

BEST FOOD BUYS Steak And Pork Loin Are Featured

Beef steaks and pork loin are receiving promotional emphasis this week at many area food stores. Egg prices advance in some stores but receive March Egg Month promotion in others. Prices at fresh produce counters continue high but are beginning to show the change of season with the arrival of new items and greater variety. Lenten promotions continue to provide food values for every-

one.
Beef And Pork Are Values This Week
Beef continues as a better value in many stores, particularly hindquarter cuts. Steak cuts range from 75 to 95 cents a pound this week on sale which amounts to 30 cents a pound difference between feature prices and regular retail pricing. Fresh pork provides many promotional opportunities too since prices have remained rather stable. Loin cuts are featured in some stores while Boston butt roasts and pork steaks get the value nod in others.

Tips For Good Freezer Management

Regular retail beef prices are not expected to change much in the months ahead but there will likely be fewer steak sales. This could prompt you to "buy ahead." But you should remember the points of good freezer management. If you regard your freezer as "storage" it can be costly. So if you do wish to store some steaks for summer, make certain that everything else in the freezer moves out and is replaced in an orderly fashion.

A Garden In The Pantry

A shelf full of canned foods is just like having a garden in the pantry. Now's a good time to stock your pantry. You'll find sales of both nationally advertised and store brands. Since supplies of canned and frozen vegetables are a little smaller than last year, you may

want to concentrate your purchases on those in largest supply. In canned vegetables, corn, spinach, and asparagus are in largest supply. Frozen vegetables in largest supply are broccoli, cauliflower, and spinach.

Compare Frozen Fish Products

When buying frozen fish products, read the labels. Compare prices by style, type and container. Remember too that some frozen fish products are cooked while others are uncooked. Sizes vary also. Many frozen fish packages weigh a pound but some weigh less, others more. Some fishery products are breaded which means you are paying for about one-third breading and two-thirds fish. Learn to compare to be

better satisfied with the fish products you buy.

Broiler-Fryers

If you're planning to buy several broiler-fryers to keep on hand, store and care for them properly to keep them at their best. All poultry is perishable and should be refrigerated right after buying it.

Proper storage is important to keep the high quality of poultry whether you buy it chilled or frozen. If you buy frozen birds, be sure they are solidly frozen and then keep them that way until time to thaw and cook. After thawing, cook at once.

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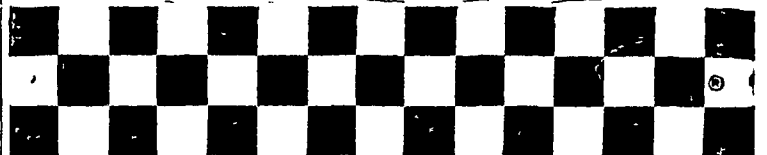
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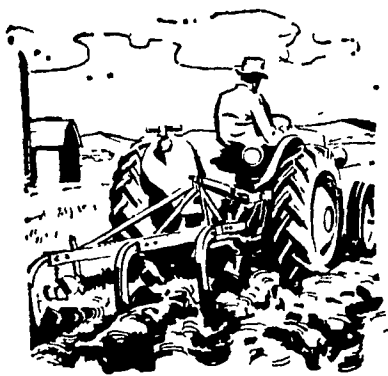
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