

Mrs. Ober

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and enough water or soup stock to prevent sticking. Cover and cook slowly until meat is cooked through. Serve hot. Serves 8

Mrs. Ober says "We have an electric ice cream freezer and we make ice cream all the time" Here is their favorite kind

PINEAPPLE ORANGE ICE CREAM

- 2 eggs
- 1½ cups sugar
- ¼ teaspoon salt
- 2 14 oz. cans evaporated milk
- 1 tablespoon orange peel (grated)
- 1 cup orange juice
- 1 14½ oz. can crushed pineapple
- ½ cup lemon juice
- Orange pulp from oranges squeezed for juice in recipe
- 1 qt. cream

Beat eggs in a large bowl. Add sugar and salt and beat till well blended. Gradually stir in evaporated milk, pineapple, orange peel, orange and lemon juice and orange pulp. Pour into 1 gallon freezer can. Add cream. Freeze till firm. Remove dasher and let ripen before serving.

CHERRY PONE

- 4 cups flour, sifted
- 2 eggs
- 3 teaspoons baking powder
- 1 can cherries, drained
- 2 cups sugar
- ½ cup shortening
- 1½ cups milk

Cream sugar and shortening. Add eggs and beat. Sift and measure flour and add baking powder. Then alternate dry ingredients and milk. Add cherries last. Bake 40-45 minutes in 375 degree oven in 9" X 13" X 2" pan.

FUDGE

- 1 box 10X sugar
- ½ lb. butter
- ½ cup cocoa
- ½ cup peanut butter
- Pinch of salt
- 1 teaspoon vanilla

Melt butter and let cool. Add other ingredients and mix thoroughly. Spread in buttered pan and cut when set.

MINIMUM WAGE

The U S Department of Labor recently reminded employers that the federal minimum wage for certain retail, service and institutional firms automatically goes from \$1.45 an hour to \$1.60 an hour on February 1. The \$1.60 hourly rate, will

Ladies, Have You Heard? . . .



How To Order-By-Mail

Customers who order-by-mail often complain that they never receive what they order, or they receive it months later.

The mail-order company may be at fault. It's possible that the order became lost or confused. Or the company may have run out of a piece of merchandise and failed to notify the customer. Sometimes catalog companies don't maintain a supply of the products they sell. Instead, they act as clearing houses and forward your order to the manufacturer.

But before blaming the company, check your own actions. Many companies receive hundreds of orders with no return addresses, no payment for the merchandise, or no order blank enclosed. Customers often send checks that are made out incorrectly. Or they send illegible order blanks, orders for unavailable items, or incorrect catalog numbers.

Before you send in an order to a mail order house, check these points:

- Is the order blank legible and easily understood?
- Have you included the correct information, such as size, color, and catalog number?
- Have you figured costs and postage rates accurately?
- Have you included your return address on both the order blank and the return envelope? And have you included your Zip code?
- Finally, have you enclosed the correct amount of money, preferably in the form of a check or money order?

Remember, check yourself first if you don't receive what you ordered. The mail order company may be at fault, but chances are you are

Profile Of A Shopper

How do you evaluate a grocery store? According to a recent study of food shoppers, meat was the most important criterion that women use in deciding where to shop for groceries. Also, it's the quality of the food, not the variety offered.

apply to most workers in retail trades, to both public and private schools, colleges and universities, in hospitals and nursing homes, restaurants, hotels and motels, and in laundries and dry cleaning firms.

that's important. Both are more important than price.

In a similar study conducted in 1958, the "information-seeking" food shopper hardly existed. Now the basic type of shopper is the information-seeker. Twelve years ago, nearly half the shoppers questioned bought food with an eye toward saving time and effort in meal preparation. Today, only 27 per cent worry about saving time.

In 1958, again, nearly half were concerned with other people's responses to the food they served. Today, only 24 per cent care about what other people think. Also, in 1958, only 17 per cent of the shoppers bought food because they enjoyed preparing and eating it. Today, 49 per cent are primarily concerned with the enjoyment they get from preparing and eating food.

Shopping attitudes are also affected by where you live. The suburbanite is younger, better-educated, and has a greater household income than the city dweller. She also participates more often in grocery store contests, uses shopping lists more often, tends to use private-label canned goods, and saves trading stamps.

This is the profile of a food shopper that one consumer study revealed in 1970. How do you compare?



THOMAS

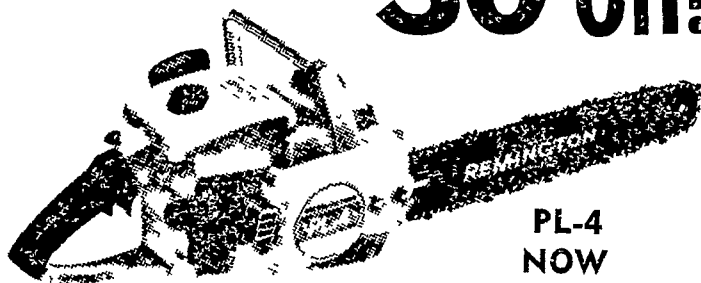


The beauty of this belted V-neck top lies in its ribs, knitted of "Red Heart" Knitting Worsted using an alternating pattern of one row of rib stitch and one row of plain knit stitches. Belt, worked in straight rib stitch, encircles pull-over at hips and is held in place by four belt loops worked in the same alternating pattern as V-neck top. Armhole trim, V-neck and hemline are trimmed in a rib stitch pattern. Free instructions are available by sending a self addressed, stamped envelope to this newspaper along with your request for leaflet PK 5312.

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