

BEST FOOD BUYS Meat Items Offer Most Bargains

Meat counters offer many choices in beef, pork, lamb, and poultry from fairly abundant supplies, says Harold Neigh, consumer marketing specialist at Penn State.

Selected cuts of beef and fryer chicken are the more prominent meat values in most area stores. Top grades of beef cattle are now selling at a three-year low and prices are expected to decline further as livestock feeders plan to market more beef in the second quarter than the same period in 1962. There is a lag between retail prices and live prices so you won't notice any big drop in retail prices in the immediate future. But, there are more beef supplies than a year ago this time so there's likely to be more weekend specials on beef. On the other hand, there's likely to be less weekend specials on broiler-fryer chickens than a year ago because of only relatively moderate supplies. During the summer months, demand for chicken is at its peak.

Pork prices have now passed their low point but many values are still available in shoulder steaks, butt roasts, and canned hams. The peak price is expected in August.

If you noticed an abrupt change in lamb prices, it's because retailers are shifting to

spring lambs which are costing them three to four dollars more than the old crop. With the arrival of the new lamb crop, many retailers are featuring lamb in conjunction with the Pennsylvania Lamb-B-Q promotion. This is a campaign by the Pennsylvania Sheep and Wool Growers to remind the public of the goodness of lamb.

• For The Farm Wife

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ly beat in cream of tartar and sugar until meringue is very stiff. Add vanilla. Pile meringue lightly over ice cream, making sure meringue touches pie crust all the way around. Bake in a very hot oven (450 degrees) 3 minutes, or until meringue is delicately browned. Serve immediately

CHOCOLATE ALMOND DREAM PIE

- 1 9-inch pie shell, baked
- 1 large (4½ ounces) chocolate almond candy bar
- 20 marshmallows
- ½ cup milk
- ½ pint whipping cream
- 1 teaspoon vanilla
- 4 marshmallows

Combine chocolate bar, 20 marshmallows, and milk in top of double boiler. Melt and stir until mixture is smooth and

creamy. Remove from heat, and cool. To cool quickly place in a pan of ice water. Whip cream and add vanilla. When chocolate mixture is cool, fold into whipped cream and blend well until smooth. Pour into baked 9-inch pie shell and chill several hours. Before serving decorate with easy marshmallow daisies. With scissors, cut each of the 4 marshmallows into petal shaped pieces. Arrange the marshmallow petals to resemble daisies on the surface of the pie. Center each daisy with a small piece of marshmallow tinted yellow with food coloring.

• Have You Heard?

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dren. It might be a good idea to rearrange a child's room. Give as much floor space as possible for indoor play on rainy days. Clear the study desk or table so he can use it for games or hobbies. Clear book shelves for his temporary collections of seashells, stones, or numerous other treasures.

Pressing Is Not Like Ironing

There's a difference between ironing and pressing. When you press you use steam and you don't press dry. Too much

pressing is as bad as too little. Overpressing is worse because it may permanently damage the fibers.

Two main things cause overpressing: one, too much heat may melt the fiber or scorch it; and two, pressure from the iron may leave the fabric too dry. You can avoid both if you use the right press-cloth.

The kind of fabric you are pressing determines the amount of heat, moisture, and pressure needed. You don't press wool and most manmade fibers dry as you do rayon, cotton, and silk.



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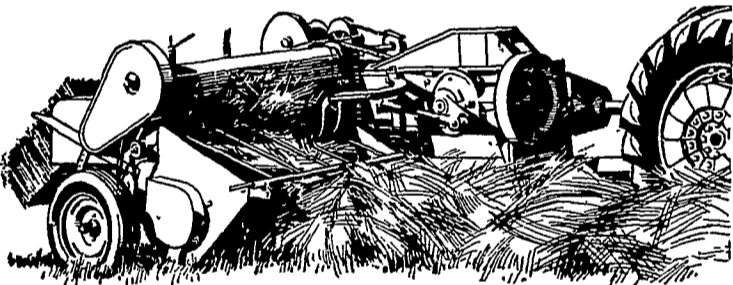
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