

Flexible Shopping List Valuable

A flexible shopping list and careful buying will help keep the food budget balanced this week-end, declares Tom Piper, Penn State Extension Marketing Agent. Weather conditions at this season of the year exert considerable influence on harvesting operations and delivery schedules. Temporary shortages can cause unexpected price variations.

Best food values are expected at the meat counter this week-end as pork loins and roasts, chicken, ribs of beef and steak vie for promotional emphasis in local food markets.

Large sized eggs, dairy products and a variety of seafood items are in plentiful supply. These items are rich in food value and offer defin-

ite economy on a cost per serving basis.

The prevailing dockworker's strike has forced most banana houses to close down for lack of supplies. This explains the steady climb of prices to new highs in recent weeks, a condition true of most imported fresh fruits and vegetables.

Florida citrus shipments will probably show a slow increase until such time as size and condition of remaining fruit is established. One local wholesaler estimates that good fruit suitable for fresh market will not be over ten to fifteen percent of the original crop. Prices of oranges and orange products have advanced sharply since the freeze.

Best buys in fresh fruit will be found among several varieties of apples suitable for eating fresh or for cooking. Western pears, Emperor grapes and avacados are reasonably priced. Thanks to last year's bumper crop, red tart cherries are in plentiful supply and an economical choice for that special pie or fancy dessert.

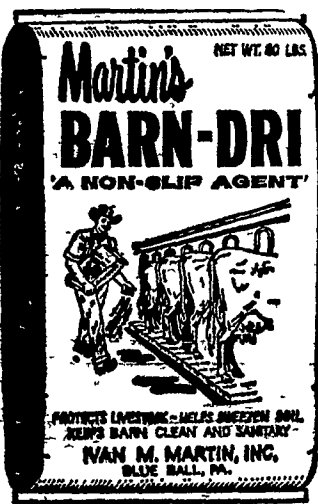
Supplies of tender vegetables have been substantially reduced by last month's Florida freeze. Prices have advanced on many items and for the most part they are higher than a year ago. Best buys at this time include mushrooms, Romaine lettuce, white potatoes, onions, sweet potatoes, carrots and bunched green onions. Lettuce prices are practically the same as a year ago. Most of the lettuce is from Western areas not seriously affected by the cold.



GRAND CHAMPION 4-H LAMB AT THE Pennsylvania Farm Show on Thursday was this Hampshire shown by Fred Hess, Bareville R1. The lamb was bred on the farm of Fred's father Arthur S. Hess.

L. F. Photo.

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Grocery Stores Stock Food For 15 Days

Retail food stores have a 15 1/2 days' supply of foods on hand for each person in the continental United States, according to a report issued today by the U.S. Department of Agriculture.

The Department's Economic Research Service made the revised estimates at the request of the Office of Civil Defense on the basis of 2,000 calories of food and 32 ounces of nonconcentrated liquids per person per day. These specifications are believed to be

more realistic short-term levels of food and beverage consumption in an emergency than the previous basis of 3,000 calories and 56 ounces of fluids.

Caloric value of canned and bottled liquids is included in the food inventories. Fluids include beverages that can be substituted for drinking water such as milk, soft drinks, juice, beer, and wine.

Slightly more than four-fifths of the food supply at retail can be stored for relatively long periods without

special handling. These foods consist of canned, bottled, dried, and packaged products. The remaining fifth of the retail supply is in fresh and frozen form.

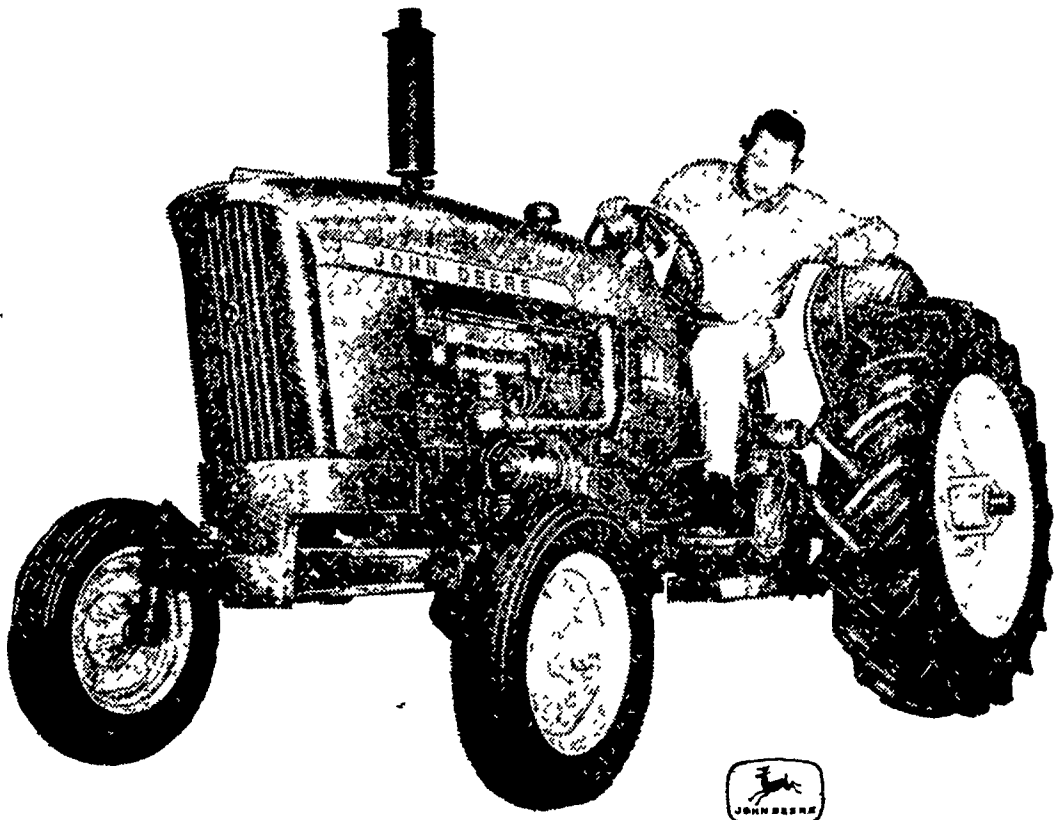
The manufacturer's brand helps to identify a product, says Harold Neigh, Penn State extension specialist in consumer economics. The brand name serves as a guide to future buying if the consumer likes the item. The manufacturer is responsible for seeing that his product remains uniform.

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