

BEST FOOD BUYS Traditional Easter Fare Featured

Ham, turkey, and eggs will be the main attractions at area retail food stores this week, says Harold Neigh, consumer marketing specialist at Penn State.

You'll find Easter hams costing a few cents less than a year ago. However, prices will vary between stores and in stores because of the different kinds, cuts and styles of ham.

Hams are either "cook-before-eating" or "fully-cooked" and the meat industry is trying to get all packers to label hams as such. Cook-before-eating hams are regular smoked hams that have been heated to an internal temperature of at least 137 degrees F. They are safe to eat, but additional cooking is necessary to bring out the proper flavor and tenderness. Fully-cooked and ready-to-eat hams have been cured and heated so they may be served cold without further cooking or they may be reheated and served hot. You'll pay a few cents more for a fully-cooked ham than a regular smoked ham because of additional processing costs, but you can expect less cooking shrinkage.

Although whole hams are available, hams are usually sold by the half or portion—the butt half and the shank half. The butt half comes from higher on the leg than the shank half; it yields a larger proportion of lean meat than does the shank half and usually sells for a higher price per pound.

If you prefer turkey, it shouldn't be too hard to find one to fill your needs. Prices generally start at 35 cents a pound for the heaviest size and go up to 49 cents a pound for

the smallest ones. These prices are about the same as at Thanksgiving when supplies were the heaviest for the year. You should find some real bargains in eggs as many retailers offer them at special prices this week.

To round out your holiday menu there will be low prices on many items for those vegetable and salad dishes. Bargain prices will be noted on sweet potatoes, onions, carrots, and radishes. Many stores will carry feature prices on corn, asparagus, lettuce, tomatoes, cucumbers, and peppers.

• Have You Heard? (continued from page 15)

and what is available. A list of specifications will help you keep your decisions logical and organized so you get the most value for the money you have to spend.

When you keep key features in mind, you're less likely to buy on impulse.

Before You Call The Serviceman For Your Automatic Washer

When your automatic washer breaks down, don't call the serviceman . . . at least not right away. A little checking on your own may save a repair bill.

Some things to check include: Is the washer securely plugged in? If it is, make sure a blown fuse or open cir-

cuit breaker is not responsible for the breakdown.

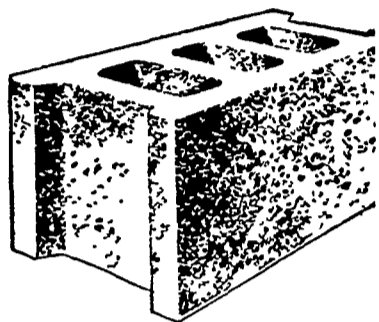
Is there enough water? Both faucets should be on and the hose free of kinks. The lid or door should be completely closed.

Check all controls to see if they're set right, especially the reset button if there is one.

If the washer has stopped during a cycle, the load may be unbalanced. Try distributing

the items in the washer, pressing the reset button, and starting the machine.

Look at your instruction book. Read the directions to be sure you're following them exactly. Then if you can't locate the trouble, call the repairman. Have the model number handy when you make the call . . . the repairman may ask for it.



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Food Costs

Some convenience foods cost little, if any, more than regular foods, says Harold Neigh, Penn State extension specialist in consumer economics. Difference in cost depends on the amount of processing and packaging that has to be done, and how savings can be realized. For example, oranges are squeezed at a plant near the grove and the juice is shipped in frozen concentrated form. This saves enough to offset processing costs.

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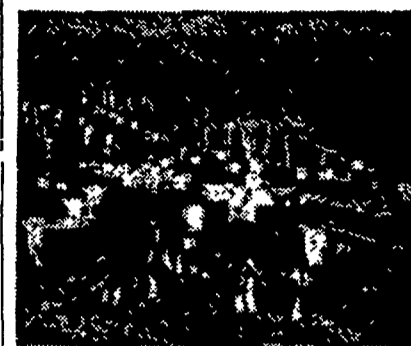
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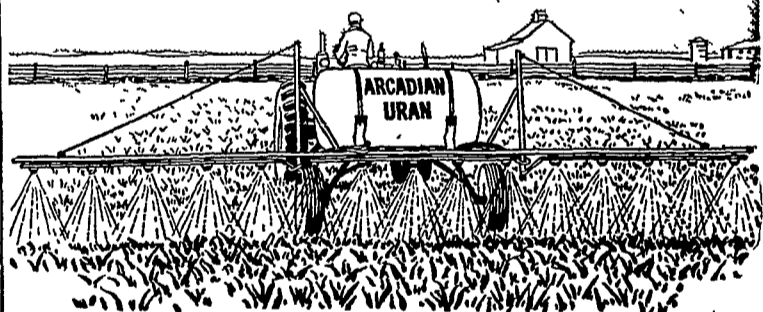
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