

**Best Food Buys**

**Summer Time Is Barbecue Time**

With Summer officially here, even greater emphasis will be centered around the bar-b-que grille and outdoor cookery as a refreshing change in the meal-time sense. Our summer-time food supply makes it possible to plan appealing menus, observes Tom Piper, Penn State Extension Marketing Agent.

Broiler-fryer chickens are plentiful supply and indications are that this popular bar-b-que item will remain a good value in the coming months. Large storage stocks promise to hold turkeys on the list of plentiful foods and good food buys.

With exception of fresh picnics, most pork items are expected to be slightly higher in price than a week ago. Forequarter beef provides economy at the meat counter although some stores will undoubtedly offer steaks at special week-end prices to attract customers. Forequarter chuck steaks are reported to be very good when broiled.

The local strawberry harvest is coming to an end. If you failed to get your fill of this summer luxury, you'll be especially eager for the new crop raspberries, sweet cherries and blueberries which are available now. These items have

a short season and generally a limited supply.

Valencia oranges, bananas, and new crop peaches from Georgia are reasonably priced fruit items. Supplies of cantaloupes and watermelons are on the increase, quality is improving and prices are lower than in recent weeks. First-of-season prices prevail for apricots, plums, seedless grapes and nectaries with most shipments coming from California.

Recent rains and moderating temperatures materially improved vegetable crop prospects in Eastern growing areas. Cabbage, cucumbers, peppers, snap beans, squash, endive, escarole, spinach, onions, radishes and lettuce are best buys in fresh vegetables this week. Tomatoes are high in price, primarily because Florida is nearing the end of harvesting and other important growing areas have not yet started.

Eggs, milk and dairy products are in heavy supply and prices are at a seasonal low.

**● Cookbook Review**

(continued from page 15)

- 1/2 teaspoon salt
- 1 teaspoon vanilla
- 1 medium potato, cooked and mashed
- 4 eggs
- 1 cup raisins
- 1 cup nutmeats

Cream shortening and sugar; add eggs. Alternately add sifted dry ingredients, milk and mashed potato. Last, add raisins, nuts and vanilla. Bake in 350 degree oven.

**GRAHAM CRACKER CAKE**

- 2 cups graham cracker crumbs
- 1/2 cup butter
- 1 cup sugar
- 1 cup crushed pineapple (do not drain)
- 1/2 cup chopped nuts
- 2 eggs, separated
- 1 teaspoon vanilla
- 2 teaspoons baking powder

Cream butter and sugar. Add egg yolks and mix. Add

Many retailers are promoting these items during June, Dairy Month.

all other ingredients except the egg whites. Beat whites stiff and add last of all. Bake in ungreased pan at 350 degrees for 45 minutes. Serve with whipped cream.

**CRACKER PIE**

- 2 cups water
- 1-1/2 cups sugar
- 2 teaspoons cream tartar
- 20 Ritz crackers

Boil water, sugar and cream of tartar together for 2 minutes. Add 20 Ritz crackers. Boil 2 minutes. Pour in unbaked pie shell. Add cinnamon and butter, bake in hot oven. You won't know it from an apple pie!

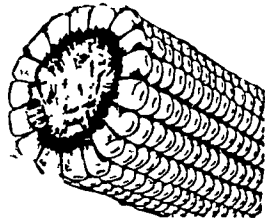
**SPICED CANTALOUPE**

- 1 quart water
- 1 pint vinegar
- 1 quart sugar
- 4 drops each of oil of cinnamon and cloves

Cook syrup until a bit thick and pour over filled halves of cantaloupe. Cold pack 30 minutes.

More farmers each month prefer to buy their

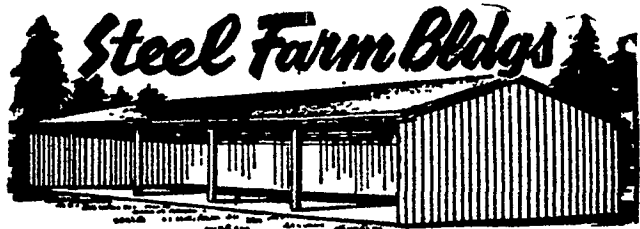
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