

BEST FOOD BUYS To Stretch The Food Dollar

Many homemakers will no doubt be looking for ways to stretch the food budget after last week's holiday spending. With a little careful shopping you should be able to stretch that food dollar says Harold Neigh, consumer marketing specialist at Penn State. He says too often shoppers don't really use all the shopping skills they have. Neigh suggests studying the food ads and knowing what is on sale; take inventory of your own food supplies and buy only what you need; prepare a menu, keeping in mind your family's likes and dislikes; make out a shopping list, but be flexible once inside the store.

There will be no drastic changes in the variety of food says Neigh, but recent improvements in weather conditions mean there'll be increased supplies of most spring fresh fruits and vegetables. Fryer chickens will be added to the list of increasing beef and pork cuts. Best values will be those items selected for week-end specialing.

Pork cuts are carrying lower price tags as a result of larger than average supply. For a fast yet economical meal check the fresh pork shoulder steaks or chops from the loin ends.

One of the best bargains in

beef is in the specialty items or variety meats. Liver, for example, is all lean meat. For a good stew there's beef shanks or plate beef. Try either of these cuts with noodles for lots of flavor. For pot roasting there is a good selection of cuts, particularly when on special. The blade and arm cuts are favorites to cook with moisture. The rump roast, heel of round and English cut chuck are also economical cuts.

● For The Farm Wife

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Cook until thickened. Add frozen strawberries. Heat until thawed. Add the strawberry mixture to the drained peach slices. Ladle into 25 6-ounce baking cups using about 3/4 cup for each serving. Mix flour, sugar, butter, salt and spices. Sprinkle about 2 tablespoons on top of each dessert. Bake at 400 degrees for 20 minutes. serve warm.

NO-BAKE BROWNIES (54 squares)

3 cups evaporated milk
6 cups miniature marshmallows
3 6-ounce packages semi-sweet chocolate pieces
1 1/2 cups sugar
3/4 teaspoon salt
3 tablespoons butter or margarine
2 tablespoons vanilla
2 pounds graham crackers, crushed
3 cups chopped walnuts
Cook first five ingredients in a 6-quart kettle over medium heat until chocolate pieces and marshmallows melt. Cook and stir to a full rolling boil and boil ten minutes. Remove from heat and gradually stir in remaining ingredients. Press mixture into a buttered 12 x 18-inch pan. Chill one hour or until set. Store in refrigerator until served. Makes about 54 squares.

CHILI CON CARNE (50 servings)

1 1/2 pounds onion, sliced
5 pounds ground beef
1/2 cup fat
4 quarts canned tomatoes
1 large bunch celery,

chopped green pepper, Worcestershire sauce, salt and chili powder. Stir in kidney beans, bring to boil and then simmer for about 20 minutes.
If any of our readers is in need of a specific quantity recipe, won't you write us and we'll see if we can be of any fat. Add tomatoes, celery, help to you.

Homemaker Day Is May 2

The annual Homemakers Day, sponsored by the county Extension Association has been scheduled for May 2, according to Mrs. Norma DeLellis, County Home Economist.

Beginning at 11:30 a.m. with a buffet luncheon in the Regency Room in the I.O.O.F. building, 213 West Chestnut Street, Lancaster.

At 1 p.m. models will exhibit clothes from local shops and a presentation. "Clothing the Family", will be the featured program.

As a convenience for mothers, a nursery close by will take care of small children. Mrs. DeLellis advises mothers to pack a lunch for her child, and include a large towel for napping, and a favorite toy or book.

Ladies are asked to bring centerpiece ideas for an exchange of ideas Luncheon reservations should be made with the extension office in the Lancaster Post Office building before April 29.

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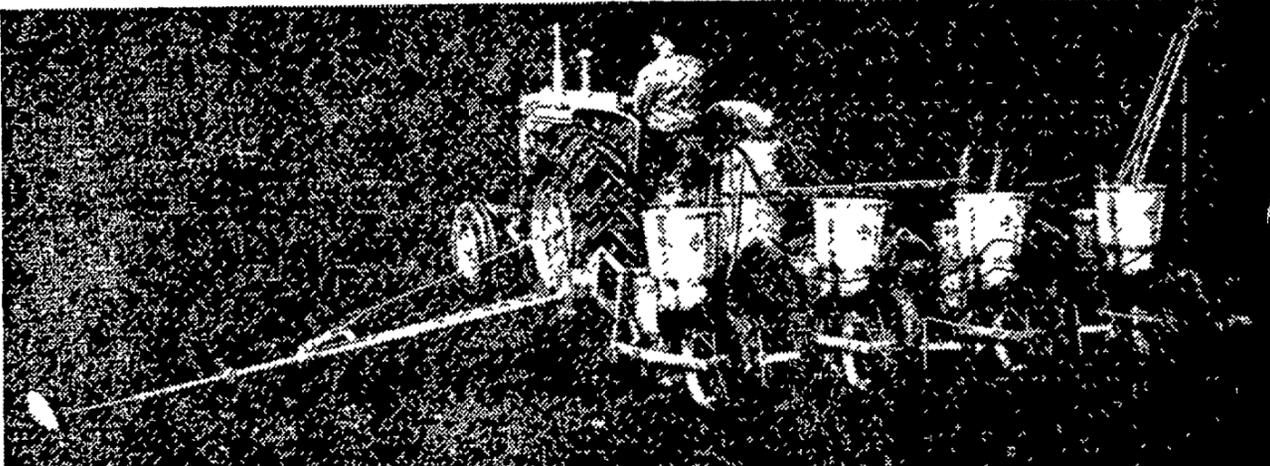


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