



## Ladies, Have You Heard?



By Doris Thomas,  
Extension Home Economist

Doris Thomas

### Plan Ahead—Save Money— And Eat Well!

The prime topic of conversation today is not baseball or a movie star's divorce — it's the rising cost of food! And the next topic is what to do about high prices. How can a woman save money and make sure her family eats well?

The task is definitely not easy. Of course most women follow the tried and true hints such as shopping with a list to avoid

### NEWS FROM ZIMMERMANS

Intercourse Country Auction first Sat. afternoon of each month - Aug. 4th and Sept. 1st.

#### BENEFIT AUCTION

Sat. Aug. 11th at 11 a.m. at rear of Zimmerman's store for the GALEN BUCK-WALTER fund. Quilts, etc. on sale. Good homemade food by the ladies. Bring your merchandise anytime as a contribution.

BLUEBERRIES and PICKLES in bulk for home preserving and freezing. Phone for information.

#### TRUCK DRIVER

for fuel deliveries in our local area. Permanent work, full benefits, full or part-time. Experience preferred but not required.

FINE DINNERWARE in over forty interesting patterns. In full sets and open stock.

#### L-P GAS

Bulk Delivery coming soon.

## W. L. ZIMMERMAN & SONS

DEPT. STORE  
and  
HARDWARE

Wire Field Fencing  
Open Thurs. till 8; Fri. till 9  
Closed every Wed. afternoon  
Ph: 717-768-8291  
INTERCOURSE, PA.

Tank truck delivery of  
GULF Petroleum Products.

impulse purchases, buying less tender cuts of meat and buying what's on sale or special. Women with freezers buy when the price is lowest and then freeze.

But one of the easiest ways to waste money is to waste food. Leftovers that eventually find their way into the garbage can mean a broken food budget. Instead, when leftovers become "planovers" it means that food and money are not wasted.

As an example, take leftover vegetables. If they're put in the refrigerator in an air-tight plastic container, they'll remain fresh and flavorful. Sealed tightly, asparagus that's left from one dinner might be programmed for an appearance as a gourmet salad — asparagus vinaigrette — on another day. Advance planning is the key.

If there's a small amount of ham left over, it can be cubed and stored in a handy plastic container, ready to be added to a casserole. If the casserole is a mixture of meat, cheese, French fried onions and a convenient soup, the woman who works can prepare it after she comes home from work. Then time also can be saved — along with money!

Even juices that are left over can be "planovers" — combined as fruity punch to be served on a summer afternoon. Nothing goes to waste so that no money is lost. Remember, there's not a successful restaurant in the world that wastes food!

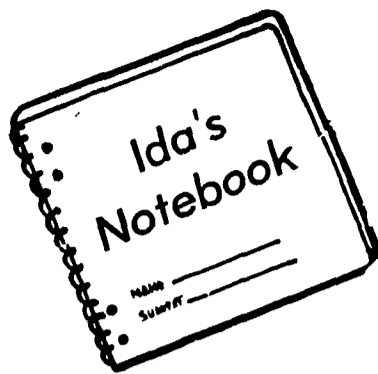
And now that the picnic season is here, there's another way to save pennies. If there's picnic food that's left, it can be served as lunch next day — if it's sealed tightly and refrigerated, as soon as the crowd gets home from the picnic.

Save money and eat well! Don't waste food — plan how everything will be used. And do it creatively. Your family will love everything you cook — economically!

**The Perilous Journey of Produce**  
While browsing through the produce department of your grocery, did you ever stop to think about the problems involved in getting those delicate grapes to where they are now, or those peaches, or potatoes, or any other fruits and vegetables?

For these perishables — which have to keep moving — the risks of marketing are great.

(Continued On Page 24)



Ida Risser

Recently my husband and I drove to the Conowingo countryside to see Robert Fulton's birthplace. It is a beautifully restored stone house, where he was born in 1765.

According to the brochure he was not only a pioneer steamship builder but also an artist, an inventor and an engineer. He spent 20 years working in England and France. He got patents for marble-sawing, flax spinning and rope-twisting devices as well as experimenting

with torpedo and submarine-type boats.

The one disappointing aspect of the visit was the fact that the house is practically unfurnished. We had hoped to see the many household items used in that period.

XXXX

It was amusing to hear some of the tourists comments at the 4-H Dairy Show. They felt the cows in the ring weren't "doing anything." They didn't understand how much work it was

just to train them to walk, stop and back up when led on a halter.

When I told a little boy from New Jersey that they had to be washed, he said they looked very big to be put in a bathtub; although his sister said they saw a horse in a tub on a television program. Then I explained how a cow is washed, brushed, trimmed and has her hoofs polished by a sweaty child.

XXXX

Cindy has tackled a job which I said I'd never do again — feed four kittens with an eye dropper. It is an unending job.

Finally, their plaintive cries got to us and we took over when their indifferent mother left them. Granted, they are cute now, but they'll grow up to be just another cat.

Put packages, cameras, clothing and any other tempting items out of sight when you leave your car. They may be gone when you return if you leave them on the front seat.

## NEW and HIGHER

### Interest Rates on SAVINGS

**7%**

Certificate  
4 Yr. Maturity

**6½%**

Certificates  
2½ Yr. Maturity

**6%**

Certificates  
1 Year Maturity

**5½%**

Super Saver  
Passbook

**5%**

Regular Passbook

Deposit Your Funds Where They Earn The Most

## BLUE BALL NATIONAL BANK

Blue Ball, Pa.  
354-5163

Terre Hill, Pa.  
445-6741

"GROWING WITH OUR COMMUNITY"



MYER'S METERED  
GAS SERVICE, INC.



PIG BROODERS  
CHICK BROODERS  
GAS SPACE HEATERS & FURNACES

CHECK OUR PRICE ON  
AUTOMATIC BULK DELIVERY OF L.P. GAS

WE HANDLE A COMPLETE LINE  
OF GAS AND ELECTRIC APPLIANCES

Maytag - Caloric-Amana  
and Other Well Known Brands

P.O. BOX 71  
MANHEIM, PA 17545  
Telephone (717) 665-3588