

**Short-Sips**

• The typical American family spends \$42 a week for food, including milk according to a recent Gallup poll. This is a record high, up \$5 over 1973 and nearly four times the \$11 sum recorded in the first survey on food costs in 1942.

Gallup surveys during a quarter century show that food costs in the United States have increased to a lesser extent than have non-food costs.

In 1947, food costs represented about one-half of the total minimum the public said was needed to make ends meet. More recent surveys have shown that food costs represent a smaller proportion — between one-third and one-fourth in the latest survey.

• Although the sharpest drop in per capita food consumption in 15 years occurred in 1973, dairy products more than held their own. While milk production declined almost 4 percent in 1973, per capita of consumption of dairy products was up slightly. The food industry, generally, showed sharp reductions for meat and eggs, and smaller declines for poultry and fish. There was a three percent decline in the consumption of livestock products.

• More than seven out of 10 non-farm families blame inflation as the cause of rising food prices in 1973, and 82 percent say that the best way to correct inflation is cut government spending. The PACER survey shows that non-farm people regard farmers as harder working, more friendly and helpful, more dependable, more productive, more concerned with the environment than the average non-farm person.

**Make Ahead Main Dish Salad Makes Picnicking Easy**

Do you like a spur-of-the-moment picnic? Or is yours the kind of a family that says, "Come on, let's take the food out to the porch and eat there."

Whichever way it happens, if you have a main dish salad already chilling in the refrigerator, it's easy to carry it to a picnic spot or porch. Camper's Choice, the chicken noodle salad, is cousin to the soup of the same name with just as much flavor if the noodles are cooked in chicken broth. Add to this crunchiness in the form of sliced radishes and crisp celery pieces and you have garden freshness to enhance the original flavor.

Surprise ingredient in this salad is thick, creamy, tangy sour cream which adds less calories than mayonnaise. One tablespoon of sour cream has 25 calories as compared with 65 for commercial mayonnaise; the cream will also contribute valuable nutrients such as protein, calcium and vitamin A.



Camper's Choice, an intriguing combination of chicken and noodles in a salad goes to the picnic in a bowl. To accompany that, Chili Cheese Squares come right from the pan in which they were baked. Serve with ice-cold milk from a thermos.

**CAMPERS' CHOICE**

- 6 cups water
- 1 tablespoon chicken seasoned stock base
- 1 teaspoon salt
- 3 cups medium noodles
- 3 cups chopped cooked chicken or turkey
- 1 cup thinly sliced celery
- 1/2 cup sliced radishes
- 1/4 cup sliced green onion
- 1 cup dairy sour cream
- 1 teaspoon seasoned salt
- 1/4 teaspoon poultry seasoning

Bring water, stock base and salt to a boil in a saucepan. Add noodles and cook according to package directions; rinse with cold water and drain. Combine chicken, celery, radishes, onion and noodles in a large bowl. Mix sour cream, seasoned salt and poultry seasoning; fold into chicken mixture. Chill. Yield: 8 cups.

Instead of the usual rolls or bread-and-butter sandwiches,

- Park Picnic**
- Camper's Choice
  - Chili Cheese Squares
  - Tomato Wedges, Lettuce Chunks, Cucumber Sticks
  - Sour Cream Dip
  - Neapolitan Ice Cream
  - Brownies
  - Thermos of Milk

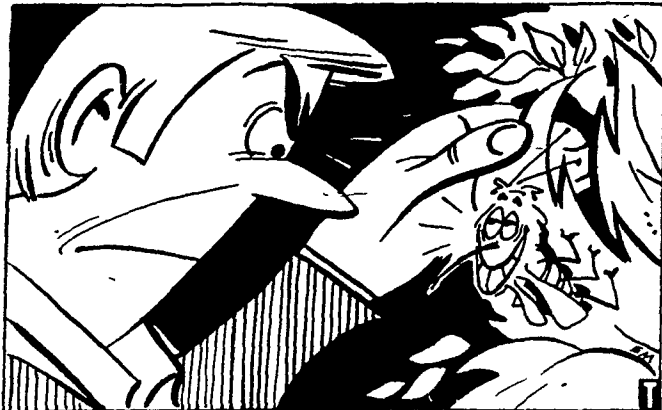
wiches, treat the folks to Chili Cheese Squares with the salad. This hot, quick bread is made with refrigerated crescent rolls put together with a zippy filling of Cheddar cheese, onion and chili powder. They're sprinkled with poppy seed and take but 15 to 20 minutes baking. Serve with chilled glasses of milk for an additional

**CHILI CHEESE SQUARES**

- 1 cup (4 oz.) shredded Cheddar cheese
- 2 teaspoons instant minced onion
- 1 teaspoon chili powder
- 1 package (8 oz.) refrigerated crescent rolls
- 1 teaspoon poppy seed

Toss together cheese, onion and chili powder. Unroll crescent dough; pat one-half the dough in the bottom of an 8-inch square baking pan. Sprinkle over cheese mixture. Pat remaining dough into an 8-inch square and place on top of cheese. Sprinkle with poppy seed. Bake in a preheated 375 degree oven, 15-20 minutes. Cut into squares. Yield: 16.

**GET THE BUGS OUT OF GARDENING**



If your growing greenery is waxing pale, it's a bright idea to look for lacebugs.

These pernicious creatures live on the underside of leaves where they cause foliage discoloration by sucking all the juices out. They even have the gall to leave an occasional gall on your plants.

About an eighth of an inch in length, they have long, delicate antennae, slender bodies and richly veined wings with a lacy look to them. Their young are flat and dark and hungry. More than 800 kinds have already been discovered, many of them occurring on only a single species or genus of plants, but most can find something in your garden to love.

They all can be controlled by spraying nicotine sulphate as soon as you see them. Nicotine sulphate is a naturally occurring biodegradable insecticide made from tobacco leaves and alcohol. It remains on target and dissipates hundreds of destructive, annoying garden pests without leaving harmful residues on the plants. It's non-caustic and won't injure plants, pets, people, birds or beneficial bugs. Commonly called Black Leaf 40, it can be sprayed alone or in combination with other pesticides. It kills two ways — by contact and by fumes. Although it's been used for nearly 100 years, insects cannot become immune, as they do to poisonous pesticides. Spray Black Leaf 40 strongly, weekly, and it will soon be curtains for lacebugs.

Don't be lazy when dealing with lacebugs. Once they've left, your leaves can return to a nice, healthy shade of green!

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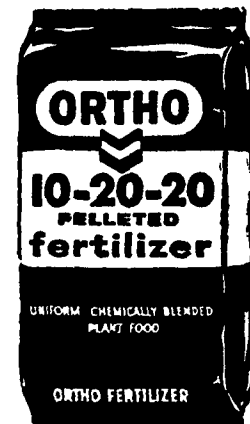
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