

### Best Food Buys Prices Change With The Weather

Good food buys are just about as tough to predict as the weather during the Month of March. Changing seasonal weather patterns, depletion of storage stocks of certain commodities and the observance of Lent are important factors in-

fluencing availability of foods and the retailers promotional decisions. Foodshoppers would do well to study the food ads in local newspapers before doing the shopping this weekend, reminds Tom Piper, Penn State Extension Marketing Agent.

Beef steaks, pork roasts, center-cut pork chops and frozen turkeys are meat items due to appear on the list of value priced items at many markets. Observance of 'Fish and Seafood Time' is now underway. Watch for promotionally priced seafood items as frozen fillets of cod, flounder, haddock, and ocean perch are reported in heavy supply.

Eggs are in plentiful supply at prices below a year ago. Large size eggs offer best value on a weight basis. A large

number of types and forms of cheese are available to add variety to meatless meals.

Protein-wise, nutritionists say you can substitute Cheddar or process cheese ounce-for-ounce for most lean meat. Both eggs and cheese provide an economical source of protein.

Adverse weather conditions in the west last week are responsible for the light supplies of some fresh vegetables. This situation has caused marked increases in the price for celery and cabbage. Lettuce quality is reported to be fair to poor as a result of recent freezes in important growing areas. Cucumbers, peppers, eggplant, broccoli, and Brussels sprouts are in light supply and prices are holding firm.

Potatoes are still the outstanding buy in fresh vegetables. Green beans, endive, escarole, spinach, radishes, leafy greens and green onions are reasonably priced.

Grapefruit, oranges and apples continue to dominate the buyers choice of fresh fruits. Red and Golden Delicious, Stayman and Rome apples continue to move well at un-

### Farm Women 22 Entertain Guests At County Home

Members of Society of Farm Women 22 plan to entertain guests at the Lancaster County Home on Thursday, March 22. Plans were made at the recent meeting in the home of Mrs. Willis Rohrer, Smoke town.

Mrs. Clarence Rohrer was co-hostess. The hostess was in charge of devotions. Roll call was answered by each member giving a good recipe. A food sale was a feature of the program.

Members of Society 22 will be the guests of society four

changed prices. Grapefruit quality is now at its peak and lower prices are noted on the heavier shipments of Valencia oranges. Avocados are approaching a peak supply situation and will provide 'something different' for dessert. Banana prices are currently high due to light supplies.

at 2 p.m., March 31 at the Farmdale School.

The next meeting of Society 22 will be held Tuesday, April 10 at the home of Mrs. Paul Miller, 1719 Windy Hill Road. Mrs. John Neff will be co-hostess.

### Farm Women 13 Hear Co-Pres.

Mrs. Ben Myers, President of the county association of Farm Women's Societies was the speaker at the recent meeting of society 13.

The regular monthly meeting of the group was held in the Farm Bureau Cooperative building, Dillerville Road, Lancaster.

Members of society eight were guests. About 50 were in attendance.

The next meeting of the society will be held April 13.

Los Angeles County, California, leads all counties in the United States in the number of milk cows and in the volume of whole milk consumed.

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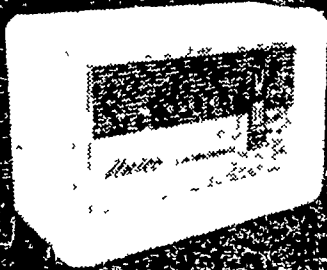
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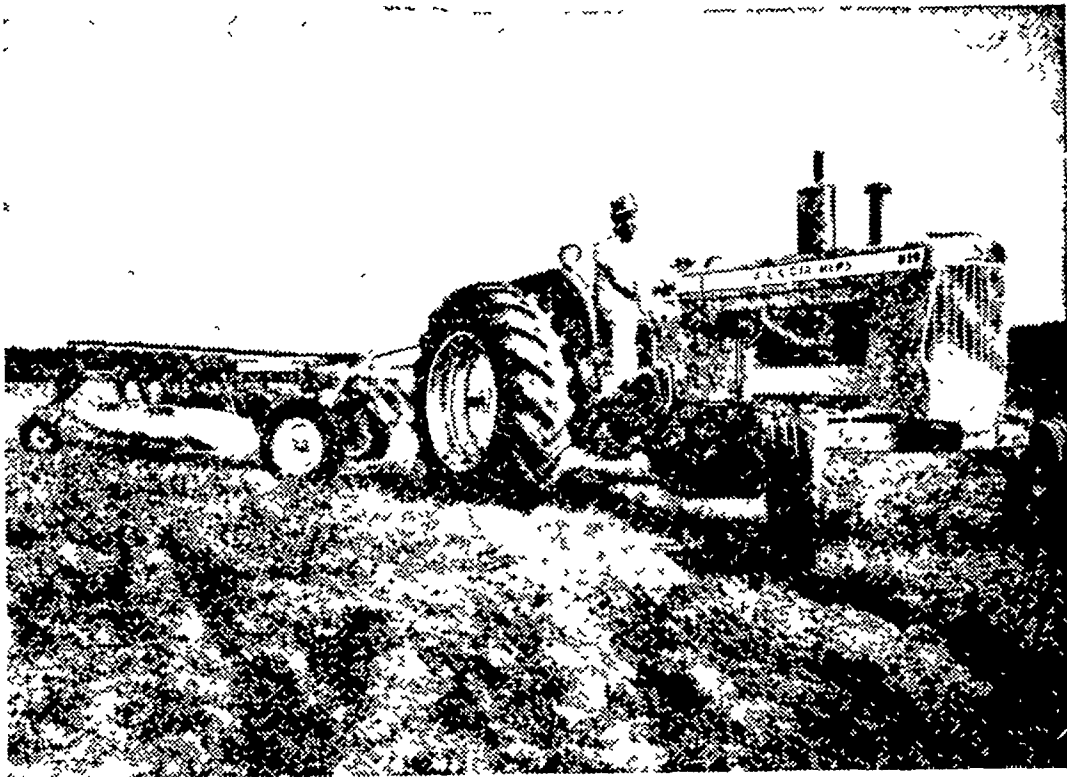
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