

**Bacon**

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**GREEN BEANS WITH BACON**

1 cup lean bacon, diced  
2 cups cooked green beans  
1/2 cup sugar  
1/2 cup vinegar  
Salt and pepper  
Fry bacon until crisp and add remaining ingredients. Cook slowly for about 8 minutes. Serves 6.

**POTATO CASSEROLE WITH EGGS IN BACON NESTS**

4 cups mashed potatoes  
Salt and pepper  
Milk or cream  
Butter  
2 eggs well beaten  
12 bacon strips  
6 whole eggs  
Season potatoes very well with salt, pepper, milk or cream and butter. Add 2 beaten eggs and beat until light and fluffy. Pile lightly into greased casserole and with the back of a spoon make in the

surface 6 hollows, each large enough to hold 1 egg. Meanwhile partially cook bacon and line each hollow with 2 strips. Place an egg in each. Bake in moderate oven (350 degrees) until eggs are set and bacon is browned. Season eggs. Grated cheese may be sprinkled over the top just before eggs are done. Serves 6.

**BACON MUFFINS**

2 cups sifted, enriched flour  
4 teaspoons baking powder  
1/2 teaspoon salt  
2 tablespoons sugar  
1/2 cup coarsely chopped, crisp bacon  
1 egg, beaten  
1/4 cup melted shortening  
1 cup milk  
Sift dry ingredients together. Add chopped bacon. Mix egg, shortening and milk together thoroughly. Combine mixtures, stirring just enough to dampen flour. Fill greased muffin pans 2/3 full. Bake in hot oven (400 degrees) 25 minutes. Makes 12 to 15.

Modern methods of production, harvesting, processing, storage and transportation now provide farm fresh foods at all times.

**Best Food Buys**

**Prices Show Little Change**

Retail food prices show very little change from a week ago, reports Tom Piper, Penn State Extension Marketing Agent. Value buys are limited and vary according to the plans of individual retailers. The price-conscious shopper would do well to study food ads.

Most meat items are in plentiful supply this week and the buyer's choice is expected to appear as a "special." Candidates for this position include pork loins, fresh picnics, beef steaks, chuck roasts, turkeys and hams. Imports of frozen lamb from New Zealand have resulted in lower prices on this item, explaining the appearance of lamb "specials" at some local markets.

Each week, most food stores plan to have at least one specially priced meat item to help build customer traffic. This item usually varies from week to week depending upon the supply and price that retailers have to pay. Generally the selected cut is sold at the retailer's cost while other cuts are sold at their usual mark-up.

tritional meat substitutes to consider in the planning of Lenten meals.

Supplies and flavor of grapefruit are at a peak this month; prices can be expected to hold firm, partially due to the functioning of a marketing agreement. With tangerines tangelos finished, the orange market revolves primarily around Temples and early shipments of Valencia's from Florida and some Navel oranges from California. Prices remain firm on oranges, bananas, Emperor grapes and early-season strawberries.

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