

Best Food Buys

Holiday Foods Are Featured

Picnics, cook-outs and family gatherings will greatly influence our food shopping this week-end as final preparations are made for the observance of Independence Day. Ample supplies of a wide variety of food items should make it possible to please all appetites, observes Tom Pifer, Penn State Extension Marketing Agent

Picnic items such as beef steaks, hamburger frankfurters, and smoked hams will be featured in many markets. Ample supplies of fryers and frozen turkey make these items available at budget prices

Vegetable harvest is starting in more and more sections each week, and volume moving to market has increased accordingly. Florida shipments are finishing rapidly, although watermelons and sweet corn will continue in volume through July Fourth. Favorable weather has improved the crop outlook in Virginia, Maryland and New Jersey and harvesting of several vegetables is underway.

Plentiful items, priced accordingly, include cabbage, squash, green peas, snap beans, cucumbers, peppers, radishes, potatoes, carrots, endive, escarole and other leafy greens including lettuce from New York and New Jersey. Watermelons and cantaloupes are of

• Have You Heard?

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 on a cost-per-pound basis, eggs are a bargain. A dozen large eggs weight 1½ pounds. At present prices of 40 to 45 cents a dozen eggs cost only 27 to 30 cents a pound. Two eggs have the same amount of protein as one serving of lean meat. Six servings of protein for 30 cents is hard to beat. Nutritionists say that ounce for ounce cheese has the same amount of protein, too. And June being Dairy Month many retailers will have special displays and prices on cheese.

• Summer Salads

(continued from page 14)
CONFETTI SALAD
 3 cups finely shredded green cabbage
 3 cups finely shredded red cabbage
 ¼ cup sliced green onions
 Bacon Sour Cream Dressing*
 Gently toss cabbage and onions with dressing to moisten.

BACON SOUR CREAM DRESSING
 6 strips bacon, cut in small pieces
 2 teaspoons flour
 2 teaspoons sugar
 ½ teaspoon salt
 1 teaspoon dry mustard
 Dash of cayenne pepper
 1 egg
 ¼ cup vinegar
 1 cup dairy sour cream
 ¼ cup milk
 In skillet, fry bacon until crisp. Remove bacon, drain. Remove skillet from heat, pour off all but about 2 tablespoons bacon drippings. Blend in flour, sugar, salt, dry mustard and pepper. Beat together egg and vinegar. Add to skillet mixture. Cook, stirring constantly, over low heat until smooth and thickened, cool. Blend together sour cream and milk; stir into thickened mixture. Chill. This dressing recipe makes 1 cup. The above salad will serve about 8 people.

good quality and may be considered good buys in produce. Celery and tomatoes continue to show firm prices due to limited supplies, a condition that should be corrected during July.

The local raspberry harvest was at a peak this week, the greater portion of this crop matured about the same time so harvest won't last very long. Sweet cherries, red, white and dark varieties are in peak supply too. The tart cherry harvest is beginning on a crop estimated to be

two percent greater than last year's record. Blueberries, bananas, peaches, lemons, and limes are also considered economical fruit items.

Substantial savings are in store for you at the dairy county. Egg supplies are heavy and prices continue very low. Seasonally high production has resulted in slightly lower prices on milk and dairy products. Ice cream production is expected to be about three percent above last year and some excellent buys prevail on this cooling dessert favorite.

The Continental or Grand Union Flag had thirteen alternate red and white stripes with the British Union Jack in the upper left corner.

Production Costs Up 4 Times From Prewar

Farm production costs today are nearly four times as high as they were in 1940, according to W. T. McAllister, University of Delaware farm management specialist.

Studies by USDA's Economic Research Service show about 70 percent of a farmer's gross income went to pay for production in 1961, compared to about 50 percent in 1940. Although gross income has been holding steady for the past few years, production costs have continued to climb.

In 1940, U.S. farmers spent

\$1.75 on machinery and buildings for every dollar spent for hired help. By 1960 the ratio had risen to 2.77 to 1.

Expenditures for fertilizer and lime in the U.S. by 1960 had climbed to 4.8 times the 1940 outlay. This shows a very sizable increase in quantity used because prices per ton had increased only 50 percent.


In 1960, property taxes were about 3.4 times higher than in 1940. Between 1955 and 1960, the farmer's property tax increased from \$1.1 million to \$1.5 million, about 7 percent a year.

In the business world an executive knows something about everything, a technician knows everything about something—and the switchboard operator knows everything.

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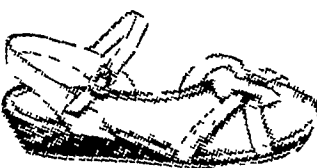
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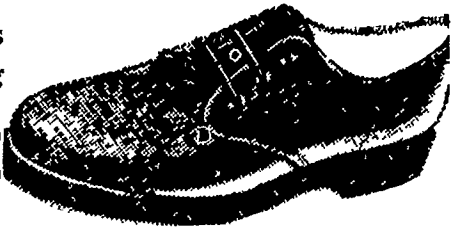
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- Full cushion insoles

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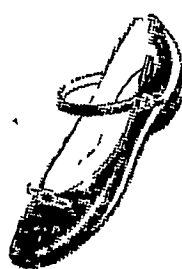
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