

Frankly Speaking

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 Foods — these suggestions come from the U.S. Department of Agriculture's Research Service.

It's all right to keep small amounts of cooking and salad oils at room temperature for a short time, but they should be used before their flavor begins to change. Mayonnaise and salad dressings should be kept in the refrigerator unless they're used within a few days. Even jellies, jams and peanut butter, once opened, keep best in the refrigerator.

Eggs should be refrigerated in the original carton or some other covered container, because uncovered eggs lose moisture through their porous shells.

Potatoes need more careful storage than you may think. They keep best in a dark, well-ventilated place at about 45 degrees to 50 degrees. Too much light causes greening and loss of eating quality. Potatoes shrivel and sprout in a warm place in a cold place they starch in the potatoes turns to sugar. If the flavor of stored potatoes becomes too sweet it can be improved by moving them to a room-temperature storage place for a week or two.

It is best to keep citrus fruits, melons and pineapples out of the refrigerator at room temperatures of 60 to 70 degrees. Although a short stay in the refrigerator doesn't noticeably harm them, a long period of refrigeration causes the skin of citrus fruits to become pitted and the flesh to discolor.

Important danger signs of food spoilage are off-odors in all foods and a sour taste in bland foods such as creamed potatoes and creamed chicken. Other signs of spoilage that make food unpleasant to eat, but not hazardous to health, are rancid odor and flavor of fats, mold or slime on the surface of meat, fermentation of fruit juices and mold on bread.

There is little or no danger of food becoming unsafe to eat when it is kept in a refrigerator with a temperature

**Best Food Buys
 Holiday Foods Are Featured**

Holiday previews of feature foods are due this week-end as retailers merchandise for Memorial Day outings. Generally accepted as the opening date for outdoor activities, this holiday puts the "outdoor chef" back in business and brings a change in family eating habits as we turn to more easy-to-cook and quickly prepared food items.

These observations were noted by Tom Piper, Penn State Extension Marketing Agent, as he surveyed wholesalers and retailers regarding food marketing emphasis for this week-end. Frozen turkeys, beef steaks, hams, bacon,

of 12 degrees or below because food-poisoning bacteria can't grow at these temperatures. You can check the temperature of your refrigerator with an ordinary indoor thermometer placed in different parts of the refrigerator.

fresh picnic, and broiler-fryers will receive promotional emphasis. Fore-quarter beef cuts have already declined in price under the seasonal impact of warm weather.

Egg supplies continue seasonally heavy with farm prices below those of a year ago. Large sizes remain an especially good buy. Current catches of fish and shell fish are as high as they're likely to be this year and priced accordingly.

Produce markets are faced with a seasonally active dearth of short supplies are variable quality, some improvement may be noted during June. Oranges, grapefruit and bananas dominate the fresh fruit scene although competition from other fruits is increasing. Reasonably priced Tartarian cherries are arriving from California and the Bing variety is due soon. Plums, peaches and imported

grapes are available.

Strawberries are entering the heavy volume season and best buys are usually noted in the early part of the week. Hot, dry weather and frost damage has reduced the crop in Pennsylvania and orders should be placed early.

Dry weather has also slowed vegetable growth. Better buys are limited to salad items — radishes, Boston lettuce, green onions and leafy greens. Supplies of most other items remain below normal and prices rather high. Cantaloupes from Texas and Arizona promise to offer more economy than watermelons this weekend.

The processed food index is nearly a point under year-ago levels. Storage stocks of canned and frozen vegetables are higher than average, salad and cooking oils are in plentiful supply and the frozen citrus market has declined in recent weeks.

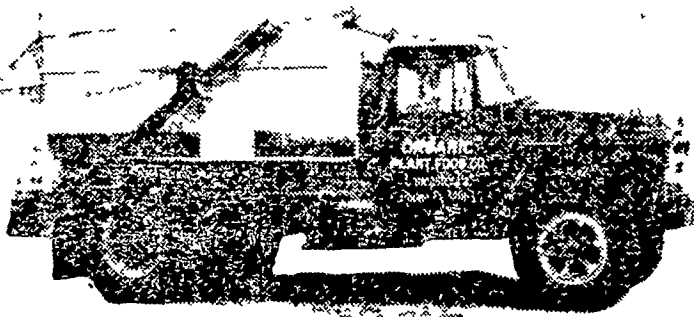
Have You Heard?

(Continued from Page 14)

venience is an extra cost. **About Buying Sewing Needles**
 For hand sewing, buy quality needles of a known make. They have sharp points and smooth eyes. Inferior needles fray and break thread. You may use either sharps or embroidery needles. . . . these needles come in ten sizes, from very coarse — size 1, to very fine — size 10. Embroidery needles have a longer eye for easy threading.

When buying machine needles, be sure you state the needle size — whether fine, medium, or coarse. Also give the make and model of your sewing machine — each machine requires a certain type of needle. It's advisable to buy machine needles from the dealer who handles the make of machine you own. Your sewing machine manual will give you information on buying needles.

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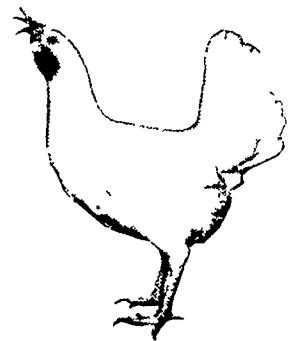
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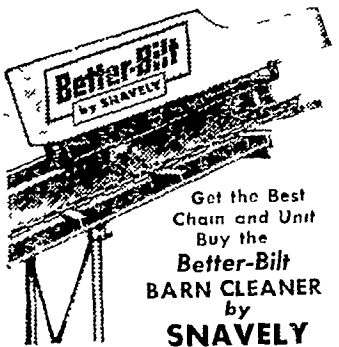
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