

● **Have You Heard**
(Continued from Page 19)

tender cuts usually sell for less than the popular ones. But flank steak is all meat with no waste and may sell for only slightly less than sirloin.

Vitamins A and C Low in Some Diets

Many children have diets low in vitamins A and C (ascorbic acid) because they don't like green vegetables.

A child's vitamin A intake relates to his feelings toward green and yellow vegetables and the mother's opinion about the importance of serving foods rich in this vitamin.

Vitamin A helps keep mucous membranes firm and resistant to infection, teeth strong, and skin smooth and soft.

When parents have an above average knowledge of nutrition and are above the average in income, families are likely to have a satisfactory intake of vitamin C or ascorbic acid-rich foods.

For vitamin A you can eat such foods as eggs, sweet potatoes, carrots, pumpkins, deep yellow squash, apricots, broccoli, or green peppers, cantaloupe or dark, green leafy vegetables.

For adequate ascorbic acid, eat a serving each day of orange, grapefruit, raw strawberries, broccoli, brussels sprouts, cantaloupe, or tropical fruits, and green or sweet red pepper.

● **Spring Fire**
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"None of these were classified as forest fires," said McNamara, "but all were the result of burning debris during a break in the cold weather."

"If you must burn trash," warned McNamara, "select a

Increase In Fluid Milk Prices To Dairy Farmers Announced

The U. S. Department of Agriculture recently announced increases in fluid milk prices to dairy farmers for the coming year in all Federal milk order markets except in Florida, which are being considered separately.

The USDA's Consumer and Marketing Service Officials said the price actions include a continuation of the 20-cent increase in the Class I price differentials currently in effect, and a minimum basic formula price of

\$4.33 a hundredweight, to be effective through April 1969. In a few eastern markets using economic price formula comparable action is being taken.

Today's decision would establish through April 1969 fixed prices for the Massachusetts-Rhode Island - New Hampshire, New York - New Jersey, Connecticut, and Delaware Valley orders, at \$6.67, \$6.39, \$7.07, and \$6.93, respectively.

The decision is based on evidence presented at a public hearing on national milk order prices February 23 in Memphis, Tenn held at the request of dairy farmer cooperatives.

The farmers asked for action by USDA to assure price stability in Federal milk order markets across the country. With the assurance of improved milk order prices farmers said they could better plan their dairy operations for the coming year, and be able to continue providing steady, sure supplies of high-quality milk for consumers.

With a support price of \$4.28, a basic formula floor price of \$4.33 will continue the present relationships of the floor price to the support price for manufacturing grade milk. Minimum Class I and Class II prices in the orders will be increased by about 28 cents over those of the past year.

Today's decision also extends through April 1969 the regular pricing formulas for fluid milk in three of the orders, which otherwise will expire June 30.

They are the Delaware Valley, Southern Illinois, and Central Illinois orders.

Proposals dealing with fluid milk prices under the three Flo-

● **For The Farm Wife**
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- 1/4 teaspoon salt
- 1 cup sugar
- 1/4 teaspoon mace
- 1/4 cup oil
- 1/2 cup milk
- 1/2 cup orange juice
- 2 eggs
- 1 teaspoon vanilla
- 2 cups sliced peaches

Sift dry ingredients together. Blend in oil, milk, and orange juice. Beat for 2 minutes at medium speed of electric mixer or 300 strokes by hand. Blend in eggs and vanilla. Beat at medium speed 2 minutes or 300 additional strokes. Pour 1/2 cup batter in greased 8x8-inch square pan. Cover with fruit. Pour remaining batter evenly over fruit to cover. Bake in preheated 375 degree oven, 35-45 minutes, or until done.

day with little wind, burn in a covered container, if at all possible, remain on the scene until certain that the fire has burned itself out, and give the volunteer firemen, foresters and fire wardens a break for a change"

Come Over For Dessert And Coffee



Today's working wives and busy mothers often haven't time to produce company dinners as frequently as they'd like. But everyone welcomes invitations to coffee and dessert parties — and they're especially good ways to entertain friends on weeknights when you want to avoid lots of late evening cleanup. An electric percolator is a handy aid for this kind of informal entertaining, and makes itself right at home at the scene of the party. Now you can select a quality coffee made especially for electric percolators, such as Maxwell House Electra-perk Coffee, and your guests will compliment both your coffee and your dessert. One dessert that's always a hit is Lemon Angel Pies, which are meringue shells filled with a fluffy lemon pudding. Buy the meringues from a bakery, or if you have time the night before, make your own using the egg whites remaining from the two yolks that go into the making of the packaged lemon pudding and pie filling.

Lemon Angel Pies

- 1 package (3-1/2 oz.) lemon pudding and pie filling
- 1/2 cup sugar
- 1/4 cup water
- 2 egg yolks or 1 egg
- 2 cups water
- 1 cup prepared whipped topping or whipped cream
- 6 baked meringues, cooled

Combine pie filling, sugar, and 1/4 cup water in saucepan. Add yolks or egg and blend well. Then add 2 cups water. Cook and stir until mixture comes to a full boil and is thickened — about 5 minutes. Remove from heat. Pour into bowl and place wax paper directly on surface of pudding. Chill. Beat with rotary beater until smooth. Fold prepared whipped topping into filling. Spoon into meringues. Makes about 3-1/2 cups filling or 6 servings.

rida milk orders are being considered separately, and will be covered by another announcement, officials said.

This recent decision appeared in the Federal Register March 26 and anyone interested may submit comments or exceptions up to April 1. The final decision is subject to approval by at least two-thirds (three-fourths in a few orders) of dairy farmers

supplying each order area. This would be determined by polling their cooperative associations, officials said.

Federal orders set minimum prices to dairy farmers, officials said, but do not regulate retail prices.

A hen-pecked husband's life is just one bug fowl-up.

Gigolo a fee-male

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