

● **Have You Heard?**

(Continued from Page 15)

Push your cart with care. If you accidentally bump your cart into someone, stop and apologize sincerely.

Return merchandise to its proper place if you change your mind and buy another product.

Knock an item off the shelf and stop to pick it up and replace it.

Learn the rules of the "express" line. Usually, it's the number of items, not the number of units that matter.

Wheel the empty cart through to its proper place.

**Hints For Vegetable Cookery**

When you cook fresh vegetables, cook only what you need for one meal.

Good nutrients are near the skin so pare vegetables only when necessary and keep the parings thin.

Valuable vitamins and minerals dissolve in water when you soak vegetables.

Go easy on the cooking water, and save the liquid to use in soup, gravy, or stew.

Cook vegetables until just tender — don't overcook.

Season sparingly . . . each person can add seasoning as desired.

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**BUYING GUIDES FOR MATTRESS**

When a mattress reaches the hill and valley stage, it has outlived its normal comfort-service expectancy.

When is a mattress worn out? Some indications of it being worn out include sagging borders, broken stitching, and a flabby, packed-down look. One sure sign of a worn-out mattress is how you feel when you get up in the morning. A worn-out mattress doesn't give you the even, equal support you need for relaxing, restful sleep.

Three basic types of mattresses are available: inner-spring, foam, and solid upholstered.

Good mattresses have sturdy tickings and borders with reinforced ticking edges.

You can't judge comfort by sitting on or punching a mattress. The only way to test a mattress is to lie down on it . . . stretch out and see if it's long enough, wide enough, and firm enough for you.

Long-size twin or double bed mattresses allow extra length, king sizes provide extra length and extra width.

**TWO TYPES OF BREAD CRUMBS**

Bread crumbs are of two types—dry and soft.

Dry bread crumbs are those that can be rolled fine and are used for eating foods for frying, stuffings, and for buttered crumbs. The packaged bread crumbs you buy are of this type.

Soft bread crumbs are used for bread puddings, fondue stuffings, and buttered crumbs. Crumble two-to-four-day-old bread to make soft crumbs.

There's a difference between a saucepan and a saucepot, although each one is a covered or an uncovered cooking uten-

**BEST FOOD BUYS**  
**Beef, Pork and Vegetables**

Beef ribs, fresh pork shoulder, lamb and fryers will be the meat values at most area stores this weekend. Beef prices are down two cents. Best buys in vegetables are the hardy fall types, and apples will be the main attraction at fruit counters. More kinds of citrus are coming to market but prices remain seasonally high.

**Pork Values Increasing**

Pork supplies are increasing and it's showing up at retail meat counters in the form of more weekend features. The Boston butt may be a good choice this week because it's one of the better pork values from the standpoint of both cost and amount of lean meat per pound. The Boston butt comes from the top of the pork shoulder. A fresh picnic from the lower part of the pork shoulder is another thrifty choice. This cut is especially adaptable for a boiled dinner. **Beef, Lamb and Fryers on Sale** Retailers report declining wholesale fryer and lamb pri-

ces so look for good values on both this week. Some area stores will have feature prices on all lamb cuts. Fryer values may be either whole, cut-up or parts, depending on the store. Beef prices have changed very little in recent weeks but you'll see beef cuts featured in some stores about every week. Re-

tailers like to feature beef to draw customers and to hold their regular patrons. This week, you'll find some local markets specializing in standing rib roasts.

**Apples Fruit Buy This Week**  
At fresh fruit counters, apples are the main attraction in observance of National Apple Week. Many retailers are offering apples at special prices during this national promotion. Bananas, pears, grapes, and variety melons are other value choices. More citrus coming to market with tanks lined making their first appearance in many stores this week. However, prices are expected to remain a little higher than usual all season because of freeze damage last December.

There are over 3,500 regional, state and local archery clubs in the United States. Pennsylvania has 135 clubs enrolled in the state archery association with 3,000 members.

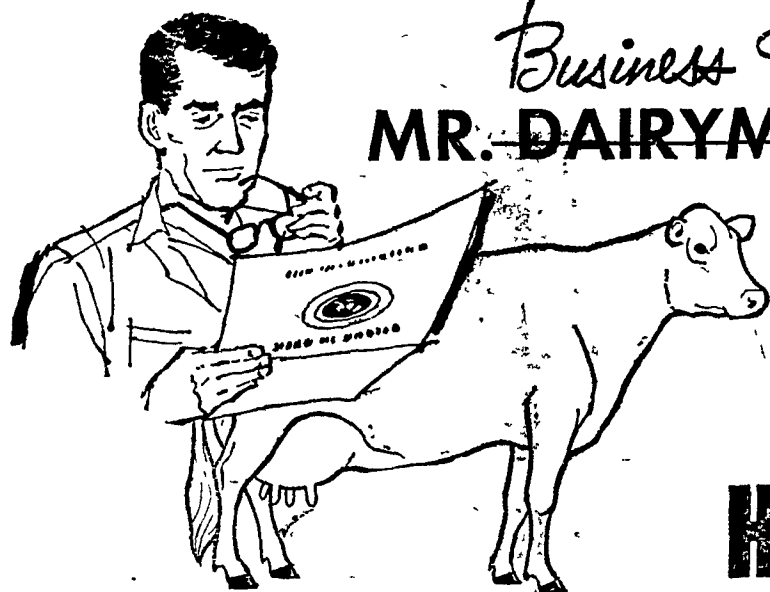
**1963 Special**  
**Calf & Feeder Sales**

**SOUTH BRANCH STOCKYARDS, INC.**  
**Moorefield, West Virginia**

● **FRIDAY, OCTOBER 25 . . .**  
**1500 calves.**

**ALL SALES AT 7:00 O'CLOCK, P.M.**

Sale sponsored by W. Va. Dept. of Agriculture and South Branch Stockyards, Inc., Moorefield, West Virginia



**HOW MUCH**  
**WOULD AN EXTRA TON OF MILK**  
**PER COW MEAN TO YOU?**

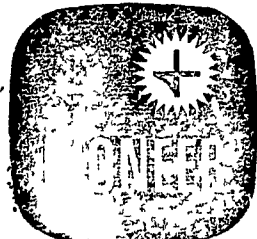
Many dairymen who have challenged their herds — who have fed for more milk — have found that their cows can often produce as much as 2,000 extra pounds of milk per year when fed the PIONEER way.

If you're milking 100 head, an increase of 2,000 lbs. of milk per cow would mean 200,000 lbs. more milk per year for you to sell. At \$4/cwt., the extra milk would bring an extra \$8,000!

Management for profit the PIONEER

way can mean big additional earnings for you. That's why thousands of successful dairymen rely on PIONEER feeds and feeding programs to help them milk out the total bred-in production capability of their cows — to help them get more profit from each cow.

Challenge your herd! Find out how good your cows really are. Stop in soon and talk over your production problems with us. Remember, there's a PIONEER feeding program to fit your need.



**Joseph M. Good & Sons**

**Leola — Quarryville**

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