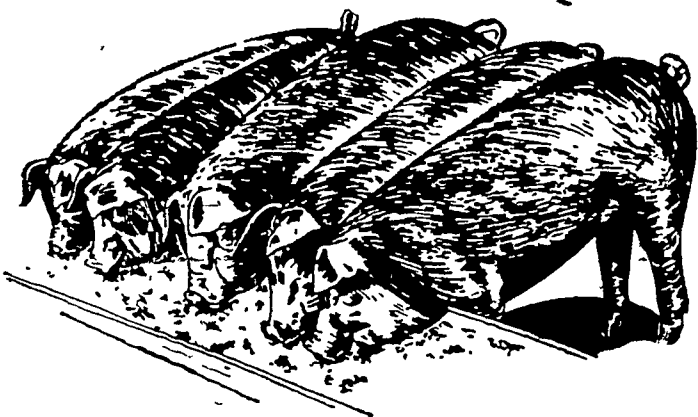
★
Thurs. - Fri. - Sat.

FEBRUARY 15 - 16 - 17

By The

New Holland Business Men's Assoc.

FOR GROWING SHOATS AT LOWER COST



Feed Wayne PIG BALANCER

A new, specially fortified supplement which supplies the critical nutrient balance needed to grow shoats rapidly and economically.

Careful blend of nutrients makes it possible to properly balance farm grains for fast, low-cost growth in pigs from 50 to 100 pounds.

Start now to lower costs with Wayne PIG BALANCER



See Us Today!

- | | |
|---|---|
| MOUNTVILLE
FEED SERVICE
R. D. 2, Columbia | SUNSHINE FARM
SUPPLY, INC.
Lititz & Newmanstown |
| H. M. STAUFFER
& SON'S, Inc.
Witmer - Ronks - Leola | MILLERSVILLE
SUPPLY CO.
Millersville |
| ROHRER'S MILL
R.D. 1, Ronks | ROSS C. ULRICH, JR.
R. D. 2, Peach Bottom |
| C. E. SAUDER & SONS
R. D. 1, East Earl | J. C. WALKER & SON, Inc.
Gap |
| LIME VALLEY MILLS
R. D. 1, Willow Street | J. K. STAUFFER & SON
Lawn & Bellaire |
| HERSHEY BROS.
Reinholds | GRUBB SUPPLY CO.
Elizabethtown |

BIG SAVINGS!!

STANDARD EQUIPMENT'S BIG GOLDEN SPRING DISCOUNT

STANDARD'S "Mighty-Move"

BARN CLEANER

STANDARD'S "Easy-All"

COMFORT STALLS

Pay For Themselves First Year
Provides Pasture Comfort
Comfortable Cows
Produce More

Adaptable To Any Barn
Free Barn Plans
Easier To Install
Ball Bearings For Longer Life

See Your Standard Dealer
GLENN H. HERR
MANHEIM R. D. 1
Landisville TW 8-7444

ALSO VENTILATING SYSTEMS
SILO UNLOADERS
FEED COLUMNS
WINDOWS
FEED TRUCKS
UTILITY TABLES

Don't Miss Bargain Days at GROFF'S Feb. 15-16-17

NOW YOU'LL COOK BETTER THAN EVER! WITH THE NEW

REVERE WARE

Designers' Group

<p>8 inch Covered Skillet \$9.95</p>	<p>10 inch Covered Skillet \$12.95</p>	<p>Covered Sauce Pan 1 qt \$6.95, 1 1/2 qt. \$8.25, 2 qt \$9.95, 3 qt. \$10.95, 4 qt \$11.95</p>	<p>5 quart Covered Sauce Pot \$14.95</p>
<p>2 quart Covered Double Boiler \$14.95</p>	<p>10 inch Covered Chicken Fryer \$13.95</p>	<p>5 quart Covered Dutch Oven \$15.95</p>	<p>Whistling Tea Kettle (solid stainless steel) 2 quart \$8.95, 3 quart \$7.95</p>

<p>Up To 40% More Cooking Area, Fits All Ranges, Interchangeable Covers</p>	<p>Bakelite Handle, Retractable Hanging Ring</p>	<p>Bakelite Knob With Safety Finger Guard</p>	<p>SEE ITS SECRET... Unique copper core, between sturdy layers of easily-cleaned stainless steel, spreads heat fast and evenly</p>
---	--	---	--

Nothing like Revere Ware Designers' Group ever happened before! Its fabulous features will thrill you! Its beauty dates all other cookware! Clean, linear, compact and contemporary, these brilliant new utensils cook perfectly on any range. Flat bottoms hug burners, diameters closely match them; thus waste no heat. And vertical sides expose more food to cooking heat! The unique copper core between sturdy layers of gleaming, easy-to-clean stainless steel heats fast and evenly. Come in—let us show you how you can cook better than ever in Revere Ware Designers' Group.

GROFF'S HARDWARE

SOUTH RAILROAD AVENUE

NEW HOLLAND